USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Vitamin K (phylloquinone) (µg)

Food Subset: All Foods Ordered by: Nutrient Content
Measured by: Household
Report Run at: October 20, 2015 14:15 EDT

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
11236	Kale, frozen, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	1146.6
11791	Kale, frozen, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	1146.6
11234	Kale, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	1062.1
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	170.0	1.0 cup, chopped	1059.4
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.0	1.0 cup, chopped	1059.4
11461	Spinach, canned, regular pack, drained solids	214.0	1.0 cup	987.8
11297	Parsley, fresh	60.0	1.0 cup chopped	984.0
11855	Spinach, canned, no salt added, solids and liquids	234.0	1.0 cup	891.1
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	891.1
11794	Lambsquarters, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	889.6
11245	Lambsquarters, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	889.6
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	888.5
11854	Spinach, cooked, boiled, drained, with salt	180.0	1.0 cup	888.5
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	851.0
11799	Mustard greens, cooked, boiled, drained, with salt	140.0	1.0 cup, chopped	829.8
11271	Mustard greens, cooked, boiled, drained, without salt	140.0	1.0 cup, chopped	829.8
11768	Collards, cooked, boiled, drained, with salt	190.0	1.0 cup, chopped	772.5
11162	Collards, cooked, boiled, drained, without salt	190.0	1.0 cup, chopped	772.5
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	268.0	1.0 cup	722.8
11087	Beet greens, cooked, boiled, drained, without salt	144.0	1.0 cup (1" pieces)	697.0
11736	Beet greens, cooked, boiled, drained, with salt	144.0	1.0 cup (1" pieces)	697.0
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	676.6
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	163.0	1.0 cup	676.6
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	580.3
11208	Dandelion greens, cooked, boiled, drained, without salt	105.0	1.0 cup, chopped	579.0
11148	Chard, swiss, cooked, boiled, drained, without salt	175.0	1.0 cup, chopped	572.8
11765	Chard, swiss, cooked, boiled, drained, with salt	175.0	1.0 cup, chopped	572.8
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	529.3

11277 New Zenland spiranch, cooked, brided, drained, without salt 1800 1.0 cup, chopped 32.56 1802 New zuland spiranch, conked, brided, drained, with salt 1800 1.0 cup, chopped 325.6 11204 Cress, garden, cooked, boiled, drained, with salt 135.0 1.0 cup 317.6 11856 Spiranch, novem, chopped or bad, cocked, brided, drained, with salt 35.0 0.0 cup 313.7 11865 Spiranch, novem, chopped or bad, cocked, brided, drained, without salt 35.0 0.0 cup 313.7 11800 Mustard greens, frozen, cooked, brided, drained, without salt 150.0 1.0 cup, chopped or dice 302.6 11273 Mustard greens, frozen, cooked, brided, drained, without salt 150.0 1.0 cup, chopped or dice 302.6 11273 Mustard greens, frozen, cooked, brided, drained, without salt 350.0 1.0 cup, chopped 302.6 11274 Dandelton greens, rowen, cooked, brided, drained, with salt 350.0 1.0 cup 423.1 11207 Dandelton greens, rowen, cooked, brided, drained, with salt 315.0 1.0 cup 423.3 11207 Dandelton greens, rowen, cooked,	NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
1802 New zealand spinisch, scoked, brilled, drünned, with salt 1800 1.0 carp, chopped 525.6 11204 Cress, gardine, crokeds, brilled, drünned, with salt 135.0 1.0 carp 577.6 11876 Cress, gardine, crokeds, brilled, drünned, with salt 135.0 1.0 carp 577.6 11856 Spiroach, frozen, chopped or bad, croked, brilled, drüned, with salt 95.0 0.5 carp 513.7 11850 Masard, greener, frozen, cooked, briedl, drüned, with salt 150.0 1.0 carp, chopped or fact, croked, briedl, drüned, with salt 150.0 1.0 carp, chopped or fact, croked, briedl, drüned, with salt 150.0 1.0 carp, chopped or fact, croked, briedl, drüned, with salt 150.0 1.0 carp, chopped or fact, croked, briedl, drüned, with salt 150.0 1.0 carp, chopped or fact, croked, briedl, drüned, with salt 150.0 1.0 carp, chopped or fact, croked, briedl, drüned, with salt 250.0 1.0 carp, chopped or fact, croked, briedl, drüned, with salt 250.0 1.0 carp, chopped or fact, croked, briedl, drüned, with salt 250.0 1.0 carp, chopped 428.1 11272 Burb france, frozen, croked, briedl, drüned, with salt 182.0 1.0 carp, chopped 428.1 11289 Turning greens, frozen, croked, bri	11891	Turnip greens, cooked, boiled, drained, with salt	144.0	1.0 cup, chopped	529.3
11201 Cress, garden, cooked, boiled, drained, without salt 138.0 1.0 cup 517.6 11781 Cress, garden, cooked, boiled, drained, with salt 155.0 1.0 cup 517.6 11855 Spinach, frozen, cooked, boiled, drained, with salt 55.0 0.5 cup 513.7 11464 Spinach, frozen, cohepped or leaf, cooked, boiled, drained, without salt 95.0 1.0 cup, chopped or diced 502.6 11800 Mustard greener, frozen, cooked, boiled, drained, without salt 150.0 1.0 cup, chopped or diced 502.6 11812 Babyfood, vegetables, spinach, creamed, strained 240.0 1.0 cup, chopped or diced 402.2 11812 Bulyfood, vegetables, spinach, creamed, strained 240.0 1.0 cup 442.1 1182 Stinging, Nettles, blanched (Norther Plains Indians) 89.0 1.0 cup 442.1 1182 Turnig greens, conso, cooked, boiled, drained, with salt 82.0 1.0 cup, chopped 438.1 1182 Turnig greens, connect, no salt added 1.0 cup 1.0 cup 437.8 1182 Dankelion greens, connect, no salt added 1.0 cup 1.0 cup <t< td=""><td>11277</td><td>New Zealand spinach, cooked, boiled, drained, without salt</td><td>180.0</td><td>1.0 cup, chopped</td><td>525.6</td></t<>	11277	New Zealand spinach, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	525.6
11781 Cress, gardan, cooked, boiled, drained, with salt 1350 1.0 cm \$17.6 11856 Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt 95.0 0.5 cm \$13.7 11860 Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt 150.0 1.0 cm, chopped or diced 502.6 11873 Mostard greens, frozen, cooked, boiled, drained, without salt 150.0 1.0 cm, chopped or diced 502.6 11273 Mostard greens, frozen, cooked, boiled, drained, without salt 150.0 1.0 cm, chopped or diced 502.6 11273 Mostard greens, frozen, cooked, boiled, drained, without salt 240.0 1.0 cm, chopped 402.6 11274 Babylood, vegetables, spinach, creamed, strained 240.0 1.0 cm, chopped 423.1 11275 Dandelion greens, frozen, cooked, boiled, drained, with salt 82.0 1.0 cm, chopped 428.1 11882 Turnip greens, frozen, cooked, boiled, drained, with salt 105.0 1.0 cm, chopped 376.8 11892 Dandelion greens, cooked, boiled, drained, with salt 105.0 1.0 cm, chopped 376.8 11892 Dandelion gre	11802	New zealand spinach, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	525.6
11856 Spinach, frozen, chopped or leaf, cuoked, boiled, drained, with salt 950 0.5 cup 5137 11464 Spinach, frozen, chopped or leaf, cuoked, boiled, drained, without salt 150 0.5 cup 5137 11800 Mustard greens, frozen, cooked, boiled, drained, without salt 150 1.0 cup, chopped or diead 502.6 11273 Mustard greens, frozen, cooked, boiled, drained, without salt 150 1.0 cup, chopped or diead 502.6 11273 Balyfood, vegetables, spinach, creamed, strained 2400 1.0 cup, chopped 502.6 11273 Balyfood, vegetables, spinach, creamed, strained 2400 1.0 cup, chopped 4428.1 11275 Dandelion greens, craw 450 1.0 cup, chopped 428.1 11892 Turnip greens, frozen, cooked, boiled, drained, with salt 820 0.5 cup 428.5 3387 Turnip greens, frozen, cooked, boiled, drained, with salt 1050 1.0 cup, chopped 378.8 11782 Dandelion greens, crowed, solided, drained, with salt 1050 1.0 cup, chopped 378.8 11782 Dandelion greens, crowed, boiled, drained, with salt 150.0	11204	Cress, garden, cooked, boiled, drained, without salt	135.0	1.0 cup	517.6
11464 Spinneh, frozen, chopped or leaf, cooked, boiled, drained, without salt 95.0 0.5 cm 513.7 11800 Mustard greens, frozen, cooked, boiled, drained, without salt 150.0 1.0 cup, chopped or diced 502.6 11273 Mustard greens, frozen, cooked, boiled, drained, without salt 150.0 1.0 cup, chopped or diced 502.6 103127 Babyfood, vegetubles, spinach, creamed, strained 240.0 1.0 cup, chopped 472.1 15505 Stinging Nettles, blanched (Northern Plains Indians) 89.0 1.0 cup, chopped 448.8 11270 Dandelion greens, counced, no salt added 144.0 1.0 cup, chopped 428.1 11892 Turnig greens, cunned, no salt added 144.0 1.0 cup, chopped 428.1 43887 Turnig greens, cunned, no salt added 169.0 1.0 cup, chopped 376.8 11892 Turnig greens, cunned, no salt added 169.0 1.0 cup, chopped 376.8 11892 Turnig greens, cunned, no salt added 169.0 1.0 cup 379.1 11892 Seaturant, Chinese, string and vegetubles 693.0 1.0 cup 1.0 cup <	11781	Cress, garden, cooked, boiled, drained, with salt	135.0	1.0 cup	517.6
11800 Mustard greens, frozen, cooked, boiled, drained, with salt 1500 1.0 cap, chopped of diced 502.6 11273 Mustard greens, frozen, cooked, boiled, drained, without salt 1500 1.0 cap, chopped of diced 502.6 18127 Bahyfood, vegetables, spinach, creamed, strained 2400 1.0 cap, chopped 472.1 18525 Stinging Nettles, blanched (Northern Plains Indians) 880 1.0 cap, chopped 428.1 11892 Druring greens, frozen, cooked, boiled, drained, with salt 820 0.05 cap 425.5 3387 Turning greens, canned, no salt added 144.0 1.0 cap, chopped 418.3 11892 Dandelion greens, canned, no salt added 165.0 1.0 cap, chopped 378.8 11803 Amaranth leaves, raw 28.0 1.0 cap, chopped 378.8 11824 Dandelion greens, conked, boiled, drained, with salt 105.0 1.0 cap, chopped 378.8 11825 Dandelion greens, cooked, boiled, drained, with salt 105.0 1.0 cap, chopped 378.8 11826 Restaurant, Chinese, chicken 3.0 1.0 cap, chopped 317.8	11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	513.7
11273 Mustard greens, frozen, cooked, boiled, drained, without salt 1500 1.0 cup, chopped 502.6 03127 Babyfood, vegetables, spinach, creamed, strained 240.0 1.0 cup 472.1 32208 Stinging Nettles, blanched (Northern Plains Indians) 890 1.0 cup, chopped 428.1 11892 Turnip greens, crooked, boiled, drained, with salt 820 0.0 cup, chopped 428.5 43387 Turnip greens, canned, no salt added 1440 1.0 cup, chopped 437.8 43387 Turnip greens, canned, no salt added 1440 1.0 cup, chopped 437.8 43387 Dandelion greens, cooked, boiled, drained, with salt 105.0 1.0 cup, chopped 437.8 11782 Dandelion greens, cooked, boiled, drained, with salt 105.0 1.0 cup, chopped 376.8 11003 Amaranth Eaves, raw 280 1.0 cup, chopped 376.8 11014 Escarolc, cooked, boiled, drained, with salt 155.0 1.0 cup, chopped 317.2 11746 Brussel's sprouts, frozen, cooked, boiled, drained, with salt 155.0 1.0 cup 299.8 <td< td=""><td>11464</td><td>Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt</td><td>95.0</td><td>0.5 cup</td><td>513.7</td></td<>	11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	513.7
03127 Babyfood, vegetables, spinach, creamed, strained 240.0 1.0 cm 472.1 35205 Singing Nettles, blanched (Northern Plains Indians) 350 1.0 cm 443.8 11872 Dandclion greens, rozen, cooked, boiled, drained, with salt 28.0 1.0 cm 425.5 43387 Turnip greens, chineca and vegetables 69.3 1.0 cm 379.1 14782 Dandclion greens, cooked, boiled, drained, with salt 105.0 1.0 cm 379.1 14782 Dandclion greens, cooked, boiled, drained, with salt 105.0 1.0 cm 379.1 14782 Dandclion greens, cooked, boiled, drained, with salt 105.0 1.0 cm 319.2 14784 Brassles, proust, forzen, cooked, boiled, drained, with salt 150.0 1.0 cm 319.2 14794 Brassles, sproust, frozen, cooked, boiled, drained, with salt 150.0 1.0 cm 229.0 11101 Brassles, sproust, frozen, cooked, boiled, drained, with salt 155.0 1.0 cm 229.0 11101 Brassles sproust, frozen, cooked, boiled, drained, with salt 155.0 1.0 cm 229.0 1110	11800	Mustard greens, frozen, cooked, boiled, drained, with salt	150.0	1.0 cup, chopped or diced	502.6
35205 Stinging Nettles, blanched (Northern Plains Indians) 890 1.0 cup. doughed 443.8 11207 Dandelion greens, raw 550 1.0 cup, chopped 428.1 11892 Tuming greens, forzen, cooked, bolied, drained, with salt 820 0.5 cup 425.5 43387 Tuming greens, canned, no salt added 144.0 1.0 cup 437.9 1626 Restaurant, Chinese, chicken and vegetables 6930 1.0 cup, chopped 379.1 11782 Dandelion greens, cooked, boiled, drained, with salt 1050 1.0 cup, chopped 376.8 11003 Amaranth leaves, raw 280 1.0 cup 319.2 11724 Escarrole, cooked, boiled, drained, mit salt 1550 1.0 cup 317.8 36603 Restaurant, Chinese, shrimp and vegetables 6010 1.0 cup 299.9 111101 Brussels sprouts, frozen, cooked, boiled, drained, with salt 1550 1.0 cup 299.1 111101 Brussels sprouts, frozen, cooked, boiled, drained, with salt 1550 1.0 cup 299.1 111101 Chard, swiss, raw 360	11273	Mustard greens, frozen, cooked, boiled, drained, without salt	150.0	1.0 cup, chopped	502.6
111277 Dandelion greens, raw 55.0 1.0 cup, chopped 428.1 11892 Turnip greens, frozen, cooked, boiled, drained, with salt 82.0 0.5 cup 425.5 43387 Turnip greens, canned, no salt added 144.0 1.0 cup 413.3 5626 Restaurant, Chinese, chicken and vegetables 693.0 1.0 cup, chopped 376.8 11782 Dandelion greens, cooked, boiled, drained, with salt 105.0 1.0 cup, chopped 376.8 11033 Amaranth leaves, raw 28.0 1.0 cup 319.2 11244 Escarole, cooked, boiled, drained, with salt 150.0 1.0 cup 317.8 3620 Restaurant, Chinese, shrimp and vegetables 601.0 1.0 cup 299.9 11114 Brussels sprouts, frozen, cooked, boiled, drained, with salt 155.0 1.0 cup 299.9 111101 Brussels sprouts, frozen, cooked, boiled, drained, without salt 155.0 1.0 cup 299.9 111102 Chard, swiss, raw 36.0 1.0 cup 291.0 111033 Creas, garden, raw 50.0 1.0 cup	03127	Babyfood, vegetables, spinach, creamed, strained	240.0	1.0 cup	472.1
11892 Turnip greens, frozen, cooked, boiled, drained, with salt 82.0 0.5 cup 425.5 43387 Turnip greens, canned, no salt added 144.0 1.0 cup 413.3 36626 Restaurant, Chinese, chicken and vegetables 693.0 1.0 cup, chopped 376.8 11782 Dandelion greens, cooked, boiled, drained, with salt 105.0 1.0 cup, chopped 376.8 11003 Amarath leaves, raw 28.0 1.0 cup 317.8 36620 Restaurant, Chinese, shrimp and vegetables 601.0 1.0 cup 317.8 36620 Restaurant, Chinese, shrimp and vegetables 601.0 1.0 cup 299.9 11146 Brussels sprouts, frozen, cooked, boiled, drained, with salt 155.0 1.0 cup 299.9 11147 Brussels sprouts, frozen, cooked, boiled, drained, without salt 155.0 1.0 cup 299.9 11147 Chard, swiss, raw 360 1.0 cup 298.8 36603 Restaurant, Chinese, beef and vegetables 574.0 1.0 cup 294.5 11203 Cross, garden, raw 50.0 1.0 cup	35205	Stinging Nettles, blanched (Northern Plains Indians)	89.0	1.0 cup	443.8
43387 Turnip greens, canned, no salt added 144.0 1.0 cup 413.3 36026 Restaurant, Chinese, chicken and vegetables 693.0 1.0 cup, chopped 376.8 11782 Dandelion greens, cooked, boiled, drained, with salt 105.0 1.0 cup, chopped 376.8 11214 Escarole, cooked, boiled, drained, no salt added 150.0 1.0 cup 317.8 36620 Restaurant, Chinese, shrimp and vegetables 601.0 1.0 cup 299.9 11746 Brussels sprouts, frozen, cooked, boiled, drained, with salt 155.0 1.0 cup 299.9 11101 Brussels sprouts, frozen, cooked, boiled, drained, without salt 155.0 1.0 cup 299.9 11104 Chard, swiss, raw 36.0 1.0 cup 298.8 36603 Restaurant, Chinese, beef and vegetables 574.0 1.0 order 294.5 11203 Cress, garden, raw 50.0 1.0 cup 294.5 11207 Broccoli raab, cooked 85.0 1.0 NLEA serving 217.6 11291 Onions, spring or scallions (includes tops and bulb), raw 100.0	11207	Dandelion greens, raw	55.0	1.0 cup, chopped	428.1
36626 Restaurant, Chinese, chicken and vegetables 693.0 1.0 order 379.1 11782 Dandelion greens, cooked, boiled, drained, with salt 105.0 1.0 cup, chopped 376.8 11003 Amaranth leaves, raw 28.0 1.0 cup 319.2 11214 Escarole, cooked, boiled, drained, no salt added 150.0 1.0 cup 317.8 36620 Restaurant, Chinese, shrimp and vegetables 601.0 1.0 order 312.5 11746 Brussels sprouts, frozen, cooked, boiled, drained, with salt 155.0 1.0 cup 299.9 11101 Brussels sprouts, frozen, cooked, boiled, drained, without salt 155.0 1.0 cup 299.9 11117 Chard, swiss, raw 36.0 1.0 cup 299.9 11147 Chard, swiss, raw 36.0 1.0 cup 294.5 11203 Cress, garden, raw 50.0 1.0 cup 294.5 11204 Soup, beef stroganoff, canned, chunky style, ready-to-serve 240.0 1.0 NLEA serving 217.6 11207 Broccoli raab, cooked 85.0 1.0 NLEA serving 217.6 </td <td>11892</td> <td>Turnip greens, frozen, cooked, boiled, drained, with salt</td> <td>82.0</td> <td>0.5 cup</td> <td>425.5</td>	11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	425.5
11782 Dandelion greens, cooked, boiled, drained, with salt 105.0 1.0 cup, chopped 376.8 11003 Amaranth leaves, raw 28.0 1.0 cup 319.2 11214 Escarole, cooked, boiled, drained, no salt added 150.0 1.0 cup 317.8 36620 Restaurant, Chinese, shrimp and vegetables 601.0 1.0 cup 299.9 11746 Brussels sprouts, frozen, cooked, boiled, drained, with salt 155.0 1.0 cup 299.9 11101 Brussels sprouts, frozen, cooked, boiled, drained, without salt 155.0 1.0 cup 299.9 111147 Chard, swiss, raw 36.0 1.0 cup 298.8 36603 Restaurant, Chinese, beef and vegetables 574.0 1.0 cup 294.5 11203 Cress, garden, raw 50.0 1.0 cup 294.5 11204 Broccoli rash, cooked 85.0 1.0 NLEA serving 217.6 11207 Broccoli rash, cooked 85.0 1.0 NLEA serving 217.6 11219 Onions, spring or scallions (includes tops and bulb), raw 100.0 1.0 cup, chopped 20	43387	Turnip greens, canned, no salt added	144.0	1.0 cup	413.3
11003 Amaranth leaves, raw 28.0 1.0 cup 319.2 11214 Escarole, cooked, boiled, drained, no salt added 150.0 1.0 cup 317.8 36620 Restaurant, Chinese, shrimp and vegetables 601.0 1.0 cup 299.9 11746 Brussels sprouts, frozen, cooked, boiled, drained, with salt 155.0 1.0 cup 299.9 11101 Brussels sprouts, frozen, cooked, boiled, drained, without salt 155.0 1.0 cup 299.9 11104 Chard, swiss, raw 36.0 1.0 cup 298.8 36603 Restaurant, Chinese, bef and vegetables 574.0 1.0 order 294.5 11203 Cress, garden, raw 50.0 1.0 cup 271.0 06980 Soup, beef stroganoff, canned, chunky style, ready-to-serve 240.0 1.0 NLEA serving 217.6 11207 Broccoli raab, cooked 85.0 1.0 NLEA serving 217.6 11291 Onions, spring or scallions (includes tops and bulb), raw 100.0 1.0 cup, chopped 207.0 36618 Restaurant, Chinese, general tso's chicken 535.0 1.0 cup, chopped 188.7 11276 New Zealand spinach, r	36626	Restaurant, Chinese, chicken and vegetables	693.0	1.0 order	379.1
11214 Escarole, cooked, boiled, drained, no salt added 150.0 1.0 cup 317.8 36620 Restaurant, Chinese, shrimp and vegetables 601.0 1.0 order 312.5 11746 Brussels sprouts, frozen, cooked, boiled, drained, without salt 155.0 1.0 cup 299.9 11101 Brussels sprouts, frozen, cooked, boiled, drained, without salt 155.0 1.0 cup 299.9 11147 Chard, swiss, raw 36.0 1.0 cup 298.8 36603 Restaurant, Chinese, beef and vegetables 574.0 1.0 order 294.5 11203 Cress, garden, raw 50.0 1.0 cup 271.0 06980 Soup, beef stroganoff, canned, chunky style, ready-to-serve 240.0 1.0 NLEA serving 217.6 11291 Onions, spring or scallions (includes tops and bulb), raw 100.0 1.0 NLEA serving 217.6 3618 Restaurant, Chinese, general tso's chicken 535.0 1.0 cup, chopped 207.0 43143 Cabbage, japanese style, frest, pickled 150.0 1.0 cup, chopped 188.7 11827 Pokeberry shoots, (poke), cooked,	11782	Dandelion greens, cooked, boiled, drained, with salt	105.0	1.0 cup, chopped	376.8
36620 Restaurant, Chinese, shrimp and vegetables 601.0 1.0 order 312.5 11746 Brussels sprouts, frozen, cooked, boiled, drained, with salt 155.0 1.0 cup 299.9 11101 Brussels sprouts, frozen, cooked, boiled, drained, without salt 155.0 1.0 cup 299.9 11147 Chard, swiss, raw 36.0 1.0 cup 298.8 36603 Restaurant, Chinese, beef and vegetables 574.0 1.0 order 294.5 11203 Cress, garden, raw 50.0 1.0 cup 271.0 06980 Soup, beef stroganoff, canned, chunky style, ready-to-serve 240.0 1.0 NLEA serving 217.6 11097 Broccoli raab, cooked 85.0 1.0 NLEA serving 217.6 11291 Onions, spring or scallions (includes tops and bulb), raw 100.0 1.0 cup, chopped 207.0 36618 Restaurant, Chinese, general tso's chicken 535.0 1.0 order 204.4 43143 Cabbage, japanese style, fresh, pickled 150.0 1.0 cup 188.8 1127 New Zealand spinach, raw 56.0 1.0 cup, chopped 188.7 11827 Pokeberry shoots, (poke	11003	Amaranth leaves, raw	28.0	1.0 cup	319.2
11746 Brussels sprouts, frozen, cooked, boiled, drained, with salt 155.0 1.0 cup 299.9 11101 Brussels sprouts, frozen, cooked, boiled, drained, without salt 155.0 1.0 cup 299.9 11147 Chard, swiss, raw 36.0 1.0 cup 298.8 36603 Restaurant, Chinese, beef and vegetables 574.0 1.0 order 294.5 11203 Cress, garden, raw 50.0 1.0 cup 271.0 06980 Soup, beef stroganoff, canned, chunky style, ready-to-serve 240.0 1.0 NLEA serving 217.6 11097 Broccoli raab, cooked 85.0 1.0 NLEA serving 217.6 11291 Onions, spring or scallions (includes tops and bulb), raw 100.0 1.0 cup, chopped 207.0 36618 Restaurant, Chinese, general tso's chicken 535.0 1.0 cup 188.8 11276 New Zealand spinach, raw 56.0 1.0 cup, chopped 188.7 11827 Pokeberry shoots, (poke), cooked, boiled, drained, with salt 165.0 1.0 cup 178.2 11351 Pokeberry shoots, (poke), cooked, boiled, drained, without salt<	11214	Escarole, cooked, boiled, drained, no salt added	150.0	1.0 cup	317.8
11101 Brussels sprouts, frozen, cooked, boiled, drained, without salt 155.0 1.0 cup 299.9 11147 Chard, swiss, raw 36.0 1.0 cup 298.8 36603 Restaurant, Chinese, beef and vegetables 574.0 1.0 order 294.5 11203 Cress, garden, raw 50.0 1.0 cup 271.0 06980 Soup, beef stroganoff, canned, chunky style, ready-to-serve 240.0 1.0 NLEA serving 217.6 11097 Broccoli raab, cooked 85.0 1.0 NLEA serving 217.6 11291 Onions, spring or scallions (includes tops and bulb), raw 100.0 1.0 cup, chopped 207.0 36618 Restaurant, Chinese, general tso's chicken 535.0 1.0 order 204.4 43143 Cabbage, japanese style, fresh, pickled 150.0 1.0 cup 188.8 11276 New Zealand spinach, raw 56.0 1.0 cup, chopped 188.7 11827 Pokeberry shoots, (poke), cooked, boiled, drained, with salt 165.0 1.0 cup 178.2 11351 Pokeberry shoots, (poke), cooked, boiled, drained, without salt 165.0 1.0 cup 172.0 11658 Spi	36620	Restaurant, Chinese, shrimp and vegetables	601.0	1.0 order	312.5
11147 Chard, swiss, raw 36.0 1.0 cup 298.8 36603 Restaurant, Chinese, beef and vegetables 574.0 1.0 order 294.5 11203 Cress, garden, raw 50.0 1.0 cup 271.0 06980 Soup, beef stroganoff, canned, chunky style, ready-to-serve 240.0 1.0 cup 246.7 11097 Broccoli raab, cooked 85.0 1.0 NLEA serving 217.6 11291 Onions, spring or scallions (includes tops and bulb), raw 100.0 1.0 cup, chopped 207.0 36618 Restaurant, Chinese, general tso's chicken 535.0 1.0 order 204.4 43143 Cabbage, japanese style, fresh, pickled 150.0 1.0 cup 188.8 11276 New Zealand spinach, raw 56.0 1.0 cup, chopped 188.7 11827 Pokeberry shoots, (poke), cooked, boiled, drained, with salt 165.0 1.0 cup 178.2 11351 Pokeberry shoots, (poke), cooked, boiled, drained, without salt 165.0 1.0 cup 172.0 3662 Restaurant, Chinese, sweet and sour pork 609.0 1.0 order 169.9	11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	155.0	1.0 cup	299.9
36603 Restaurant, Chinese, beef and vegetables 574.0 1.0 order 294.5 11203 Cress, garden, raw 50.0 1.0 cup 271.0 06980 Soup, beef stroganoff, canned, chunky style, ready-to-serve 240.0 1.0 NLEA serving 217.6 11097 Broccoli raab, cooked 85.0 1.0 NLEA serving 217.6 11291 Onions, spring or scallions (includes tops and bulb), raw 100.0 1.0 cup, chopped 207.0 36618 Restaurant, Chinese, general tso's chicken 535.0 1.0 order 204.4 43143 Cabbage, japanese style, fresh, pickled 150.0 1.0 cup, chopped 188.8 11276 New Zealand spinach, raw 56.0 1.0 cup, chopped 188.7 11827 Pokeberry shoots, (poke), cooked, boiled, drained, with salt 165.0 1.0 cup 178.2 11351 Pokeberry shoots, (poke), cooked, boiled, drained, without salt 165.0 1.0 cup 178.2 11658 Spinach souffle 136.0 1.0 cup 172.0 36622 Restaurant, Chinese, sweet and sour pork 609.0 1.0 order 169.9	11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155.0	1.0 cup	299.9
11203 Cress, garden, raw 50.0 1.0 cup 271.0 06980 Soup, beef stroganoff, canned, chunky style, ready-to-serve 240.0 1.0 cup 246.7 11097 Broccoli raab, cooked 85.0 1.0 NLEA serving 217.6 11291 Onions, spring or scallions (includes tops and bulb), raw 100.0 1.0 cup, chopped 207.0 36618 Restaurant, Chinese, general tso's chicken 535.0 1.0 order 204.4 43143 Cabbage, japanese style, fresh, pickled 150.0 1.0 cup 188.8 11276 New Zealand spinach, raw 56.0 1.0 cup, chopped 188.7 11827 Pokeberry shoots, (poke), cooked, boiled, drained, with salt 165.0 1.0 cup 178.2 11351 Pokeberry shoots, (poke), cooked, boiled, drained, without salt 165.0 1.0 cup 178.2 11658 Spinach souffle 136.0 1.0 cup 172.0 36622 Restaurant, Chinese, sweet and sour pork 609.0 1.0 order 169.9	11147	Chard, swiss, raw	36.0	1.0 cup	298.8
06980 Soup, beef stroganoff, canned, chunky style, ready-to-serve 240.0 1.0 cup 246.7 11097 Broccoli raab, cooked 85.0 1.0 NLEA serving 217.6 11291 Onions, spring or scallions (includes tops and bulb), raw 100.0 1.0 cup, chopped 207.0 36618 Restaurant, Chinese, general tso's chicken 535.0 1.0 order 204.4 43143 Cabbage, japanese style, fresh, pickled 150.0 1.0 cup 188.8 11276 New Zealand spinach, raw 56.0 1.0 cup, chopped 188.7 11827 Pokeberry shoots, (poke), cooked, boiled, drained, with salt 165.0 1.0 cup 178.2 11351 Pokeberry shoots, (poke), cooked, boiled, drained, without salt 165.0 1.0 cup 178.2 11658 Spinach souffle 136.0 1.0 cup 172.0 36622 Restaurant, Chinese, sweet and sour pork 609.0 1.0 order 169.9	36603	Restaurant, Chinese, beef and vegetables	574.0	1.0 order	294.5
11097 Broccoli raab, cooked 85.0 1.0 NLEA serving 217.6 11291 Onions, spring or scallions (includes tops and bulb), raw 100.0 1.0 cup, chopped 207.0 36618 Restaurant, Chinese, general tso's chicken 535.0 1.0 order 204.4 43143 Cabbage, japanese style, fresh, pickled 150.0 1.0 cup 188.8 11276 New Zealand spinach, raw 56.0 1.0 cup, chopped 188.7 11827 Pokeberry shoots, (poke), cooked, boiled, drained, with salt 165.0 1.0 cup 178.2 11351 Pokeberry shoots, (poke), cooked, boiled, drained, without salt 165.0 1.0 cup 178.2 11658 Spinach souffle 136.0 1.0 cup 172.0 36622 Restaurant, Chinese, sweet and sour pork 609.0 1.0 order 169.9	11203	Cress, garden, raw	50.0	1.0 cup	271.0
11291 Onions, spring or scallions (includes tops and bulb), raw 100.0 1.0 cup, chopped 207.0 36618 Restaurant, Chinese, general tso's chicken 535.0 1.0 order 204.4 43143 Cabbage, japanese style, fresh, pickled 150.0 1.0 cup 188.8 11276 New Zealand spinach, raw 56.0 1.0 cup, chopped 188.7 11827 Pokeberry shoots, (poke), cooked, boiled, drained, with salt 165.0 1.0 cup 178.2 11351 Pokeberry shoots, (poke), cooked, boiled, drained, without salt 165.0 1.0 cup 178.2 11658 Spinach souffle 136.0 1.0 cup 172.0 36622 Restaurant, Chinese, sweet and sour pork 609.0 1.0 order 169.9	06980	Soup, beef stroganoff, canned, chunky style, ready-to-serve	240.0	1.0 cup	246.7
36618 Restaurant, Chinese, general tso's chicken 535.0 1.0 order 204.4 43143 Cabbage, japanese style, fresh, pickled 150.0 1.0 cup 188.8 11276 New Zealand spinach, raw 56.0 1.0 cup, chopped 188.7 11827 Pokeberry shoots, (poke), cooked, boiled, drained, with salt 165.0 1.0 cup 178.2 11351 Pokeberry shoots, (poke), cooked, boiled, drained, without salt 165.0 1.0 cup 178.2 11658 Spinach souffle 136.0 1.0 cup 172.0 36622 Restaurant, Chinese, sweet and sour pork 609.0 1.0 order 169.9	11097	Broccoli raab, cooked	85.0	1.0 NLEA serving	217.6
43143 Cabbage, japanese style, fresh, pickled 150.0 1.0 cup 188.8 11276 New Zealand spinach, raw 56.0 1.0 cup, chopped 188.7 11827 Pokeberry shoots, (poke), cooked, boiled, drained, with salt 165.0 1.0 cup 178.2 11351 Pokeberry shoots, (poke), cooked, boiled, drained, without salt 165.0 1.0 cup 178.2 11658 Spinach souffle 136.0 1.0 cup 172.0 36622 Restaurant, Chinese, sweet and sour pork 609.0 1.0 order 169.9	11291	Onions, spring or scallions (includes tops and bulb), raw	100.0	1.0 cup, chopped	207.0
11276 New Zealand spinach, raw 56.0 1.0 cup, chopped 188.7 11827 Pokeberry shoots, (poke), cooked, boiled, drained, with salt 165.0 1.0 cup 178.2 11351 Pokeberry shoots, (poke), cooked, boiled, drained, without salt 165.0 1.0 cup 178.2 11658 Spinach souffle 136.0 1.0 cup 172.0 36622 Restaurant, Chinese, sweet and sour pork 609.0 1.0 order 169.9	36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	204.4
11827 Pokeberry shoots, (poke), cooked, boiled, drained, with salt 165.0 1.0 cup 178.2 11351 Pokeberry shoots, (poke), cooked, boiled, drained, without salt 165.0 1.0 cup 178.2 11658 Spinach souffle 136.0 1.0 cup 172.0 36622 Restaurant, Chinese, sweet and sour pork 609.0 1.0 order 169.9	43143	Cabbage, japanese style, fresh, pickled	150.0	1.0 cup	188.8
11351 Pokeberry shoots, (poke), cooked, boiled, drained, without salt 165.0 1.0 cup 178.2 11658 Spinach souffle 136.0 1.0 cup 172.0 36622 Restaurant, Chinese, sweet and sour pork 609.0 1.0 order 169.9	11276	New Zealand spinach, raw	56.0	1.0 cup, chopped	188.7
11658 Spinach souffle 136.0 1.0 cup 172.0 36622 Restaurant, Chinese, sweet and sour pork 609.0 1.0 order 169.9	11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	165.0	1.0 cup	178.2
11658 Spinach souffle 136.0 1.0 cup 172.0 36622 Restaurant, Chinese, sweet and sour pork 609.0 1.0 order 169.9	11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	165.0	1.0 cup	178.2
Restaurant, Chinese, sweet and sour pork 609.0 1.0 order 169.9	11658		136.0	1.0 cup	172.0
·	36622		609.0	-	169.9
1.0 cup 102.1	11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	184.0	1.0 cup	162.1

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	162.1
20112	Noodles, egg, spinach, enriched, cooked	160.0	1.0 cup	161.8
36621	Restaurant, Chinese, sweet and sour chicken	706.0	1.0 order	158.8
36629	Restaurant, Chinese, orange chicken	648.0	1.0 order	158.1
11161	Collards, raw	36.0	1.0 cup, chopped	157.4
11098	Brussels sprouts, raw	88.0	1.0 cup	155.8
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	152.0
11086	Beet greens, raw	38.0	1.0 cup	152.0
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	245.0	1.0 cup	150.9
36633	Restaurant, Chinese, sesame chicken	547.0	1.0 order	148.2
43144	Cabbage, mustard, salted	128.0	1.0 cup	148.0
36025	CRACKER BARREL, coleslaw	167.0	1.0 serving	147.1
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	777.0	1.0 order	146.9
11457	Spinach, raw	30.0	1.0 cup	144.9
11270	Mustard greens, raw	56.0	1.0 cup, chopped	144.2
11709	Asparagus, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	144.0
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	144.0
36022	APPLEBEE'S, crunchy onion rings	350.0	1.0 serving	143.8
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	100.0	1.0 cup (1" pieces)	142.7
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	100.0	1.0 cup (1" pieces)	142.7
11568	Turnip greens, raw	55.0	1.0 cup, chopped	138.0
21127	Fast foods, coleslaw	191.0	1.0 cup	135.4
36623	Restaurant, Chinese, chicken chow mein	604.0	1.0 order	132.9
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	126.5
06629	Sauce, pesto, CLASSICO, basil pesto, ready-to-serve	62.0	0.25 cup	120.2
06627	Sauce, pesto, ready-to-serve, shelf stable	61.0	0.25 cup	118.2
11233	Kale, raw	16.0	1.0 cup 1" pieces, loosely packed	112.8
36036	Restaurant, family style, onion rings	259.0	1.0 serving	110.3
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	110.1
11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	110.1
11505	Sweet potato leaves, raw	35.0	1.0 cup, chopped	105.8
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	103.5
11952	Radicchio, raw	40.0	1.0 cup, shredded	102.1
03091	Babyfood, vegetables, green beans, strained	240.0	1.0 cup	101.8
11015	Asparagus, canned, drained solids	242.0	1.0 cup	99.9

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
11094	Broccoli, frozen, spears, unprepared	95.0	0.33 package (10 oz)	96.3
06626	Sauce, pesto, ready-to-serve, refrigerated	63.0	0.25 cup	95.2
06628	Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated	63.0	0.25 cup	95.2
11710	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	58.0	1.0 cup	94.6
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	58.0	1.0 cup	94.6
36026	CRACKER BARREL, onion rings, thick-cut	261.0	1.0 serving	94.2
36625	Restaurant, Chinese, vegetable lo mein, without meat	741.0	1.0 order	94.1
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	94.0
11789	Jute, potherb, cooked, boiled, drained, with salt	87.0	1.0 cup	94.0
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	28.35	1.0 oz	93.2
11090	Broccoli, raw	91.0	1.0 cup chopped	92.5
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	92.0	0.5 cup	91.5
06192	Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	253.0	1.0 cup	91.3
11096	Broccoli raab, raw	40.0	1.0 cup chopped	89.6
11157	Chrysanthemum, garland, raw	25.0	1.0 cup (1" pieces)	87.5
16108	Soybeans, mature seeds, raw	186.0	1.0 cup	87.4
16110	Soybeans, mature seeds, roasted, salted	172.0	1.0 cup	86.7
20126	Spaghetti, spinach, dry	57.0	2.0 oz	86.4
11152	Chicory greens, raw	29.0	1.0 cup, chopped	86.3
36035	Restaurant, family style, coleslaw	108.0	1.0 serving	85.3
11591	Watercress, raw	34.0	1.0 cup, chopped	85.0
36031	DENNY'S, onion rings	166.0	1.0 serving	84.0
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	653.0	1.0 serving	82.3
36619	Restaurant, Chinese, kung pao chicken	604.0	1.0 order	82.1
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	81.5
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	81.5
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.0	0.5 cup	81.1
11683	Carrot, dehydrated	74.0	1.0 cup	79.9
32013	Potsticker or wonton, pork and vegetable, frozen, unprepared	145.0	5.0 pieces 1 serving	79.8
21420	KFC, Coleslaw	112.0	1.0 package	79.4
36007	T.G.I. FRIDAY'S, french fries	184.0	1.0 serving	79.3
36028	DENNY'S, coleslaw	91.0	1.0 serving	78.4
11848	Pumpkin leaves, cooked, boiled, drained, with salt	71.0	1.0 cup	76.7
11419	Pumpkin leaves, cooked, boiled, drained, without salt	71.0	1.0 cup	76.7
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	75.4

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
11969	Broccoli, chinese, cooked	88.0	1.0 cup	74.6
11941	Pickles, cucumber, sour	155.0	1.0 cup	72.8
12147	Nuts, pine nuts, dried	135.0	1.0 cup	72.8
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	72.5
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	55.0	1.0 bar	71.1
11054	Beans, snap, green, canned, regular pack, solids and liquids	240.0	1.0 cup	69.6
11506	Sweet potato leaves, cooked, steamed, without salt	64.0	1.0 cup	69.5
11874	Sweet potato leaves, cooked, steamed, with salt	64.0	1.0 cup	69.5
11109	Cabbage, raw	89.0	1.0 cup, chopped	67.6
11946	Pickles, cucumber, sour, low sodium	143.0	1.0 cup, chopped or diced	67.2
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	66.4
11118	Cabbage, kimchi	150.0	1.0 cup	65.4
21130	Fast foods, onion rings, breaded and fried	117.0	1.0 package (18 onion rings)	65.3
09292	Plums, dried (prunes), stewed, without added sugar	248.0	1.0 cup, pitted	64.7
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	64.4
15119	Fish, tuna, light, canned in oil, drained solids	146.0	1.0 cup, solid or chunks	64.2
11062	Beans, snap, green, frozen, all styles, microwaved	111.0	1.0 cup	64.0
11141	Celeriac, raw	156.0	1.0 cup	64.0
07006	Bockwurst, pork, veal, raw	91.0	1.0 sausage	63.9
36607	CRACKER BARREL, steak fries	198.0	1.0 serving	63.6
06584	Soup, broccoli cheese, canned, condensed, commercial	121.0	1.0 serving 1/2 cup	62.7
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	62.6
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	62.6
36014	Restaurant, family style, french fries	170.0	1.0 serving	61.0
21253	BURGER KING, WHOPPER, with cheese	316.0	1.0 item	60.4
16116	Soy flour, full-fat, roasted	85.0	1.0 cup, stirred	60.4
11932	Beans, snap, yellow, canned, regular pack, drained solids	153.0	1.0 cup	60.1
36001	APPLEBEE'S, Double Crunch Shrimp	206.0	1.0 serving	59.9
11053	Beans, snap, green, cooked, boiled, drained, without salt	125.0	1.0 cup	59.9
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125.0	1.0 cup	59.9
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	125.0	1.0 cup	59.9
11723	Beans, snap, green, cooked, boiled, drained, with salt	125.0	1.0 cup	59.9
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	59.5
11933	Beans, snap, yellow, canned, no salt added, drained solids	153.0	1.0 cup	59.5
16115	Soy flour, full-fat, raw	84.0	1.0 cup, stirred	58.8

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
09508	Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	275.0	1.0 cup	58.3
36611	DENNY'S, mozzarella cheese sticks	228.0	1.0 serving	57.9
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	57.8
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	57.8
11213	Endive, raw	25.0	0.5 cup, chopped	57.8
21270	TACO BELL, Taco Salad	533.0	1.0 item	57.0
21252	BURGER KING, WHOPPER, no cheese	291.0	1.0 item	56.7
11764	Celery, cooked, boiled, drained, with salt	150.0	1.0 cup, diced	56.7
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	56.7
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	56.3
36012	Restaurant, family style, fried mozzarella sticks	245.0	1.0 serving	56.1
11011	Asparagus, raw	134.0	1.0 cup	55.7
36002	APPLEBEE'S, french fries	164.0	1.0 serving	54.8
11957	Fennel, bulb, raw	87.0	1.0 cup, sliced	54.6
11730	Beans, snap, yellow, frozen, all styles, unprepared	121.0	1.0 cup	54.4
36016	Restaurant, family style, shrimp, breaded and fried	169.0	1.0 serving	54.4
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	28.35	1.0 oz	54.4
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	54.2
09447	Plantains, yellow, fried, Latino restaurant	169.0	1.0 cup	53.7
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	237.0	6.0 inch sub	53.1
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	374.0	1.0 item	52.7
21254	BURGER KING, DOUBLE WHOPPER, no cheese	374.0	1.0 item	52.7
11056	Beans, snap, green, canned, regular pack, drained solids	135.0	1.0 cup	52.5
36601	Restaurant, Chinese, egg rolls, assorted	89.0	1.0 piece	52.4
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	52.3
11973	Beans, fava, in pod, raw	126.0	1.0 cup	51.5
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	51.4
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	51.4
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	51.4
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	51.4
09310	Rhubarb, frozen, cooked, with sugar	240.0	1.0 cup	50.6
21258	BURGER KING, Premium Fish Sandwich	220.0	1.0 sandwich	49.5
36021	APPLEBEE'S, coleslaw	76.0	1.0 serving	49.5
09352	Blueberries, canned, light syrup, drained	244.0	1.0 cup	48.6
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	160.0	1.0 cup	48.3

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160.0	1.0 cup	48.3
09038	Avocados, raw, California	230.0	1.0 cup, pureed	48.3
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	48.2
11114	Cabbage, savoy, raw	70.0	1.0 cup, shredded	48.2
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	205.0	1.0 item	48.0
11707	Asparagus, canned, no salt added, solids and liquids	122.0	0.5 cup	47.6
12085	Nuts, cashew nuts, dry roasted, without salt added	137.0	1.0 cup, halves and whole	47.5
12585	Nuts, cashew nuts, dry roasted, with salt added	137.0	1.0 cup, halves and whole	47.5
36610	DENNY'S, french fries	165.0	1.0 serving	47.5
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	461.0	1.0 serving	47.5
09353	Blueberries, wild, canned, heavy syrup, drained	319.0	1.0 cup	47.2
21259	BURGER KING, Original Chicken Sandwich	199.0	1.0 sandwich	47.2
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	46.9
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	590.0	1.0 serving	46.0
21255	BURGER KING, DOUBLE WHOPPER, with cheese	399.0	1.0 item	45.9
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	45.5
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	45.5
11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	45.5
11223	Drumstick leaves, cooked, boiled, drained, without salt	42.0	1.0 cup, chopped	45.4
11786	Drumstick leaves, cooked, boiled, drained, with salt	42.0	1.0 cup, chopped	45.4
12086	Nuts, cashew nuts, oil roasted, without salt added	129.0	1.0 cup, whole	44.8
12586	Nuts, cashew nuts, oil roasted, with salt added	129.0	1.0 cup, whole	44.8
14056	Beverages, Acai berry drink, fortified	266.0	8.0 fl oz	44.4
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	385.0	1.0 serving	44.3
11804	Okra, frozen, cooked, boiled, drained, with salt	92.0	0.5 cup slices	44.0
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	44.0
36606	CRACKER BARREL, farm raised catfish platter	178.0	1.0 serving	44.0
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	43.9
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	129.0	1.0 cup	43.9
11722	Beans, snap, yellow, raw	100.0	1.0 cup 1/2" pieces	43.2
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	43.0
27043	Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	519.0	1.0 can	42.6
11246	Leeks, (bulb and lower leaf-portion), raw	89.0	1.0 cup	41.8
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	41.4
11811	Peas, green, cooked, boiled, drained, with salt	160.0	1.0 cup	41.4

1212 Edumanc, frozen, prepared 1550 1.0 cug, mared 1.0 cug 41.4 cug 1.0 cug 41.6	NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
6613 Natio 175.0 1.0 cup 40.0 3030 DENNYS, hash brown 124.0 1.0 serving 40.4 2056 Lagany, Segualbe, frozan, baked 222.0 1.0 serving 40.4 0309 Rhubarh, frozen, uncooked 41.7 1.0 cup, diced 40.1 14163 Beverages, choolate drain, milk and soy based, ready to driak, fortified 37.0 1.0 cup, diced 40.1 11809 Peas, edible-poolded, cooled, build, drained, with salt 160.0 1.0 cup 40.0 11809 Peas, edible-poolded, fortied, without salt 160.0 1.0 piece (1/12 of a che) 40.0 11809 Peas, edible-poolded, bottled, drained, without salt 160.0 1.0 piece (1/12 of a che) 40.0 11809 Cake, chocolate, commercially prepared with chocolate frosting, in store bakery 28.0 1.0 piece (1/12 of a che) 39.0 11849 Pumpkin, camed, without salt 245.0 1.0 cup direct 39.0 11840 Pumpkin, camed, without salt 245.0 1.0 cup direct 38.0 11841 Pumpkin, camed, without salt 250.0	11212	Edamame, frozen, prepared	155.0	1.0 cup	41.4
8600 DENNYS, bath browns 1240 1.0 serving 40.4 22956 Lasgan, Vegetible, frozen, baked 2370 1.0 serving 40.4 4019 Rhobath, frozen, uncoded 1370 1.0 cm, det 40.1 4163 Beverages, chocolate drink, milk and soy based, ready to drink, fortified 2370 1.0 cm 0.0 11962 Peppers, bot chibe, sun-dried 370 1.0 cm 0.0 11972 Peppers, bot chibe, sun-dried 370 1.0 cm 0.0 11980 Pes, schible-podded, bothed, drained, without salt 160 1.0 cm 1.0 cm 0.0 11980 Pes, schible-podded, bothed, drained, without salt 160 1.0 cm 3.3 sero 0.0 11980 Pes, schible-podded, bothed, drained, without salt 360 1.0 cm 3.0 0.0	09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	40.7
22956 I langun, Vegenühle, frinzen, baked 2270 I. Durbur, frinzen, uncooked 40.4 09309 Rhuburb, frozen, uncooked 1370 1.0 cup, diede 40.1 11363 Resenges, chochale drink, milk and soy based, ready to drink, foriffied 2370 8.0 floo 40.0 11962 Peppers, bot chile; sus-dried 370 1.0 cup 40.0 11909 Peas, chilh-podded, cooked, boiled, drained, without salt 1600 1.0 cup 40.0 1307 Peas, chilh-podded, cooked, boiled, drained, without salt 1600 3.0 cup 3.0 cup 40.0 1408 Revenges, Wheep protein provider isolate 800 3.0 scoop 40.0 1809 Cake, checolate, commercially prepared with choolate frosting, in-store bakery 130 1.0 pers (1/12 of acube) 3.9 11257 Leruce, red leaf, raw 280 1.0 cup 3.0 11264 Pumpkin, canned, without salt 245 1.0 cup 3.0 1127 I sens, stap, yellow, canned, mail added, solids and liquids 120 1.0 cup 3.7 1128 Bass, stap, yellow, c	16113	Natto	175.0	1.0 cup	40.4
9990 Rhabarb, frozen, uncooked 1370 1.0 cup, dice 4.0 ct 14163 Beverages, foolcolare drink, milk and syy based, ready to drink, fortified 2370 8.0 fl.0 cg 40 d 11802 Pepers, bot chiles, uncluded 370 1.0 cup 40 d 11801 Pess, edible-podded, boiled, drained, without salt 160 1.0 cup 40 d 11808 Recorges, Whey protein proder isolated 860 3.0 soon 40 d 1808 Cake, chocolare, commercially prepared with chocolare frosting, in-store bakery 1380 1.0 piece (1/2 of a cake) 390 1826 Cake, chocolare, commercially prepared with chocolare frosting, in-store bakery 1380 1.0 piece (1/2 of a cake) 390 1826 Pumpkin, canned, without salt 250 1.0 cup shreedsde 393 1846 Pumpkin, canned, without salt 250 1.0 cup 380 1827 Belackberry juice, comed 120 5.0 cup 380 1728 Beans, sanp, yellow, canned, regular pack, solids and liquids 120 5.0 cup 373 1821 Bea	36030	DENNY'S, hash browns	124.0	1.0 serving	40.4
1416	22956	Lasagna, Vegetable, frozen, baked	227.0	1.0 serving	40.4
11962 Peppers, bot chile, sun-dried 37.0 1.0 cup 40.0 11809 Peas, edible-podded, cooked, boiled, drained, with salt 160.0 1.0 cup 40.0 1301 Peas, edible-podded, boiled, drained, without salt 160.0 1.0 cup 40.0 1408 Beverages, Whey protein prowder isolate 36.0 3.0 scoop 40.0 1809 Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery 138.0 1.0 piece (1/12 of a cake) 39.9 11257 Lettuee, real leaf, raw 28.0 1.0 cup shredded 39.3 11264 Pumpkin, canned, with salt 245.0 1.0 cup 39.2 11424 Pumpkin, canned, without salt 250.0 1.0 cup 39.0 11728 Beans, sany, spllow, canned, cosalt added, solids and liquids 120.0 0.5 cup 37.4 11727 Reas, sany, pellow, canned, respiral pack, solids and liquids 120.0 0.5 cup 37.4 11812 Peas, green, frozen, unprepared 118.0 1.0 cup 37.4 11821 Adamane, frozen, unprepared 118.0	09309	Rhubarb, frozen, uncooked	137.0	1.0 cup, diced	40.1
11899 Pass, edifble-podded, cooked, boiled, drained, with salt 1600 1.0 cm 400 11301 Peas, edifble-podded, boiled, drained, without salt 1600 1.0 cm 400 1808 Beverages, Whey protein powder isolate 860 3.0 scoop 400 1809 Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery 1380 1.0 piece (1/12 of a cake) 393 11257 Lettuce, red leaf, raw 285 1.0 cup shedded 393 11244 Pumpkin, canned, without salt 2450 1.0 cup shedded 392 11242 Pumpkin, canned, without salt 2500 1.0 cup 380 11248 Blackberry juice, canned 2500 1.0 cup 380 11249 Beans, sanp, yellow, canned, no salt added, solids and liquids 120 0.0 cup 374 11272 Beans, sanp, yellow, canned, no salt added, solids and liquids 120 1.0 cup 374 11211 Edunante, frozen, unprepared 1180 1.0 cup 374 11212 Peas, green, final, solifured, uncooked 180 1.0 c	14163	Beverages, chocolate drink, milk and soy based, ready to drink, fortified	237.0	8.0 fl oz	40.1
1301 Peas, edible-podded, brilled, drained, without salt 1608 Beverages, Whey protein powder isolate 860 3.0 scoop 400 18096 Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery 1380 1.0 piece (1/12 of a cake) 39.9 18757 Lettuer, red leaf, raw 28.0 1.0 cup shredded 39.3 11846 Pumpkin, canned, with salt 245.0 1.0 cup shredded 39.2 11848 Pumpkin, canned, with salt 250.0 1.0 cup 39.2 11942 Pumpkin, canned, with salt 260.0 1.0 cup 39.2 1943 Beans, snap, yellow, canned, no salt added, solids and liquids 120.0 0.5 cup 37.4 11727 Beans, snap, yellow, canned, regular pack, solids and liquids 120.0 0.5 cup 37.4 11812 Peas, green, frozen, unprepared 180.0 1.0 cup 37.4 11217 Beans, snap, yellow, canned, regular pack, solids and liquids 180.0 1.0 cup 37.4 11211 Educame, frozen, unprepared 180.0 1.0 cup 37.0 11221	11962	Peppers, hot chile, sun-dried	37.0	1.0 cup	40.0
14058 Beverages, Whey protein powder isolate 86.0 3.0 scoop 40.0 18996 Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery 138.0 1.0 piece (1/12 of a cake) 39.9 11257 Lettuce, red leaf, raw 28.0 1.0 cup shredded 39.3 11846 Pumpkin, canned, with salt 245.0 1.0 cup 39.2 11424 Pumpkin, canned, without salt 250.0 1.0 cup 38.0 10728 Beans, snap, yellow, canned, no salt added, solids and liquids 120.0 0.5 cup 37.4 11727 Beans, snap, yellow, canned, rosalt added, solids and liquids 120.0 0.5 cup 37.4 11312 Peas, green, frozen, unprepared 118.0 1.0 cup 37.4 11211 Edamane, frozen, unprepared 118.0 1.0 cup 37.0 1154.0 Peas, green, frozen, unprepared 180.0 1.0 cup 37.0 1154.0 Cartor, juice, canned 180.0 1.0 cup 36.7 1154.0 Cartor, juice, canned 140.0 1.0 cup 36.7 <	11809	Peas, edible-podded, cooked, boiled, drained, with salt	160.0	1.0 cup	40.0
18096 Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery 138.0 1.0 piece (1/12 of a cake) 39.9 11257 Lettuce, red leaf, raw 28.0 1.0 cup shredded 39.3 11846 Pumpkin, canned, with salt 245.0 1.0 cup 39.2 11847 Pumpkin, canned, without salt 245.0 1.0 cup 38.0 1003 Blackberry juice, canned 250.0 1.0 cup 38.0 11728 Beans, snap, yellow, canned, no salt added, solids and liquids 120.0 0.5 cup 37.4 11727 Beans, snap, yellow, canned, regular pack, solids and liquids 120.0 0.5 cup 37.4 11312 Peas, green, frozen, unprepared 118.0 1.0 cup 37.4 11312 Edamane, frozen, unprepared 118.0 1.0 cup 37.1 11344 Pigeoppeas, immature seeds, raw 154.0 1.0 cup 37.0 11345 Peas, green, frozen, unprepared 180.0 1.0 cup 36.7 11655 Carrot juice, canned 230.0 1.0 cup 36.7	11301	Peas, edible-podded, boiled, drained, without salt	160.0	1.0 cup	40.0
11257 Lettuce, red lenf, raw 28.0 1.0 cup shredded 39.3 11846 Pumpkin, canned, with salt 245.0 1.0 cup 39.2 11444 Dumpkin, canned, without salt 245.0 1.0 cup 39.2 19943 Blackberry juice, canned 250.0 1.0 cup 38.2 19943 Beans, snap, yellow, canned, no salt added, solids and liquids 120.0 0.5 cup 37.4 11727 Beans, snap, yellow, canned, regular pack, solids and liquids 120.0 0.5 cup 37.4 11312 Peas, green, frozen, unprepared 118.0 1.0 cup 37.4 11211 Edamame, frozen, unprepared 118.0 1.0 cup 37.1 11344 Pigeonpeas, immature seeds, raw 118.0 1.0 cup 37.0 11555 Carrot juice, canned 236.0 1.0 cup 36.6 18104 Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery 144.0 1.0 piece (1/12 of a cake) 36.1 11304 Peas, green, raw 122.0 1.0 cup 36.5 21400	14058	Beverages, Whey protein powder isolate	86.0	3.0 scoop	40.0
11846 Pumpkin, canned, with salt 245.0 1.0 cup 39.2 11424 Pumpkin, canned, without salt 245.0 1.0 cup 38.2 60043 Blackberry juice, canned 250.0 1.0 cup 38.0 11728 Beans, snap, yellow, canned, no salt added, solids and liquids 120.0 0.5 cup 37.4 11727 Beans, snap, yellow, canned, regular pack, solids and liquids 120.0 0.5 cup 37.4 11312 Peas, green, frozen, unprepared 118.0 1.0 cup 37.4 11211 Edamane, frozen, unprepared 118.0 1.0 cup 37.0 11344 Pigeonpeas, immature seeds, raw 154.0 1.0 cup 37.0 11655 Carrot, juice, canned 180.0 1.0 cup, halve 36.7 11655 Carrot, juice, canned 236.0 1.0 picce (1/12 of a cake) 36.1 11304 Peas, green, raw 145.0 1.0 picce (1/12 of a cake) 36.1 1140 Fast foods, cheesburger; double, regular patry; double decker bun with condiments and special sauce 219.0 1.0 cup, dice 35.7 </td <td>18096</td> <td>Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery</td> <td>138.0</td> <td>1.0 piece (1/12 of a cake)</td> <td>39.9</td>	18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	138.0	1.0 piece (1/12 of a cake)	39.9
11424 Pumpkin, canned, without salt 2450 1.0 cup 39.2 09043 Blackberry juice, canned 2500 1.0 cup 38.0 11728 Beans, snap, yellow, canned, no salt added, solids and liquids 1200 0.5 cup 37.4 11727 Beans, snap, yellow, canned, regular pack, solids and liquids 1200 0.5 cup 37.4 11312 Peas, green, frozen, unprepared 118.0 1.0 cup 37.1 11211 Edamane, frozen, unprepared 118.0 1.0 cup 37.1 11244 Pigeonpeas, immature seeds, raw 1540 1.0 cup, halves 36.7 11255 Carrot juice, canned 2360 1.0 cup, halves 36.7 11840 Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery 144.0 1.0 piece (1/12 of a cake) 36.1 11840 Past foods, cheeseburger, double, regular patty; double decker bun with condiments and special sauce 219.0 1.0 cup, dice 35.2 21390 Fast foods, hamburger, single, large patty; with condiments, vegetables and mayonnaise 247.0 1.0 cup, dice 35.2 1607	11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	39.3
09043 Blackberry juice, canned 2500 1.0 cup 38.0 11728 Beans, snap, yellow, canned, no salt added, solids and liquids 120.0 0.5 cup 37.4 11727 Beans, snap, yellow, canned, regular pack, solids and liquids 120.0 0.5 cup 37.4 11312 Peas, green, frozen, unprepared 118.0 1.0 cup 37.4 11211 Edaname, frozen, unprepared 118.0 1.0 cup 37.1 11344 Pigeonpeas, immature seeds, raw 154.0 1.0 cup 37.0 11655 Carrot juice, canned 180.0 1.0 cup, halves 36.7 18140 Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery 144.0 1.0 piece (1/12 of a cake) 36.1 11304 Peas, green, raw 145.0 1.0 cup 35.0 21400 Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce 219.0 1.0 cup, diced 35.7 21390 Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise 247.0 1.0 cup, diced 35.7 21602	11846	Pumpkin, canned, with salt	245.0	1.0 cup	39.2
11728 Beans, snap, yellow, canned, no salt added, solids and liquids 1200 0.5 cup 37.4 11727 Beans, snap, yellow, canned, regular pack, solids and liquids 1200 0.5 cup 37.4 11312 Peas, green, frozen, unprepared 134.0 1.0 cup 37.4 11211 Edamane, frozen, unprepared 118.0 1.0 cup 37.1 11344 Pigeonpeas, immature seeds, raw 154.0 1.0 cup 37.0 09259 Pears, dried, sulfured, uncooked 180.0 1.0 cup, halves 36.7 11655 Carrot juice, canned 236.0 1.0 cup, halves 36.6 18140 Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery 144.0 1.0 piece (1/12 of a cake) 36.1 11304 Peas, green, raw 145.0 1.0 cup 36.0 21400 Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce 219.0 1.0 cup, diece 35.7 21390 Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise 247.0 1.0 cup, diece 35.3 160	11424	Pumpkin, canned, without salt	245.0	1.0 cup	39.2
11727 Beans, snap, yellow, canned, regular pack, solids and liquids 120.0 0.5 cup 37.4 11312 Peas, green, frozen, unprepared 134.0 1.0 cup 37.4 11211 Edamame, frozen, unprepared 118.0 1.0 cup 37.1 11344 Pigeonpeas, immature seeds, raw 154.0 1.0 cup 37.0 09259 Pears, dried, sulfured, uncooked 180.0 1.0 cup, halves 36.7 11655 Carot juice, canned 236.0 1.0 cup, halves 36.6 18140 Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery 144.0 1.0 piece (1/12 of a cake) 36.1 11304 Peas, green, raw 144.0 1.0 piece (1/12 of a cake) 36.0 11400 Fast foods, cheesburger; double, regular patty; double decker bun with condiments and special sauce 219.0 1.0 cup, diced 35.7 19307 Rubbarb, raw 122.0 1.0 cup, diced 35.7 19309 Fast foods, cheesburger; single, large patty; with condiments, vegetables and mayonnaise 247.0 1.0 cup 35.0 1627 Beans, kid	09043	Blackberry juice, canned	250.0	1.0 cup	38.0
11312 Peas, green, frozen, unprepared 134.0 1.0 cup 37.4 11211 Edamame, frozen, unprepared 118.0 1.0 cup 37.1 11344 Pigeonpeas, immature seeds, raw 154.0 1.0 cup, halves 36.7 09259 Pears, dried, sulfured, uncooked 180.0 1.0 cup, halves 36.7 11655 Carrot juice, canned 236.0 1.0 piece (1/12 of a cake) 36.6 18140 Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery 144.0 1.0 piece (1/12 of a cake) 36.1 11304 Peas, green, raw 145.0 1.0 cup 36.0 21400 Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce 219.0 1.0 cup, diced 35.9 99307 Rhubarb, raw 122.0 1.0 cup, diced 35.7 1390 Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise 247.0 1.0 item 35.3 16027 Beans, kidney, all types, mature seeds, raw 184.0 1.0 cup 35.0 16111 Soybeans, mature seeds, spr	11728	Beans, snap, yellow, canned, no salt added, solids and liquids	120.0	0.5 cup	37.4
11211 Edamame, frozen, unprepared 118.0 1.0 cup 37.1 11344 Pigeonpeas, immature seeds, raw 154.0 1.0 cup 37.0 09259 Pears, dried, sulfured, uncooked 180.0 1.0 cup, halves 36.7 11655 Carrot juice, canned 236.0 1.0 cup 36.6 18140 Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery 144.0 1.0 piece (1/12 of a cake) 36.1 11304 Peas, green, raw 145.0 1.0 cup 36.0 21400 Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce 219.0 1.0 cup, diced 35.7 21390 Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise 247.0 1.0 cup, diced 35.3 16027 Beans, kidney, all types, mature seeds, raw 184.0 1.0 cup 35.0 16111 Soybeans, mature seeds, dry roasted 93.0 1.0 cup 34.4 11043 Mung beans, mature seeds, sprouted, raw 104.0 1.0 cup 34.3 3604 CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu 103.0 1.0 cup 34.	11727	Beans, snap, yellow, canned, regular pack, solids and liquids	120.0	0.5 cup	37.4
11344 Pigeonpeas, immature seeds, raw 154.0 1.0 cup 37.0 09259 Pears, dried, sulfured, uncooked 180.0 1.0 cup, halves 36.7 11655 Carrot juice, canned 236.0 1.0 cup 36.6 18140 Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery 144.0 1.0 piece (1/12 of a cake) 36.1 11304 Peas, green, raw 145.0 1.0 cup 36.0 21400 Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce 219.0 1.0 cup, diced 35.7 21390 Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise 247.0 1.0 item 35.3 16027 Beans, kidney, all types, mature seeds, raw 184.0 1.0 cup 35.0 16111 Soybeans, mature seeds, dry roasted 93.0 1.0 cup 34.3 11043 Mung beans, mature seeds, sprouted, raw 104.0 1.0 cup 34.3 36604 CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu 103.0 1.0 cup 34.0 9046	11312	Peas, green, frozen, unprepared	134.0	1.0 cup	37.4
09259 Pears, dried, sulfured, uncooked 180.0 1.0 cup, halves 36.7 11655 Carrot juice, canned 236.0 1.0 cup 36.6 18140 Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery 144.0 1.0 piece (1/12 of a cake) 36.1 11304 Peas, green, raw 145.0 1.0 cup 36.0 21400 Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce 219.0 1.0 cup, diceed 35.7 21390 Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise 247.0 1.0 cup, diceed 35.3 16027 Beans, kidney, all types, mature seeds, raw 184.0 1.0 cup 35.0 16111 Soybeans, mature seeds, dry roasted 93.0 1.0 cup 34.4 11043 Mung beans, mature seeds, sprouted, raw 104.0 1.0 cup 34.3 3604 CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu 103.0 1.0 serving 34.3 09046 Blackberries, canned, heavy syrup, solids and liquids 256.0 1.0 cup, chopped 34.0 11112 Cabbage, red, raw 89.0	11211	Edamame, frozen, unprepared	118.0	1.0 cup	37.1
11655 Carrot juice, canned 236.0 1.0 cup 36.6 18140 Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery 144.0 1.0 piece (1/12 of a cake) 36.1 11304 Peas, green, raw 145.0 1.0 cup 36.0 21400 Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce 219.0 1.0 cup, diced 35.7 99307 Rhubarb, raw 122.0 1.0 cup, diced 35.7 21390 Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise 247.0 1.0 item 35.3 16027 Beans, kidney, all types, mature seeds, raw 184.0 1.0 cup 35.0 16111 Soybeans, mature seeds, dry roasted 93.0 1.0 cup 34.4 11043 Mung beans, mature seeds, sprouted, raw 104.0 1.0 cup 34.3 36604 CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu 103.0 1.0 serving 34.3 09046 Blackberries, canned, heavy syrup, solids and liquids 256.0 1.0 cup, chopped 34.0 11112 Cabbage, red, raw 89.0 1.0 cup, chopped	11344	Pigeonpeas, immature seeds, raw	154.0	1.0 cup	37.0
18140 Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery 144.0 1.0 piece (1/12 of a cake) 36.1 11304 Peas, green, raw 145.0 1.0 cup 36.0 21400 Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce 219.0 1.0 item 35.9 09307 Rhubarb, raw 122.0 1.0 cup, diced 35.7 21390 Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise 247.0 1.0 item 35.3 16027 Beans, kidney, all types, mature seeds, raw 184.0 1.0 cup 35.0 16111 Soybeans, mature seeds, dry roasted 93.0 1.0 cup 34.4 11043 Mung beans, mature seeds, sprouted, raw 104.0 1.0 cup 34.3 36604 CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu 103.0 1.0 serving 34.3 09046 Blackberries, canned, heavy syrup, solids and liquids 256.0 1.0 cup, chopped 34.0 11112 Cabbage, red, raw 89.0 1.0 cup, chopped 34.0	09259	Pears, dried, sulfured, uncooked	180.0	1.0 cup, halves	36.7
11304 Peas, green, raw 145.0 1.0 cup 36.0 21400 Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce 219.0 1.0 item 35.9 09307 Rhubarb, raw 122.0 1.0 cup, diced 35.7 21390 Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise 247.0 1.0 item 35.3 16027 Beans, kidney, all types, mature seeds, raw 184.0 1.0 cup 35.0 16111 Soybeans, mature seeds, dry roasted 93.0 1.0 cup 34.4 11043 Mung beans, mature seeds, sprouted, raw 104.0 1.0 cup 34.3 36604 CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu 103.0 1.0 serving 34.3 309046 Blackberries, canned, heavy syrup, solids and liquids 256.0 1.0 cup, chopped 34.0 11112 Cabbage, red, raw 89.0 1.0 cup, chopped 34.0	11655	Carrot juice, canned	236.0	1.0 cup	36.6
Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce 219.0 Rhubarb, raw 122.0 Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise 247.0 Beans, kidney, all types, mature seeds, raw 184.0 1.0 cup 35.0 16111 Soybeans, mature seeds, dry roasted 93.0 1.0 cup 34.4 1043 Mung beans, mature seeds, sprouted, raw 104.0 CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu 103.0 Blackberries, canned, heavy syrup, solids and liquids 256.0 1.0 cup, chopped 34.0 110 cup, chopped	18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	144.0	1.0 piece (1/12 of a cake)	36.1
09307 Rhubarb, raw 122.0 1.0 cup, diced 35.7 21390 Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise 247.0 1.0 item 35.3 16027 Beans, kidney, all types, mature seeds, raw 184.0 1.0 cup 35.0 16111 Soybeans, mature seeds, dry roasted 93.0 1.0 cup 34.4 11043 Mung beans, mature seeds, sprouted, raw 104.0 1.0 cup 34.3 36604 CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu 103.0 1.0 serving 34.3 09046 Blackberries, canned, heavy syrup, solids and liquids 256.0 1.0 cup 34.0 11112 Cabbage, red, raw 89.0 1.0 cup, chopped 34.0	11304	Peas, green, raw	145.0	1.0 cup	36.0
Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise 247.0 Beans, kidney, all types, mature seeds, raw 184.0 1.0 cup 35.0 16111 Soybeans, mature seeds, dry roasted 93.0 1.0 cup 34.4 11043 Mung beans, mature seeds, sprouted, raw 104.0 1.0 cup 34.3 36604 CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu 103.0 1.0 serving 34.3 09046 Blackberries, canned, heavy syrup, solids and liquids 256.0 1.0 cup, chopped 34.0 11112 Cabbage, red, raw 89.0 1.0 cup, chopped	21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	219.0	1.0 item	35.9
16027Beans, kidney, all types, mature seeds, raw184.01.0 cup35.016111Soybeans, mature seeds, dry roasted93.01.0 cup34.411043Mung beans, mature seeds, sprouted, raw104.01.0 cup34.336604CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu103.01.0 serving34.309046Blackberries, canned, heavy syrup, solids and liquids256.01.0 cup34.011112Cabbage, red, raw89.01.0 cup, chopped34.0	09307	Rhubarb, raw	122.0	1.0 cup, diced	35.7
16111Soybeans, mature seeds, dry roasted93.01.0 cup34.411043Mung beans, mature seeds, sprouted, raw104.01.0 cup34.336604CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu103.01.0 serving34.309046Blackberries, canned, heavy syrup, solids and liquids256.01.0 cup34.011112Cabbage, red, raw89.01.0 cup, chopped34.0	21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	247.0	1.0 item	35.3
Mung beans, mature seeds, sprouted, raw 104.0 1.0 cup 34.3 36604 CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu 103.0 1.0 serving 34.3 09046 Blackberries, canned, heavy syrup, solids and liquids 256.0 1.0 cup 34.0 11112 Cabbage, red, raw 89.0 1.0 cup, chopped 34.0	16027	Beans, kidney, all types, mature seeds, raw	184.0	1.0 cup	35.0
36604CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu103.01.0 serving34.309046Blackberries, canned, heavy syrup, solids and liquids256.01.0 cup34.011112Cabbage, red, raw89.01.0 cup, chopped34.0	16111	Soybeans, mature seeds, dry roasted	93.0	1.0 cup	34.4
09046Blackberries, canned, heavy syrup, solids and liquids256.01.0 cup34.011112Cabbage, red, raw89.01.0 cup, chopped34.0	11043	Mung beans, mature seeds, sprouted, raw	104.0	1.0 cup	34.3
11112 Cabbage, red, raw 89.0 1.0 cup, chopped 34.0	36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	103.0	1.0 serving	34.3
	09046	Blackberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	34.0
Pie crust, deep dish, frozen, unbaked, made with enriched flour 225.0 1.0 pie crust (average weight)	11112	Cabbage, red, raw	89.0	1.0 cup, chopped	34.0
	18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	225.0	1.0 pie crust (average weight)	33.8

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	202.0	1.0 pie crust (average weight)	33.7
11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	33.4
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	33.1
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	182.0	1.0 cup	33.1
16109	Soybeans, mature cooked, boiled, without salt	172.0	1.0 cup	33.0
16409	Soybeans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	33.0
35203	Rose Hips, wild (Northern Plains Indians)	127.0	1.0 cup	32.9
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	355.0	1.0 item	32.7
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	32.6
35204	Chokecherries, raw, pitted (Northern Plains Indians)	154.0	1.0 cup	32.5
22906	Chicken pot pie, frozen entree, prepared	302.0	1.0 pie	32.3
03099	Babyfood, vegetables, carrots, strained	224.0	1.0 cup	32.3
11279	Okra, cooked, boiled, drained, without salt	80.0	0.5 cup slices	32.0
11803	Okra, cooked, boiled, drained, with salt	80.0	0.5 cup slices	32.0
36015	Restaurant, family style, chicken fingers, from kid's menu	114.0	1.0 serving	31.9
11116	Cabbage, chinese (pak-choi), raw	70.0	1.0 cup, shredded	31.8
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	31.5
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	124.0	1.0 leek	31.5
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	31.5
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	269.0	1.0 cup	31.5
21517	Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	133.0	1.0 item	31.4
11278	Okra, raw	100.0	1.0 cup	31.3
36041	Restaurant, Italian, lasagna with meat	457.0	1.0 serving	31.1
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	94.0	1.0 cup	31.0
42278	Babyfood, vegetable and brown rice, strained	230.0	1.0 cup	30.8
36039	Restaurant, family style, hash browns	94.0	1.0 cup	30.6
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	215.0	1.0 sandwich	30.5
11520	Taro leaves, raw	28.0	1.0 cup	30.4
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	153.0	1.0 cup	30.3
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	153.0	1.0 cup	30.3
11298	Parsnips, raw	133.0	1.0 cup slices	29.9
21105	Fast foods, fish sandwich, with tartar sauce	220.0	1.0 sandwich	29.9
09048	Blackberries, frozen, unsweetened	151.0	1.0 cup, unthawed	29.9
11581	Vegetables, mixed, canned, drained solids	163.0	1.0 cup	29.7
11197	Cowpeas, young pods with seeds, raw	94.0	1.0 cup	29.6

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
11143	Celery, raw	101.0	1.0 cup chopped	29.6
43447	Snacks, corn-based, extruded, chips, unsalted	88.0	1.0 cup, crushed	29.6
11099	Brussels sprouts, cooked, boiled, drained, without salt	21.0	1.0 sprout	29.5
11745	Brussels sprouts, cooked, boiled, drained, with salt	21.0	1.0 sprout	29.5
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	237.0	1.0 bottle	29.2
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	129.0	0.5 cup condensed	29.0
42279	Babyfood, peas and brown rice	230.0	1.0 cup	29.0
36042	OLIVE GARDEN, lasagna classico	422.0	1.0 serving	28.7
16085	Peas, green, split, mature seeds, raw	197.0	1.0 cup	28.6
09050	Blueberries, raw	148.0	1.0 cup	28.6
11667	Seaweed, spirulina, dried	112.0	1.0 cup	28.6
09042	Blackberries, raw	144.0	1.0 cup	28.5
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	28.1
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	124.0	1.0 cup	28.1
03100	Babyfood, vegetables, carrots, junior	224.0	1.0 cup	28.0
06001	Soup, cream of asparagus, canned, condensed	126.0	0.5 cup (4 fl oz)	27.7
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	27.2
04670	USDA Commodity Food, oil, vegetable, low saturated fat	13.6	1.0 tbsp	26.9
22955	Egg rolls, vegetable, frozen, prepared	68.0	1.0 egg roll	26.8
03092	Babyfood, vegetables, green beans, junior	240.0	1.0 cup	26.6
21263	TACO BELL, Soft Taco with steak	127.0	1.0 item	26.4
09442	Pomegranate juice, bottled	249.0	1.0 cup	25.9
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	144.0	1.0 cup	25.8
04699	Oil, industrial, soy, low linolenic	14.0	1.0 tablespoon	25.7
11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	25.7
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	159.0	1.0 cup	25.6
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	130.0	1.0 cup prepared	25.5
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	257.0	1.0 serving	25.4
09054	Blueberries, frozen, unsweetened	155.0	1.0 cup, unthawed	25.4
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	25.2
09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	25.1
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	256.0	1.0 cup	25.1
25051	Snacks, CLIF BAR, mixed flavors	68.0	1.0 bar	25.0
14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	26.0	1.0 scoop	25.0
04531	Oil, soybean lecithin	13.6	1.0 tablespoon	25.0

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
04700	Oil, industrial, soy, ultra low linolenic	13.6	1.0 tablespoon	25.0
04044	Oil, soybean, salad or cooking	13.6	1.0 tbsp	25.0
04701	Oil, industrial, soy, fully hydrogenated	13.6	1.0 tablespoon	25.0
04669	USDA Commodity Food, oil, vegetable, soybean, refined	13.6	1.0 tablespoon	25.0
04650	Oil, industrial, soy, refined, for woks and light frying	13.6	1.0 tbsp	25.0
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	24.7
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	230.0	1.0 item	24.6
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	67.0	1.0 serving 4 pieces in serving	24.5
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	24.5
11339	Peppers, sweet, green, sauteed	115.0	1.0 cup chopped	24.5
21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	113.0	1.0 slice	24.3
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	24.2
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	24.0
06443	Soup, cream of mushroom, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	23.8
09163	Blueberries, dried, sweetened	40.0	0.25 cup	23.8
21461	Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise	268.0	1.0 sandwich	23.3
03059	Babyfood, dinner, vegetables and bacon, strained	256.0	1.0 cup	23.3
36630	Restaurant, Italian, spaghetti with meat sauce	554.0	1.0 serving	23.3
04011	Salad dressing, KRAFT Mayo Light Mayonnaise	15.0	1.0 tbsp	23.3
09094	Figs, dried, uncooked	149.0	1.0 cup	23.2
11955	Tomatoes, sun-dried	54.0	1.0 cup	23.2
21462	Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise	271.0	1.0 sandwich	22.8
36631	OLIVE GARDEN, spaghetti with meat sauce	525.0	1.0 serving	22.6
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	22.5
09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	22.0
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	236.0	1.0 item	21.9
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	21.8
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	21.8
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	123.0	1.0 item	21.8
06010	Soup, cream of celery, canned, condensed	126.0	0.5 cup	21.7
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	489.0	1.0 serving	21.5
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	21.5
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup (1" pieces)	21.4
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup (1" pieces)	21.4
21243	WENDY'S, CLASSIC DOUBLE, with cheese	310.0	1.0 item	21.4

1894 Vegethbles, mixed, frozen, cooked, boiled, dained, without self 91.0 0.5 cup 21.4 1896 Vegethbles, mixed, frozen, cooked, boiled, dained, with self 91.0 0.5 cup 21.4 1897 Revenges, AHBOTT, ENSIREN, Narriannal Stakes, Ready up Druk 25.0 25.0 11.0 tup 21.3 1078 Haly frost, dimmer, broccale and chicken, jurior 21.3 1078 Haly frost, dimmer, broccale and chicken, jurior 21.3 1078 Articholes, (globs or french), frozen, cooked, boiled, drained, with self 168.0 1.0 cup 21.2 11010 Articholes, (globs or french), frozen, cooked, boiled, drained, without self 168.0 1.0 cup 21.2 11010 Articholes, (globs or french), frozen, cooked, boiled, drained, without self 168.0 1.0 cup 21.2 11010 Articholes, (globs or french), frozen, cooked, boiled, drained, without self 168.0 1.0 cup 21.2 11010 Articholes, (globs or french), frozen, cooked, boiled, drained, without self 168.0 1.0 cup 21.2 11010 Articholes, (globs or french), frozen, cooked, boiled, drained, without self 12.5 1.0 cup 21.2 11010 Articholes, (globs or french), frozen, cooked, boiled, drained, without self 12.5 1.0 cup	NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
Helica Bevernges, ABBOTT, ENSURE, Northitomal Shaker, Ready-to-Drink 2540 8.0 ff or 21.3	11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	91.0	0.5 cup	21.4
03298 Baby fund, dimer, bruccoil and chicken, junior 29.0 1.0 thep 21.3 01264 ke cream bar; sick or nugget, with crusch coating 95.0 26.0 pieces 21.2 11703 Articholocs, (globe or french), frozen, cooked, boiled, drained, with out sult 108.0 1.0 cup 21.2 11010 Articholocs, (globe or french), frozen, cooked, boiled, drained, without sult 108.0 1.0 cup 2.1 11010 Articholocs, (globe or french), frozen, cooked, boiled, drained, without sult 108.0 1.0 cup + serving 2.1 11812 Pers, green, camed, no sult added, solids and liquish 124.0 0.5 cup 2.0 18412 Pers, green, camed, no sult added, solids and liquish 124.0 0.5 cup 2.0 4659 Saded dessing, and brissing, regular 15.0 1.0 serving 2.0 4659 Saded dessing, and forth sends, regular with pomodoro sauce 478.0 1.0 serving 2.0 4050 DLIVE GARDEN, spagherti with pomodoro sauce 478.0 1.0 serving 2.0 1224 WENDYS, Clifface, Griff Ilsandwich 2.25.0 1.0 serving 2.0	11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	91.0	0.5 cup	21.4
01264 Ice cream bar, stick or nugget, with crunch coating 95.0 26.0 pieces 21.2 11703 Articholess, globe or french, frozen, cooked, boiled, drained, without salt 168.0 1.0 cup 21.2 04703 Salad dressing, boney mustard, regular 30.0 2.0 thap 21.0 25910 Lasagine, chesse, frozen, prepared 225.0 1.0 cup is serving 20.5 3604 Restaurant, fallan, spaghetti with pomodoro sauce (no meat) 510.0 1.0 serving 20.4 4659 Salad dressing, runch dressing, regular 150.0 1.0 serving 20.4 6617 OLDE GARDEN, spaghetti with pomodoro sauce 478.0 1.0 serving 20.1 6167 OLDE GARDEN, spaghetti with pomodoro sauce 478.0 1.0 serving 20.1 1224 WENDYS, Ultimate Chicken Grill Sardwich 225.0 1.0 cup 20.0 1232 Netritional supplement for people with diabetes. liquid 227.0 1.0 cup 1.0 1233 Reverages, ABROTT, FNSIRF PLIS, ready-to-drink 252.0 1.0 cup 1.0 1133 Carros, frozen, cooked, boiled	14062	Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	254.0	8.0 fl oz	21.3
11708 Artichokes, Iglobe or french), frozen, cooked, boiled, drained, with sait 1680 1.0 cup 2.1.2 11010 Artichokes, Iglobe or french), frozen, cooked, boiled, drained, without sait 1680 1.0 cup 2.1.2 12070 Lasagna, checsac, frozen, prepared 2250 1.0 cup I serving 2.05 11812 Peas, green, camed, no sait added, solids and liquids 1240 0.5 cup 2.05 18948 Restaurant, Italian, spaghetti with pomodoro sauce (no meat) 5100 1.0 serving 2.02 36948 Restaurant, Italian, spaghetti with pomodoro sauce 4780 1.0 serving 2.01 46693 Salad drassing, anneh dessing, regulat 1.50 1.0 serving 2.01 46694 WENDYS, Ultimate Chicken Grill Sandwich 2250 1.0 serving 2.01 12245 WENDYS, Ultimate Chicken Grill Sandwich 2250 1.0 cup 1.0 cup 45288 Reverges, ABROTT, FXSURP PULS, ready-to-drink 252.0 1.0 cup 1.0 cup 45328 Reverges, ABROTT, EXSURP PULS, ready-to-drink 1.6 cup 1.0 cup 1.0 cup 1170	03298	Babyfood, dinner, broccoli and chicken, junior	29.0	1.0 tbsp	21.3
1010	01264	Ice cream bar, stick or nugget, with crunch coating	95.0	26.0 pieces	21.2
04703 Salad dressing, honey mustard, regular 30.0 2.0 thsp 21.0 22910 Lasagna, cheese, frozen, pregured 225.0 1.0 cup 1 serving 20.5 18112 Peas, geen, canned, no salt addied, solids and liquids 124.0 0.5 cup 20.5 36946 Restaurant, Italian, spaghetti with pomodoro sauce (no meat) 510.0 1.0 serving 20.4 040639 Salad dressing, ranch dressing, ragular 15.0 1.0 tubespoon 20.1 36947 OLIVE GARDEN, spaghetti with pomodoro sauce 478.0 1.0 serving 20.1 21245 WENDYS, Ultimare Chicken Grill Sandwich 225.0 1.0 can 20.0 1225 WENDYS, LUSHABE, spaghetti with pomodoro sauce 227.0 1.0 can 20.0 4328 Beverages, ABBOTT, ENSURE PLUS, ready-to-drink 225.0 1.0 can 20.0 1313 Carcos, frozen, cooked, boiled, drained, with salt 146.0 1.0 cup slices 1.99 1176 Carcos, frozen, cooked, boiled, drained, with salt 146.0 1.0 cup slices 1.99 36418 Restaurant, Mexican, retried beans <td>11703</td> <td>Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt</td> <td>168.0</td> <td>1.0 cup</td> <td>21.2</td>	11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	168.0	1.0 cup	21.2
22910 Lasagna, choces, frozen, prepared 2250 1.0 cup¹ serving 20.5 11812 Peas, green, camed, no salt added, solids and liquids 1240 0.5 cup 20.5 36046 Resturant, Italian, suppletti with pomodoro sauce (a meat) 5100 1.0 ubiespoon 20.1 36047 OLIVE GARDEN, spaghetti with pomodoro sauce 478.0 1.0 serving 20.1 21245 WFADYS, Ultimac Chicken Grill Sandwich 225.0 1.0 term 20.0 12920 WFADYS, Ultimac Chicken Grill Sandwich 225.0 1.0 term 20.0 43928 Beverages, ABBOTT, ENSURE PLUS, ready-to-drink 252.0 1.0 cup 10.9 43928 Beverages, ABBOTT, ENSURE PLUS, ready-to-drink 252.0 1.0 cup 10.9 43928 Beverages, ABBOTT, ENSURE PLUS, ready-to-drink 252.0 1.0 cup 10.9 43928 Beverages, ABBOTT, ENSURE PLUS, ready-to-drink 252.0 1.0 cup 10.9 43928 Beverages, ABBOTT, ENSURE PLUS, ready-to-drink 252.0 1.0 cup 10.9 111816 Carrost, frozen, cooked, boiled, drained, with salt	11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	168.0	1.0 cup	21.2
11812 Peas, green, canned, no salt added, solids and liquids 1240 0.5 cup 20.5 36046 Restaurant, Italian, spagherti with promodoro sauce (no meat) 510.0 1.0 serving 20.4 04639 Salad dressing, ranch dressing, regular 150 1.0 tablespoon 20.1 36947 OLIVE GARDEN, spagherti with pomodoro sauce 478.0 1.0 serving 20.1 21245 WENDY'S, Ultimate Chicken Grill Sandwich 225.0 1.0 cim 20.0 43528 Beverages, ABBOTT, ENSURE PLUS, ready-to-drink 252.0 1.0 cup 19.9 11760 Carrots, frozen, cooked, boiled, drained, without salt 146.0 1.0 cup 19.9 11760 Carrots, frozen, cooked, boiled, drained, with salt 146.0 1.0 cup 19.7 11760 Carrots, frozen, cooked, boiled, drained, with salt 146.0 1.0 cup 19.7 11760 Carrots, frozen, cooked, boiled, drained, with salt 146.0 1.0 cup 19.7 11760 Carrots, frozen, cooked, boiled, drained, with salt 146.0 1.0 cup 19.7 11871 WENDY'S, CLASSIC	04703	Salad dressing, honey mustard, regular	30.0	2.0 tbsp	21.0
36046 Restaurant, Italian, spughetti with pomodoro sauce (no meat) 5100 1.0 serving 20.4 04639 Salad dressing, regular 15.0 1.0 tablespoon 20.1 36047 OLIVE GARDEN, spaghetti with pomodoro sauce 478.0 1.0 serving 20.1 21245 WENDYS, Ulimate Chicken Grill Sandwich 225.0 1.0 cen 20.0 91250 Nurritional supplement for people with diabetes, liquid 227.0 1.0 cup 10.9 45258 Beverages, ABBOTT, ENSURE PLUS, ready-to-drink 252.0 1.0 cup 10.9 11731 Carrots, frozen, cooked, boiled, drained, without salt 146.0 1.0 cup 11.9 11760 Carrots, frozen, cooked, boiled, drained, with salt 146.0 1.0 cup 11.9 11760 Carrots, frozen, cooked, boiled, drained, with salt 146.0 1.0 cup 10.9 11813 Restaurant, Mexican, refried beans 148.0 1.0 cup 10.9 21239 WENDYS, CLASSIC SINGLE Hamburger, no cheese 218.0 1.0 icm 10.6 11050 Beans, shellie, canneed, solids and liquids <t< td=""><td>22910</td><td>Lasagna, cheese, frozen, prepared</td><td>225.0</td><td>1.0 cup 1 serving</td><td>20.5</td></t<>	22910	Lasagna, cheese, frozen, prepared	225.0	1.0 cup 1 serving	20.5
04639 Salad dressing, ranch dressing, regular 15.0 1.0 tablespoon 20.1 36047 OLIVE GARDEN, Spaghetti with pomodoro sauce 478.0 1.0 serving 20.1 21245 WENDY'S, Ultimate Chicken Grill Sandwich 225.0 1.0 ieem 20.0 01250 Nutritional supplement for people with diabetes, liquid 227.0 1.0 can 20.0 43528 Beverages, ABBOTT, ENSURE PLUS, ready-to-drink 252.0 1.0 cup 119.9 11131 Carrots, frozen, cooked, boiled, drained, without salt 146.0 1.0 cup slices 19.9 11760 Carrots, frozen, cooked, boiled, drained, without salt 146.0 1.0 cup slices 19.9 11760 Carrots, frozen, cooked, boiled, drained, without salt 146.0 1.0 cup slices 19.9 11760 Carrots, frozen, cooked, boiled, drained, without salt 146.0 1.0 cup slices 19.9 11760 Carrots, frozen, cooked, boiled, drained, without salt 148.0 1.0 cup slices 19.9 1180 Beans, shellie, canned, solids and liquids 245.0 1.0 cup 19.6 1190	11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	20.5
36047 OLIVE GARDEN, spaghetti with pomodoro sauce 478.0 1.0 serving 20.1 21245 WENDY'S, Ultimate Chicken Grill Sandwich 225.0 1.0 item 20.0 01250 Nutritional supplement for people with diabetes, liquid 227.0 1.0 can 20.0 43528 Beverages, ABBOTT, ENSURE PLUS, ready-to-drink 252.0 1.0 cup 19.9 11760 Carrots, frozen, cooked, boiled, drained, with salt 146.0 1.0 cup slices 19.9 11760 Carrots, frozen, cooked, boiled, drained, with salt 146.0 1.0 cup slices 19.9 36418 Restaurant, Mexican, refried beans 148.0 1.0 cup 19.7 21239 WENDY'S, CLASSIC SINGLE Hamburger, no cheese 218.0 1.0 item 19.6 11050 Beans, shellic, canned, solids and liquide 245.0 1.0 cup 19.6 21021 Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE 48.0 1.0 berving 4.5 oz 19.6 32015 Turnover, cheese-filled, tomato-based sauce, frozen, unprepared 127.0 1.0 serving 4.5 oz 19.6 4120 Salad dressing,	36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	510.0	1.0 serving	20.4
21245 WENDY'S, Ultimate Chicken Grill Sandwich 225.0 1.0 item 20.0 01250 Nutritional supplement for people with diabetes, liquid 227.0 1.0 can 20.0 43528 Beverages, ABBOTT, ENSURE PLUS, ready-to-drink 252.0 1.0 cup 19.9 11131 Carrots, frozen, cooked, boiled, drained, without salt 146.0 1.0 cup slices 19.9 36418 Restaurant, Mexican, refried beans 148.0 1.0 cup slices 19.9 36418 Restaurant, Mexican, refried beans 148.0 1.0 cup slices 19.9 36418 Restaurant, Mexican, refried beans 148.0 1.0 cup slices 19.9 36418 Restaurant, Mexican, refried beans 148.0 1.0 cup slices 19.9 36418 Restaurant, Mexican, refried beans 148.0 1.0 cup slices 19.9 11050 Beans, shellic, canned, solids and liquids 245.0 1.0 cup 19.6 11051 Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE 48.0 1.0 serving 4.5 oz 19.6 15155 Mollusks, abalone, mixed species, raw 85.0	04639	Salad dressing, ranch dressing, regular	15.0	1.0 tablespoon	20.1
01250 Nutritional supplement for people with diabetes, liquid 227.0 1.0 can 20.0 43528 Beverages, ABBOTT, ENSURE PLUS, ready-to-drink 252.0 1.0 cup 19.9 11131 Carrots, frozen, cooked, boiled, drained, without salt 146.0 1.0 cup, sliced 19.9 11760 Carrots, frozen, cooked, boiled, drained, with salt 146.0 1.0 cup slices 19.9 36418 Restaurant, Mexican, refried beans 148.0 1.0 cup 19.7 36418 Restaurant, Mexican, refried beans 218.0 1.0 icm 19.6 11050 Beans, shellic, camed, solids and liquids 245.0 1.0 icm 19.6 15021 Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE 48.0 1.0 bar 19.6 25021 Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE 48.0 1.0 serving 45.0z 19.6 15155 Mollusks, abalone, mixed species, raw 85.0 3.0 oz 19.6 15155 Mollusks, abalone, mixed species, raw 85.0 3.0 oz 19.6 15150 Mollusks, abalone, mixed species, raw 85.0	36047	OLIVE GARDEN, spaghetti with pomodoro sauce	478.0	1.0 serving	20.1
43528 Beverages, ABBOTT, ENSURE PLUS, ready-to-drink 252.0 1.0 cup 19.9 11131 Carrots, frozen, cooked, boiled, drained, without salt 146.0 1.0 cup, sliced 19.9 11760 Carrots, frozen, cooked, boiled, drained, with salt 146.0 1.0 cup slices 19.9 36418 Restaurant, Mexican, refried beans 148.0 1.0 cup 19.7 36418 Restaurant, Mexican, refried beans 148.0 1.0 cup 19.6 11239 WENDY'S, CLASSIC SINGLE Hamburger, no cheese 218.0 1.0 cup 19.6 11050 Beans, shellie, canned, solids and liquids 245.0 1.0 cup 19.6 25021 Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE 48.0 1.0 bar 19.6 32015 Turnover, cheese-filled, tomato-based sauce, frozen, unprepared 127.0 1.0 serving 4.5 oz 19.6 41120 Salad dressing, french dressing, commercial, regular 16.0 1.0 bar 19.6 41120 Salad dressing, french dressing, commercial, regular 413.0 12.0 inch sub 19.4 212953 Egg rolls, pork, refri	21245	WENDY'S, Ultimate Chicken Grill Sandwich	225.0	1.0 item	20.0
11131 Carrots, frozen, cooked, boiled, drained, without salt 1460 1.0 cup, sliced 19.9 11760 Carrots, frozen, cooked, boiled, drained, with salt 1460 1.0 cup slices 19.9 36418 Restaurant, Mexican, refried beans 148.0 1.0 cup 19.7 21239 WENDYS, CLASSIG SINGLE Hamburger, no cheese 218.0 1.0 item 19.6 11050 Beans, shellie, canned, solids and liquids 245.0 1.0 cup 19.6 25021 Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE 48.0 1.0 serving 4.5 oz 19.6 32015 Turnover, cheese-filled, tomato-based sauce, frozen, unprepared 127.0 1.0 serving 4.5 oz 19.6 4120 Salad dressing, french dressing, commercial, regular 16.0 1.0 tbsp 19.4 21153 Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato 413.0 12.0 inch sub 19.4 22953 Egg rolls, pork, refrigerated, heated 85.0 1.0 roll 19.2 11313 Peas, green, frozen, cooked, boiled, drained, without salt 80.0 0.5 cup 19.2	01250	Nutritional supplement for people with diabetes, liquid	227.0	1.0 can	20.0
11760 Carrots, frozen, cooked, boiled, drained, with salt 1460 1.0 cup slices 199 36418 Restaurant, Mexican, refried beans 148.0 1.0 cup 197 21239 WENDY'S, CLASSIC SINGLE Hamburger, no cheese 218.0 1.0 item 19.6 11050 Beans, shellie, canned, solids and liquids 245.0 1.0 cup 19.6 25021 Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE 48.0 1.0 bar 19.6 32015 Turnover, cheese-filled, tomato-based sauce, frozen, unprepared 127.0 1.0 serving 4.5 oz 19.6 15155 Mollusks, abalone, mixed species, raw 85.0 3.0 oz 19.6 04120 Salad dressing, french dressing, commercial, regular 16.0 1.0 btsp 19.4 21153 Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato 413.0 12.0 inch sub 19.4 22953 Egg rolls, pork, refrigerated, heated 85.0 1.0 roll 19.2 11814 Peas, green, frozen, cooked, boiled, drained, without salt 80.0 0.5 cup 19.2 11844	43528	Beverages, ABBOTT, ENSURE PLUS, ready-to-drink	252.0	1.0 cup	19.9
36418 Restaurant, Mexican, refried beans 148.0 1.0 cup 19.7 21239 WENDY'S, CLASSIC SINGLE Hamburger, no cheese 218.0 1.0 item 19.6 11050 Beans, shellie, canned, solids and liquids 245.0 1.0 cup 19.6 25021 Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE 48.0 1.0 bar 19.6 32015 Turnover, cheese-filled, tomato-based sauce, frozen, unprepared 127.0 1.0 serving 4.5 oz 19.6 15155 Mollusks, abalone, mixed species, raw 85.0 3.0 oz 19.6 04120 Salad dressing, french dressing, commercial, regular 16.0 1.0 tbsp 19.4 2153 Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato 413.0 12.0 inch sub 19.4 22953 Egg rolls, pork, refrigerated, heated 85.0 1.0 roll 19.2 11313 Peas, green, frozen, cooked, boiled, drained, without salt 80.0 0.5 cup 19.2 11814 Peas, green, frozen, cooked, boiled, drained, with salt 80.0 0.5 cup 19.2 14045	11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	19.9
21239 WENDYS, CLASSIC SINGLE Hamburger, no cheese 218.0 1.0 item 19.6 11050 Beans, shellie, canned, solids and liquids 245.0 1.0 cup 19.6 25021 Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE 48.0 1.0 bar 19.6 32015 Turnover, cheese-filled, tomato-based sauce, frozen, unprepared 127.0 1.0 serving 4.5 oz 19.6 15155 Mollusks, abalone, mixed species, raw 85.0 3.0 oz 19.6 04120 Salad dressing, french dressing, commercial, regular 16.0 1.0 tbsp 19.4 21153 Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato 413.0 12.0 inch sub 19.4 22953 Egg rolls, pork, refrigerated, heated 85.0 1.0 roll 19.2 11313 Peas, green, frozen, cooked, boiled, drained, without salt 80.0 0.5 cup 19.2 11814 Peas, green, frozen, cooked, boiled, drained, with salt 80.0 0.5 cup 19.2 14044 Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan 295.0 1.0 bottle 19.2 14045 Beverages, UNILEVER, SLIMFAST, meal replacem	11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	19.9
1050 Beans, shellie, canned, solids and liquids 245.0 1.0 cup 19.6 25021 Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE 48.0 1.0 bar 19.6 32015 Turnover, cheese-filled, tomato-based sauce, frozen, unprepared 127.0 1.0 serving 4.5 oz 19.6 15155 Mollusks, abalone, mixed species, raw 85.0 3.0 oz 19.6 04120 Salad dressing, french dressing, commercial, regular 16.0 1.0 tbsp 19.4 21153 Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato 413.0 12.0 inch sub 19.4 22953 Egg rolls, pork, refrigerated, heated 85.0 1.0 roll 19.2 11313 Peas, green, frozen, cooked, boiled, drained, without salt 80.0 0.5 cup 19.2 11814 Peas, green, frozen, cooked, boiled, drained, with salt 80.0 0.5 cup 19.2 14044 Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan 295.0 1.0 bottle 19.2 14045 Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan 295.0 1.0 bottle 19.2 14046 Egg rolls, chicken, refrigerated, heated 80.0 1.0 roll 19.0 14059 Beverages, KELLOGG'S, SPECIAL K Protein Shake 296.0 1.0 serving 18.9	36418	Restaurant, Mexican, refried beans	148.0	1.0 cup	19.7
25021 Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE 48.0 1.0 bar 19.6 32015 Turnover, cheese-filled, tomato-based sauce, frozen, unprepared 127.0 1.0 serving 4.5 oz 19.6 15155 Mollusks, abalone, mixed species, raw 85.0 3.0 oz 19.6 04120 Salad dressing, french dressing, commercial, regular 16.0 1.0 tbsp 19.4 21153 Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato 413.0 12.0 inch sub 19.4 22953 Egg rolls, pork, refrigerated, heated 85.0 1.0 roll 19.2 11313 Peas, green, frozen, cooked, boiled, drained, without salt 80.0 0.5 cup 19.2 11814 Peas, green, frozen, cooked, boiled, drained, with salt 80.0 0.5 cup 19.2 14044 Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan 295.0 1.0 bottle 19.2 14045 Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan 295.0 1.0 bottle 19.2 21294 PIZZA HUT 14" Cheese Pizza, Pan Crust 112.0 1.0 slice 19.0 22954 Egg	21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	218.0	1.0 item	19.6
32015 Turnover, cheese-filled, tomato-based sauce, frozen, unprepared 127.0 1.0 serving 4.5 oz 19.6 15155 Mollusks, abalone, mixed species, raw 85.0 3.0 oz 19.6 04120 Salad dressing, french dressing, commercial, regular 16.0 1.0 tbsp 19.4 21153 Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato 413.0 12.0 inch sub 19.4 22953 Egg rolls, pork, refrigerated, heated 85.0 1.0 roll 19.2 11313 Peas, green, frozen, cooked, boiled, drained, without salt 80.0 0.5 cup 19.2 11814 Peas, green, frozen, cooked, boiled, drained, with salt 80.0 0.5 cup 19.2 14044 Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan 295.0 1.0 bottle 19.2 14045 Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan 295.0 1.0 bottle 19.2 21294 PIZZA HUT 14" Cheese Pizza, Pan Crust 112.0 1.0 slice 19.0 22954 Egg rolls, chicken, refrigerated, heated 80.0	11050	Beans, shellie, canned, solids and liquids	245.0	1.0 cup	19.6
15155 Mollusks, abalone, mixed species, raw 85.0 3.0 oz 19.6 04120 Salad dressing, french dressing, commercial, regular 16.0 1.0 tbsp 19.4 21153 Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato 413.0 12.0 inch sub 19.4 22953 Egg rolls, pork, refrigerated, heated 85.0 1.0 roll 19.2 11313 Peas, green, frozen, cooked, boiled, drained, without salt 80.0 0.5 cup 19.2 11814 Peas, green, frozen, cooked, boiled, drained, with salt 80.0 0.5 cup 19.2 14044 Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan 295.0 1.0 bottle 19.2 14045 Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan 295.0 1.0 bottle 19.2 21294 PIZZA HUT 14" Cheese Pizza, Pan Crust 112.0 1.0 slice 19.0 22954 Egg rolls, chicken, refrigerated, heated 80.0 1.0 roll 19.0 14059 Beverages, KELLOGG'S, SPECIAL K Protein Shake 296.0 1.0 serving 18.9	25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	19.6
04120 Salad dressing, french dressing, commercial, regular 16.0 1.0 tbsp 19.4 21153 Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato 413.0 12.0 inch sub 19.4 22953 Egg rolls, pork, refrigerated, heated 85.0 1.0 roll 19.2 11313 Peas, green, frozen, cooked, boiled, drained, without salt 80.0 0.5 cup 19.2 11814 Peas, green, frozen, cooked, boiled, drained, with salt 80.0 0.5 cup 19.2 14044 Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan 295.0 1.0 bottle 19.2 14045 Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan 295.0 1.0 bottle 19.2 21294 PIZZA HUT 14" Cheese Pizza, Pan Crust 112.0 1.0 slice 19.0 22954 Egg rolls, chicken, refrigerated, heated 80.0 1.0 roll 19.0 14059 Beverages, KELLOGG'S, SPECIAL K Protein Shake 296.0 1.0 serving 18.9	32015	Turnover, cheese-filled, tomato-based sauce, frozen, unprepared	127.0	1.0 serving 4.5 oz	19.6
Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato 413.0 12.0 inch sub 19.4 22953 Egg rolls, pork, refrigerated, heated 85.0 1.0 roll 19.2 11313 Peas, green, frozen, cooked, boiled, drained, without salt 80.0 0.5 cup 19.2 11814 Peas, green, frozen, cooked, boiled, drained, with salt 80.0 0.5 cup 19.2 14044 Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan 295.0 1.0 bottle 19.2 14045 Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan 295.0 1.0 bottle 19.2 21294 PIZZA HUT 14" Cheese Pizza, Pan Crust 112.0 1.0 slice 19.0 22954 Egg rolls, chicken, refrigerated, heated 80.0 1.0 roll 19.0	15155	Mollusks, abalone, mixed species, raw	85.0	3.0 oz	19.6
22953 Egg rolls, pork, refrigerated, heated 85.0 1.0 roll 19.2 11313 Peas, green, frozen, cooked, boiled, drained, without salt 80.0 0.5 cup 19.2 11814 Peas, green, frozen, cooked, boiled, drained, with salt 80.0 0.5 cup 19.2 14044 Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan 295.0 1.0 bottle 19.2 14045 Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 plan 295.0 1.0 bottle 19.2 21294 PIZZA HUT 14" Cheese Pizza, Pan Crust 112.0 1.0 slice 19.0 22954 Egg rolls, chicken, refrigerated, heated 80.0 1.0 roll 19.0 14059 Beverages, KELLOGG'S, SPECIAL K Protein Shake 296.0 1.0 serving 18.9	04120	Salad dressing, french dressing, commercial, regular	16.0	1.0 tbsp	19.4
Peas, green, frozen, cooked, boiled, drained, without salt Peas, green, frozen, cooked, boiled, drained, with salt Reas, green, frozen, cooked, boiled, drained, with salt Reverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan Reverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 plan Pizza HUT 14" Cheese Pizza, Pan Crust Pizza HUT 14" Cheese Pizza, Pan Crust Reg rolls, chicken, refrigerated, heated Reverages, KELLOGG'S, SPECIAL K Protein Shake Ready-To-Drink, 3-2-1 plan Peas, green, frozen, cooked, boiled, drained, without salt Reverages, SLIMFAST, meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan Peas, green, frozen, cooked, boiled, drained, without salt Reverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan Peas, green, frozen, cooked, boiled, drained, without salt Reverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan Peas, green, frozen, cooked, boiled, drained, with salt Reverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan Peas, green, frozen, cooked, boiled, drained, with salt Reverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan Peas, green, frozen, cooked, boiled, drained, with salt Reverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan Peas, green, frozen, cooked, boiled, drained, with salt Reverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan Peas, green, frozen, cooked, boiled, drained, with salt Reverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan Peas, green, frozen, cooked, boiled, drained, with salt Reverages, SLIMFAST, Meal replacement, regular, ready-to-drink, 3-2-1 plan Peas, green, frozen, froze	21153	Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato	413.0	12.0 inch sub	19.4
Peas, green, frozen, cooked, boiled, drained, with salt Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan Pizza HUT 14" Cheese Pizza, Pan Crust Egg rolls, chicken, refrigerated, heated Beverages, KELLOGG'S, SPECIAL K Protein Shake 296.0 10.5 cup 19.2 10.6 bottle 19.2 10.7 bottle 19.0 10.8 lice 19.0 10.9 lice 19.0 10.9 roll 10.9 roll 10.9 roll 10.9 serving 11.0 serving	22953	Egg rolls, pork, refrigerated, heated	85.0	1.0 roll	19.2
Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan 295.0 1.0 bottle 19.2 Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan 295.0 1.0 bottle 19.2 PIZZA HUT 14" Cheese Pizza, Pan Crust 112.0 1.0 slice 19.0 22954 Egg rolls, chicken, refrigerated, heated 80.0 1.0 roll 19.0 Beverages, KELLOGG'S, SPECIAL K Protein Shake 296.0 1.0 serving 18.9	11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	19.2
Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan 295.0 1.0 bottle 19.2 PIZZA HUT 14" Cheese Pizza, Pan Crust 112.0 1.0 slice 19.0 22954 Egg rolls, chicken, refrigerated, heated 80.0 1.0 roll 19.0 Beverages, KELLOGG'S, SPECIAL K Protein Shake 296.0 1.0 serving 18.9	11814	Peas, green, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	19.2
21294 PIZZA HUT 14" Cheese Pizza, Pan Crust 112.0 1.0 slice 19.0 22954 Egg rolls, chicken, refrigerated, heated 80.0 1.0 roll 19.0 14059 Beverages, KELLOGG'S, SPECIAL K Protein Shake 296.0 1.0 serving 18.9	14044	Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan	295.0	1.0 bottle	19.2
22954Egg rolls, chicken, refrigerated, heated80.01.0 roll19.014059Beverages, KELLOGG'S, SPECIAL K Protein Shake296.01.0 serving18.9	14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	295.0	1.0 bottle	19.2
14059 Beverages, KELLOGG'S, SPECIAL K Protein Shake 296.0 1.0 serving 18.9	21294	PIZZA HUT 14" Cheese Pizza, Pan Crust	112.0	1.0 slice	19.0
	22954	Egg rolls, chicken, refrigerated, heated	80.0	1.0 roll	19.0
11007 Artichokes, (globe or french), raw 128.0 1.0 artichoke, medium 18.9	14059	Beverages, KELLOGG'S, SPECIAL K Protein Shake	296.0	1.0 serving	18.9
	11007	Artichokes, (globe or french), raw	128.0	1.0 artichoke, medium	18.9

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
11286	Onions, yellow, sauteed	87.0	1.0 cup chopped	18.8
11967	Cauliflower, green, cooked, no salt added	90.0	0.2 head	18.7
16080	Mung beans, mature seeds, raw	207.0	1.0 cup	18.6
06067	Soup, chunky vegetable, canned, ready-to-serve	230.0	1.0 cup	18.6
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	96.0	1.0 slice	18.5
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	18.5
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	132.0	1.0 serving 1/2 cup	18.3
04141	Salad dressing, french dressing, commercial, regular, without salt	15.0	1.0 tablespoon	18.2
11813	Peas, green, canned, no salt added, drained solids	85.0	0.5 cup	18.2
32010	Pasta mix, Italian lasagna, unprepared	141.0	1.0 package	18.2
11527	Tomatoes, green, raw	180.0	1.0 cup	18.2
36416	Restaurant, Latino, bunuelos (fried yeast bread)	70.0	1.0 piece	18.1
35206	Plums, wild (Northern Plains Indians)	161.0	1.0 cup	18.0
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	18.0
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	200.0	1.0 cup	18.0
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	18.0
22971	Potato salad with egg	125.0	0.5 cup	17.9
06976	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	128.0	1.0 serving 1/2 cup	17.8
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	120.0	1.0 artichoke, medium	17.8
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120.0	1.0 artichoke, medium	17.8
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	537.0	1.0 serving	17.7
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	137.0	1.0 cup	17.7
11632	Peppers, jalapeno, canned, solids and liquids	136.0	1.0 cup, chopped	17.5
09450	Naranjilla (lulo) pulp, frozen, unsweetened	120.0	1.0 cup thawed	17.5
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	200.0	1.0 cup	17.4
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	17.4
09095	Figs, dried, stewed	259.0	1.0 cup	17.4
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	17.4
03945	Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA	30.5	1.0 fl oz	17.3
06022	Soup, chicken rice, canned, chunky, ready-to-serve	240.0	1.0 cup	17.3
21479	DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	227.0	1.0 slice 1/4 of pie	17.3
02042	Spices, thyme, dried	1.0	1.0 tsp, leaves	17.1
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	17.0
11124	Carrots, raw	128.0	1.0 cup chopped	16.9
42137	Salad dressing, peppercorn dressing, commercial, regular	13.4	1.0 tbsp	16.8

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	125.0	1.0 cup	16.8
11979	Peppers, jalapeno, raw	90.0	1.0 cup, sliced	16.6
04643	Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying	13.6	1.0 tablespoon	16.6
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	16.6
04704	Salad dressing, poppyseed, creamy	33.0	2.0 tbsp	16.6
09052	Blueberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	16.4
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	16.4
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	16.3
09306	Raspberries, frozen, red, sweetened	250.0	1.0 cup, thawed	16.2
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	171.0	1.0 sandwich	16.2
12652	Nuts, pistachio nuts, dry roasted, with salt added	123.0	1.0 cup	16.2
12152	Nuts, pistachio nuts, dry roasted, without salt added	123.0	1.0 cup	16.2
19079	Candies, confectioner's coating, yogurt	170.0	1.0 cup chips	16.0
21102	Fast foods, chicken fillet sandwich, plain with pickles	187.0	1.0 sandwich	15.9
04135	Salad dressing, home recipe, vinegar and oil	16.0	1.0 tablespoon	15.8
21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	207.0	1.0 slice 1/4 of pie	15.7
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	131.0	1.0 cup	15.7
18972	Bread, cheese	48.0	1.0 slice	15.6
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	100.0	1.0 slice	15.5
11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	15.5
21078	Fast foods, nachos, with cheese	80.0	1.0 serving	15.4
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	15.4
21490	Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread	230.0	1.0 sandwich	15.4
43015	Salad dressing, caesar dressing, regular	14.7	1.0 tbsp	15.4
11974	Grape leaves, raw	14.0	1.0 cup	15.2
27049	Sauce, tartar, ready-to-serve	30.0	2.0 tablespoons	15.1
36417	Restaurant, Mexican, spanish rice	116.0	1.0 cup	15.1
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	15.0
06749	Soup, beef and vegetables, canned, ready-to-serve	250.0	1.0 cup	15.0
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	127.0	1.0 slice	15.0
06974	Soup, vegetable chicken, canned, prepared with water, low sodium	241.0	1.0 cup	14.9
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	240.0	1.0 cup	14.9
21267	TACO BELL, BURRITO SUPREME with steak	248.0	1.0 item	14.9
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	14.9
04665	Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated), for flaky pastries	14.0	1.0 tbsp	14.9

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	14.9
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	14.9
36413	Restaurant, Latino, black bean soup	246.0	1.0 cup	14.8
21064	Fast foods, burrito, with beans, cheese, and beef	241.0	1.0 burrito	14.7
06483	Soup, cream of chicken, dry, mix, prepared with water	261.0	1.0 cup 8 fl oz	14.6
42153	Salad dressing, blue or roquefort cheese dressing, light	16.0	1.0 tbsp	14.6
43017	Salad dressing, green goddess, regular	15.0	1.0 tbsp	14.5
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1.0 tbsp	14.5
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	14.3	1.0 tbsp	14.5
11224	Hyacinth-beans, immature seeds, raw	80.0	1.0 cup	14.5
08571	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola	55.0	0.75 cup (1 NLEA serving)	14.4
11759	Carrots, canned, no salt added, drained solids	146.0	1.0 cup, sliced	14.3
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	14.3
21139	Fast foods, potato, mashed	242.0	1.0 cup	14.3
09286	Pomegranates, raw	87.0	0.5 cup arils (seed/juice sacs)	14.3
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	245.0	1.0 cup	14.2
21269	TACO BELL, Nachos Supreme	222.0	1.0 serving	14.2
04693	Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	14.0	1.0 tbsp	14.2
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	14.0	1.0 tbsp	14.2
04697	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D	14.0	1.0 tbsp	14.2
04630	Margarine Spread, approximately 48% fat, tub	14.0	1.0 tbsp	14.2
04694	Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	14.0	1.0 tbsp	14.2
04695	Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D	14.0	1.0 tbsp	14.2
04620	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt	14.0	1.0 tbsp	14.2
36044	ON THE BORDER, Mexican rice	114.0	1.0 cup	14.0
21476	DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	179.0	1.0 slice 1/4 of pie	14.0
21158	Fast foods, submarine sandwich, meatball marinara on white bread	209.0	6.0 inch sub	13.8
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	164.0	1.0 slice 1/4 of pie	13.8
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	170.0	1.0 container	13.8
09092	Figs, canned, heavy syrup pack, solids and liquids	259.0	1.0 cup	13.7
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	13.7
09362	Cherries, sour, canned, water pack, drained	168.0	1.0 cup	13.6
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	118.0	1.0 slice	13.6
16052	Broadbeans (fava beans), mature seeds, raw	150.0	1.0 cup	13.5
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	13.4

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
21603	School Lunch, pizza, pepperoni topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	13.4
09449	Nance, frozen, unsweetened	112.0	1.0 cup without pits, thawed	13.3
03053	Babyfood, dinner, vegetables and beef, strained	256.0	1.0 cup	13.3
03054	Babyfood, dinner, vegetables and beef, junior	256.0	1.0 cup	13.3
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	256.0	1.0 cup	13.3
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	13.2
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	13.2
04617	Margarine, regular, 80% fat, composite, stick, without salt	14.2	1.0 tbsp	13.2
21266	TACO BELL, BURRITO SUPREME with chicken	248.0	1.0 item	13.1
03055	Babyfood, dinner, beef with vegetables	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	13.1
18376	Bread crumbs, dry, grated, seasoned	28.35	1.0 oz	13.0
04618	Margarine, regular, 80% fat, composite, tub, without salt	14.2	1.0 tbsp	13.0
04611	Margarine, regular, 80% fat, composite, tub, with salt	14.2	1.0 tbsp	13.0
04696	Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D	14.0	1.0 tbsp	13.0
04610	Margarine, regular, 80% fat, composite, stick, with salt	14.0	1.0 tbsp	13.0
42256	Margarine-like, vegetable oil spread, stick or tub, sweetened	14.0	1.0 tablespoon	13.0
04691	Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	14.0	1.0 tablespoon	13.0
04626	Margarine-like spread with yogurt, 70% fat, stick, with salt	14.0	1.0 tablespoon	13.0
04627	Margarine-like spread with yogurt, approximately 40% fat, tub, with salt	14.0	1.0 tablespoon	13.0
21265	TACO BELL, BURRITO SUPREME with beef	241.0	1.0 burrito	13.0
19182	Desserts, mousse, chocolate, prepared-from-recipe	808.0	1.0 recipe yield	12.9
11965	Cauliflower, green, raw	64.0	1.0 cup	12.9
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	340.0	1.0 bowl	12.9
43382	Cranberry juice, unsweetened	253.0	1.0 cup	12.9
09247	Peaches, dried, sulfured, stewed, without added sugar	258.0	1.0 cup	12.9
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.0	1.0 tbsp	12.9
04692	Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	14.0	1.0 tbsp	12.8
43365	Tomato and vegetable juice, low sodium	242.0	1.0 cup	12.8
18963	Garlic bread, frozen	43.0	1.0 slice presliced	12.7
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	198.0	1.0 cup	12.7
03948	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA	30.5	1.0 fl oz	12.6
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	183.0	1.0 slice 1/4 of pie	12.6
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	28.35	1.0 oz	12.6
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	12.6

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
11945	Pickle relish, sweet	15.0	1.0 tbsp	12.6
14654	Beverages, nutritional shake mix, high protein, powder	10.0	1.0 tbsp	12.5
16275	Vitasoy USA Organic Nasoya Sprouted, Tofu Plus Super Firm	85.0	3.0 oz	12.5
06190	Soup, bean & amp; ham, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	12.5
43273	Cheese, cottage, with vegetables	113.0	4.0 oz	12.4
11165	Coriander (cilantro) leaves, raw	4.0	0.25 cup	12.4
11977	Peppers, serrano, raw	105.0	1.0 cup, chopped	12.4
09084	Currants, red and white, raw	112.0	1.0 cup	12.3
03085	Babyfood, dinner, vegetables and turkey, junior	256.0	1.0 cup	12.3
19086	Candies, confectioner's coating, peanut butter	168.0	1.0 cup chips	12.3
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.1	1.0 tbsp	12.2
22905	Beef stew, canned entree	196.0	1.0 cup (1 serving)	12.2
02034	Spices, poultry seasoning	1.5	1.0 tsp	12.1
11126	Carrots, canned, regular pack, solids and liquids	123.0	0.5 cup slices	12.1
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	12.1
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	154.0	1.0 pie crust (average weight of 1 baked crust)	12.0
02003	Spices, basil, dried	0.7	1.0 tsp, leaves	12.0
02038	Spices, sage, ground	0.7	1.0 tsp	12.0
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	222.0	1.0 serving	12.0
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	12.0
16074	Lima beans, thin seeded (baby), mature seeds, raw	202.0	1.0 cup	11.9
04634	Margarine-like, vegetable oil spread, 20% fat, without salt	12.8	1.0 tbsp	11.9
11976	Pepper, banana, raw	124.0	1.0 cup	11.8
11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	11.8
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	143.0	1.0 serving 5 servings per 24.2 oz package	11.7
09379	Plums, canned, heavy syrup, drained	183.0	1.0 cup, with pits, yields	11.7
32024	Rice mix, cheese flavor, dry mix, unprepared	57.0	0.25 cup dry rice mix	11.7
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	115.0	1.0 slice	11.5
09167	Loganberries, frozen	147.0	1.0 cup, unthawed	11.5
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	102.0	1.0 each taco	11.4
18310	Pie, chocolate creme, commercially prepared	120.0	1.0 serving .167 pie	11.4
21227	Pizza, meat and vegetable topping, rising crust, frozen, cooked	170.0	1.0 serving 6 servings per 34.98 oz package	11.4
21238	McDONALD'S, french fries	71.0	1.0 small serving	11.4
16049	Beans, white, mature seeds, raw	202.0	1.0 cup	11.3
28332	Cookies, gluten-free, chocolate sandwich, with creme filling	44.0	3.0 cookies	11.3

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	11.3
12167	Nuts, chestnuts, european, roasted	143.0	1.0 cup	11.2
22904	Chili con carne with beans, canned entree	242.0	1.0 cup	11.1
21413	Light Ice Cream, soft serve, blended with cookie pieces	337.0	12.0 fl oz cup	11.1
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	14.9	1.0 tbsp	11.1
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	14.9	1.0 tbsp	11.1
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	28.35	1.0 oz	11.1
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258.0	1.0 cup, pitted	11.1
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	11.1
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	70.0	1.0 slice	11.1
04017	Salad dressing, thousand island, commercial, regular	16.0	1.0 tbsp	11.1
19085	Candies, confectioner's coating, butterscotch	170.0	1.0 cup chips	11.0
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	11.0
16024	Beans, great northern, mature seeds, raw	183.0	1.0 cup	11.0
09518	Raspberries, frozen, unsweetened	140.0	1.0 cup, unthawed	10.9
09190	Mulberries, raw	140.0	1.0 cup	10.9
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	10.9
09283	Plums, canned, purple, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	10.8
09282	Plums, canned, purple, juice pack, solids and liquids	252.0	1.0 cup, pitted	10.8
16042	Beans, pinto, mature seeds, raw	193.0	1.0 cup	10.8
18959	Pastry, Pastelitos de Guava (guava pastries)	86.0	1.0 piece	10.8
09281	Plums, canned, purple, water pack, solids and liquids	249.0	1.0 cup, pitted	10.7
28288	Bread, roll, Mexican, bollilo	98.0	1.0 piece	10.7
16071	Lima beans, large, mature seeds, raw	178.0	1.0 cup	10.7
03861	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA	28.0	3.0 scoop	10.6
04633	Margarine-like, vegetable oil spread, 20% fat, with salt	15.0	1.0 tbsp	10.6
21106	Fast foods, fish sandwich, with tartar sauce and cheese	134.0	1.0 sandwich	10.6
09091	Figs, canned, light syrup pack, solids and liquids	252.0	1.0 cup	10.6
09279	Plums, raw	165.0	1.0 cup, sliced	10.6
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	69.0	1.0 each taco	10.6
21260	TACO BELL, Original Taco with beef, cheese and lettuce	69.0	1.0 each taco	10.6
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	170.0	1.0 cup	10.5
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	10.5
04628	Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils	14.0	1.0 tbsp	10.5

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
04668	Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy	14.0	1.0 tbsp	10.5
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.0	1.0 cup	10.5
16029	Beans, kidney, all types, mature seeds, canned	256.0	1.0 cup	10.5
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	256.0	1.0 cup	10.5
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	10.5
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	10.5
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	110.0	1.0 item	10.4
21225	Pizza, cheese topping, rising crust, frozen, cooked	139.0	1.0 serving 6 servings per 29.25 oz package	10.4
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	41.0	1.0 piece	10.4
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	28.35	1.0 oz	10.4
02044	Basil, fresh	2.5	5.0 leaves	10.4
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	192.0	1.0 cup slices	10.4
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	10.4
43331	Salad dressing, bacon and tomato	15.0	1.0 tbsp	10.4
43299	Soybean, curd cheese	225.0	1.0 cup	10.4
16016	Beans, black turtle, mature seeds, raw	184.0	1.0 cup	10.3
16032	Beans, kidney, red, mature seeds, raw	184.0	1.0 cup	10.3
09057	Boysenberries, frozen, unsweetened	132.0	1.0 cup, unthawed	10.3
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	53.0	1.0 piece	10.3
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	28.35	1.0 oz	10.2
43016	Salad dressing, coleslaw	16.0	1.0 tbsp	10.2
28301	Cookies, peanut butter, commercially prepared, sugar free	29.0	1.0 serving 3 cookies	10.1
11001	Alfalfa seeds, sprouted, raw	33.0	1.0 cup	10.1
03084	Babyfood, dinner, vegetables and turkey, strained	256.0	1.0 cup	10.0
04698	Oil, industrial, canola, high oleic	14.0	1.0 tablespoon	10.0
04582	Oil, canola	14.0	1.0 tbsp	10.0
20062	Rye grain	169.0	1.0 cup	10.0
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	123.0	1.0 slice	10.0
42307	Margarine-like, butter-margarine blend, 80% fat, stick, without salt	14.0	1.0 tablespoon	9.9
18964	Cinnamon buns, frosted (includes honey buns)	65.0	1.0 bun	9.9
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	9.9
22918	Burrito, bean and cheese, frozen	129.0	1.0 burrito	9.8
16386	Peas, split, mature seeds, cooked, boiled, with salt	196.0	1.0 cup	9.8
16086	Peas, split, mature seeds, cooked, boiled, without salt	196.0	1.0 cup	9.8
11137	Cauliflower, frozen, unprepared	66.0	0.5 cup (1" pieces)	9.8

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	117.0	1.0 slice 1/8 pizza	9.7
04644	Oil, industrial, canola for salads, woks and light frying	13.6	1.0 tablespoon	9.7
04645	Oil, industrial, canola (partially hydrogenated) oil for deep fat frying	13.6	1.0 tablespoon	9.7
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	96.0	1.0 slice	9.7
12087	Nuts, cashew nuts, raw	28.35	1.0 oz	9.7
21160	Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	201.0	6.0 inch sub	9.6
16069	Lentils, raw	192.0	1.0 cup	9.6
06040	Soup, minestrone, canned, condensed	123.0	0.5 cup (4 fl oz)	9.6
09302	Raspberries, raw	123.0	1.0 cup	9.6
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	9.6
21151	Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce	228.0	6.0 inch sub	9.6
22969	Chili with beans, microwavable bowls	244.0	1.0 cup	9.5
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146.0	1.0 cup	9.5
42183	Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars	51.0	2.0 cookie 2011 label	9.5
21162	Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread	148.0	6.0 inch sub	9.5
22917	Burrito, beef and bean, frozen	139.0	1.0 burrito frozen	9.5
21024	Fast foods, french toast sticks	65.0	3.0 pieces	9.4
12014	Seeds, pumpkin and squash seed kernels, dried	129.0	1.0 cup	9.4
11292	Onions, young green, tops only	6.0	1.0 tbsp	9.4
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	223.0	1.0 cup	9.4
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	223.0	1.0 cup	9.4
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	9.4
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	180.0	1.0 cup	9.4
21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	110.0	1.0 slice	9.4
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	126.0	1.0 piece	9.3
11551	Tomato products, canned, sauce, with mushrooms	245.0	1.0 cup	9.3
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	127.0	1.0 slice	9.3
35015	Blackberries, wild, raw (Alaska Native)	157.0	1.0 cup	9.3
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	9.2
32007	Taquitos, frozen, beef and cheese, oven-heated	42.0	1.0 piece	9.2
21008	Fast foods, biscuit, with ham	162.0	1.0 biscuit	9.2
04689	Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	14.0	1.0 tbsp (1 NLEA serving)	9.2
43476	Tofu yogurt	262.0	1.0 cup	9.2
21611	School Lunch, chicken nuggets, whole grain breaded	88.0	5.0 pieces	9.2

10.144 Squads, winter, all varieties, cruked, babed, without suit 20.50 1.0 cap, cubes 9.22936 18zzs, peptrent interprise, gegular crust, frozer, cooked 12.7d 0.55 proze 12° diameter 0.500 0.10 can 9. 9. 1.0 cap 0.500 0.10 can 0.500 0.10 cap 0.500 0	NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
22203 Pizza, pepperoni topping, regular crust, frozen, cooked 127,0 0.25 pizza 12" diameter 9. 06018 Soup, chardy vicikion noodle, cand-ob-serve \$500 1.0 can 0.9 20225 Dumpling potato-or chesc-villed, frozen 114.0 3.0 pieces piecepies 9. 16335 Beans, kidney, rod, mattree woch, canned, drained solids, rinced in rap water 158.0 1.0 cup cup rinced solids 9. 03981 Infrant formula, MRAD JORNSON, RNFAMIL, RNFAGOW, GBNTLEASE, Toddler, ready-to-feed 152.0 \$.0 fl Doc 9. 11175 Jam bears, immature seeds, canned, drained, solids and liquids 2280 1.0 size 1/4 of piec 9. 11275 Jam bears, immature seeds, canned, droi self spink 2280 1.0 size 1/4 of piec 9. 11274 Pists foods, submature sambles, canned, droi self-spink, self-solids and liquids 155.0 1.0 size 1/4 of piec 8. 21285 Pall JELES, chicken tenders, from laber and intention with letture and tomato 196.0 0.0 inch sal 8. 21285 Pall ADMAN S 14" Cheese Pizza, Original Crust 117.0 1.0 size 8. 21286 Fast foods, decel	11863	Squash, winter, all varieties, cooked, baked, with salt	205.0	1.0 cup, cubes	9.0
86018 Supe, chunky chicken modle, canned, ready-to-serve 5300 1 cm 9 202025 Dumpling, potnto- or checse-filled, frozen 1140 3,0 pieces pierogies 9,0 6335 Bans, Kishey, vita, mitante weals, Carmed, drained solids, rinsed in tap water 1580 16 cu cupri rinsed solids 9 60981 Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Todeler, rendy-to-freed 1520 5,0 flo. query rinsed solids 9 36111 Restaurant, Larino, tamale, corn 1640 1,0 piece 9 36111 Restaurant, Larino, tamale, corn 1640 1,0 piece 9 21480 DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked 1550 1,0 slice 14-0 rple 8 21214 Fast foods, submarine sandvich, cold cut on white bread with lettuce and tomato 1960 6,0 inch sub 8 3005 APICABES, Chicken tembers, from kids 180 1,0 qu 8 21283 PARA JOHNS Id"Checce Fizza, Original Crust 117,0 1,0 due 1 21283 Park Johns, Subracia and other flavors, light, with added calcium, vitamins A and D 243.0 1,0 qu<	11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	9.0
	22903	Pizza, pepperoni topping, regular crust, frozen, cooked	127.0	0.25 pizza 12" diameter	9.0
1635 Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water 158.0 1.0 cup cup rinsed solids 9.0	06018	Soup, chunky chicken noodle, canned, ready-to-serve	530.0	1.0 can	9.0
03881 Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed 1520 \$.6 ft o. 9. 36411 Restaurant, Latino, tamale, corn 1660 1.0 piece 9. 31715 Lima beans, immature seeds, canned, no salt added, solids and liquids 248.0 1.0 slice 14 of pie 8. 21480 DIGIORNO Pizza, suprame topping, thin crispy crust, frozen, baked 155.0 1.0 slice 14 of pie 8. 21424 Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato 1960 6.0 inch sub 8. 36005 APPLEBEE'S, chicken tenders, from kids' menu 35.0 1.0 piece 8. 36005 APPLEBEE'S, chicken tenders, from kids' menu 35.0 1.0 piece 8. 36005 APPL JOHN'S H* Cheese Pizza, Original Crus 117.0 1.0 slice 14 1.0 slice 14 21283 PAPA JOHN'S H* Cheese Pizza, Original Crus 117.0 1.0 slice 14 1.0 clue 8. 21289 Pat foods, cheeseburger: single, large party, with conditionents 1990 1.0 cut 8. 16221 Soynilk, checolate and other Playus, light, with added calcium, vitamins A and D	32025	Dumpling, potato- or cheese-filled, frozen	114.0	3.0 pieces pierogies	9.0
36411 Restaurant, Latino, tarnale, corn 1660 1.0 piece 9 17175 Lina beans, immature seeds, canned, no salt added, solids and liquidos 2480 1.0 cup 8 21480 DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked 1550 1.0 slice l/4 of pie 8 22141 East foods, submarine sandwisch, cold cut on white bread with lettuce and tomato 1960 6.0 inch sub 8 36005 APPLEBEE'S, chicken tenders, from kids' menu 35.0 1.0 piece 8 36078 Sonp, beef and mushroom, low sodium, chunk style 251.0 1.0 cup 8 21283 PAPA JOHN'S 14" Cheese Pizza, Original Crust 117.0 1.0 slice 8 21298 PaRA JOHN'S 14" Cheese Pizza, Original Crust 117.0 1.0 slice 8 21298 PaRA JOHN'S 14" Cheese Pizza, Original Crust 117.0 1.0 slice 8 16221 Soymilk, cheeclate, and other flavors, light, with added calcium, vitamins A and D 2430 1.0 cup 8 16231 Lina beans, immature seeds, raw 1560 1.0 cup 8 21541 <	16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	158.0	1.0 cup cup rinsed solids	9.0
11715 Lima beans, immature seeds, canned, no salt added, solids and liquids 2480 1.0 cup 8.	03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	152.0	5.0 fl oz	9.0
	36411	Restaurant, Latino, tamale, corn	166.0	1.0 piece	9.0
Past foods, submarine sandwich, cold cut on white bread with lettuce and tomato 1960 6.0 inch sub 8.	11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	248.0	1.0 cup	8.9
36005 APPLEBEES, chicken tenders, from kids' menu 35.0 1.0 piece 8. 06078 Soup, beef and mushroom, low sodium, chunk style 251.0 1.0 cup 8. 21283 PAPA JOHN'S 14° Choese Pizza, Original Crust 117.0 1.0 loue 8. 21288 Fast Foods, cheeseburger; single, large patry; with oddied calcium, vitamins A and D 243.0 1.0 cup 8. 16227 Soymilk, chocolate, nonfat, with added calcium, vitamins A and D 243.0 1.0 cup 8. 16231 Soymilk, chocolate, nonfat, with added calcium, vitamins A and D 243.0 1.0 cup 8. 16231 Soymilk, chocolate, nonfat, with added calcium, vitamins A and D 243.0 1.0 cup 8. 16231 East foods, submarine sandwich, over roasted chicken on white bread with lettuce and tomato 198.0 6.0 inch sub 8. 10324 Fast foods, submarine sandwich, over roasted chicken on white bread with lettuce and tomato 256.0 1.0 cup 8. 18213 Cookies, vanilla wafers, higher fat 30.0 8.0 wafers 8. 18212 Cookies, vanilla wafers, higher fat 30.0 1.0 burr	21480	DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	155.0	1.0 slice 1/4 of pie	8.8
06978 Soup, beef and mushroom, low sodium, chunk style 251.0 1.0 cup 8. 21283 PAPA JOHN'S 14" Cheese Pizza, Original Crust 117.0 1.0 slice 8. 21288 Fast foods, cheeseburger; single, large patty; with condiments 199.0 1.0 item 8. 16227 Soymilk, chocolate, nonfat, with added calcium, vitamins A and D 243.0 1.0 cup 8. 16231 Soymilk, chocolate, nonfat, with added calcium, vitamins A and D 243.0 1.0 cup 8. 11031 Lima beans, immature seeds, raw 156.0 1.0 cup 8. 21154 Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato 198.0 6.0 inch sub 8. 90294 Prune juice, canned 256.0 1.0 cup 8. 18213 Cookies, vanilla wafers, higher fat 30.0 8.0 wafers 8. 18213 Cookies, vanilla wafers, higher fat 30.0 8.0 wafers 8. 22928 Burrito, beef and bean, microwaved 116.0 1.0 burrito cooked 8. 22924 Chicken, nuggets, dark and white meat, pre	21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	196.0	6.0 inch sub	8.8
21283 PAPA JOHN'S 14" Cheese Pizza, Original Crust 117.0 1.0 slice 8. 21398 Fast foods, cheeseburger; single, large patty; with condiments 199.0 1.0 item 8. 16227 Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D 243.0 1.0 cup 8. 16231 Soymilk, chocolate, nonfat, with added calcium, vitamins A and D 243.0 1.0 cup 8. 11031 Lima beans, immature seeds, raw 156.0 1.0 cup 8. 21154 Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato 198.0 6.0 inch sub 8. 02024 Prune juice, canned 256.0 1.0 cup 8. 03073 Babyfood, dinner, vegetables chicken, strained 256.0 1.0 cup 8. 18213 Cookies, vanilla wafers, higher fat 30.0 8.0 wafers 8. 22928 Burrito, beef and bean, microwaved 116.0 1.0 burrito cooked 8. 22974 Chicken, nuggets, dark and white meat, precooked, frozen, not reheated 87.0 1.0 serving 8. 21155	36005	APPLEBEE'S, chicken tenders, from kids' menu	35.0	1.0 piece	8.8
Fast foods, cheeseburger; single, large patty; with condiments 199.0 1.0 item 8.	06978	Soup, beef and mushroom, low sodium, chunk style	251.0	1.0 cup	8.8
16227 Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D 243.0 1.0 cup 8. 16231 Soymilk, chocolate, nonfat, with added calcium, vitamins A and D 243.0 1.0 cup 8. 11031 Lima beans, immature seeds, raw 156.0 1.0 cup 8. 21154 Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato 198.0 6.0 inch sub 8. 90294 Prune juice, canned 256.0 1.0 cup 8. 30373 Babyfood, dinner, vegetables chicken, strained 256.0 1.0 cup 8. 18213 Cookies, vanilla wafers, ligher fat 30.0 8.0 wafers 8. 22928 Burrito, beef and bean, microwaved 116.0 1.0 burrito cooked 8. 22974 Chicken, nuggets, dark and white meat, precooked, frozen, not reheated 87.0 1.0 serving 8. 22974 Chicken, nuggets, dark and white meat, precooked, doiled, drained, without salt 170.0 1.0 cup 8. 21156 Fast foods, submarine sandwich, ham on white bread with lettuce and tomato 184.0 6.0 inch sub 8. </td <td>21283</td> <td>PAPA JOHN'S 14" Cheese Pizza, Original Crust</td> <td>117.0</td> <td>1.0 slice</td> <td>8.8</td>	21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	117.0	1.0 slice	8.8
16231 Soymilk, chocolate, nonfat, with added calcium, vitamins A and D 243.0 1.0 cup 8. 11031 Lima beans, immature seeds, raw 156.0 1.0 cup 8. 21154 Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato 198.0 6.0 inch sub 8. 09294 Prune juice, canned 256.0 1.0 cup 8. 03073 Babyfood, dinner, vegetables chicken, strained 256.0 1.0 cup 8. 18213 Cookies, vanilla wafers, higher fat 30.0 8.0 wafers 8. 22928 Burito, beef and bean, microwaved 116.0 1.0 burrito cooked 8. 22974 Chicken, nuggets, dark and white meat, precooked, frozen, not reheated 87.0 1.0 serving 8. 22974 Chicken, nuggets, dark and white meat, precooked, boiled, drained, without salt 170.0 1.0 cup 8. 21156 Fast foods, submarine sandwich, ham on white bread with lettuce and tomato 184.0 6.0 inch sub 8. 21155 Fast foods, gustrambled 96.0 2.0 cggs 8. 21161 F	21398	Fast foods, cheeseburger; single, large patty; with condiments	199.0	1.0 item	8.8
11031 Lima beans, immature seeds, raw 1560 1.0 cup 8. 21154 Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato 1980 6.0 inch sub 8. 09294 Prune juice, canned 256.0 1.0 cup 8. 03073 Babyfood, dinner, vegetables chicken, strained 256.0 1.0 cup 8. 18213 Cookies, vanilla wafers, higher fat 30.0 8.0 wafers 8. 22928 Burito, beef and bean, microwaved 116.0 1.0 burrito cooked 8. 22974 Chicken, nuggets, dark and white meat, precooked, frozen, not reheated 87.0 1.0 serving 8. 21103 Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt 170.0 1.0 cup 8. 21156 Fast foods, submarine sandwich, ham on white bread with lettuce and tomato 184.0 6.0 inch sub 8. 21155 Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato 184.0 6.0 inch sub 8. 21216 Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato 184.0	16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	243.0	1.0 cup	8.7
Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato 198.0 6.0 inch sub 8.8	16231	Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	8.7
09294 Prune juice, canned 256.0 1.0 cup 8. 03073 Babyfood, dinner, vegetables chicken, strained 256.0 1.0 cup 8. 18213 Cookies, vanilla wafers, higher fat 30.0 8.0 wafers 8. 22928 Burrito, beef and bean, microwaved 116.0 1.0 burrito cooked 8. 22974 Chicken, nuggets, dark and white meat, precooked, frozen, not reheated 87.0 1.0 serving 8. 11038 Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt 170.0 1.0 cup 8. 21156 Fast foods, submarine sandwich, ham on white bread with lettuce and tomato 184.0 6.0 inch sub 8. 21155 Fast foods, segg, scrambled 96.0 2.0 eggs 8. 2118 Fast foods, egg, scrambled 96.0 2.0 eggs 8. 21411 Fast foods, bagel, with breakfast steak, egg, cheese, and condiments 254.0 1.0 item 8. 16359 Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water 254.0 1.0 can drained, rinsed 8. 22977	11031	Lima beans, immature seeds, raw	156.0	1.0 cup	8.7
03073 Babyfood, dinner, vegetables chicken, strained 256.0 1.0 cup 8. 18213 Cookies, vanilla wafers, higher fat 30.0 8.0 wafers 8. 22928 Burrito, beef and bean, microwaved 116.0 1.0 burrito cooked 8. 22974 Chicken, nuggets, dark and white meat, precooked, frozen, not reheated 87.0 1.0 serving 8. 11038 Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt 170.0 1.0 cup 8. 21156 Fast foods, submarine sandwich, ham on white bread with lettuce and tomato 184.0 6.0 inch sub 8. 21155 Fast foods, segg, scrambled 96.0 2.0 eggs 8. 2118 Fast foods, egg, scrambled 96.0 2.0 eggs 8. 21411 Fast foods, bagel, with breakfast steak, egg, cheese, and condiments 254.0 1.0 can drained, rinsed 8. 16359 Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water 254.0 1.0 can drained, rinsed 8. 22977 Lasagna with meat sauce, frozen, prepared 123.0 1.0 can drained <td< td=""><td>21154</td><td>Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato</td><td>198.0</td><td>6.0 inch sub</td><td>8.7</td></td<>	21154	Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato	198.0	6.0 inch sub	8.7
18213 Cookies, vanilla wafers, higher fat 30.0 8.0 wafers 8. 22928 Burrito, beef and bean, microwaved 116.0 1.0 burrito cooked 8. 22974 Chicken, nuggets, dark and white meat, precooked, frozen, not reheated 87.0 1.0 serving 8. 11038 Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt 170.0 1.0 cup 8. 21156 Fast foods, submarine sandwich, ham on white bread with lettuce and tomato 184.0 6.0 inch sub 8. 21155 Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato 184.0 6.0 inch sub 8. 21168 Fast foods, egg, scrambled 96.0 2.0 eggs 8. 21119 Fast foods, egg, scrambled 96.0 2.0 eggs 8. 21111 Fast foods, bagel, with breakfast steak, egg, cheese, and condiments 254.0 1.0 can drained, rinsed 8. 16359 Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water 254.0 1.0 can drained, rinsed 8. 22977 Lasagna with meat sauce, frozen, prepared 123.0	09294	Prune juice, canned	256.0	1.0 cup	8.7
Burrito, beef and bean, microwaved Chicken, nuggets, dark and white meat, precooked, frozen, not reheated R7.0 1.0 serving R. Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt 170.0 1.1.0 cup R. Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt 170.0 1.1.0 cup R. Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt 170.0 184.0 6.0 inch sub R. Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt 184.0 6.0 inch sub R. Lima beans, submarine sandwich, ham on white bread with lettuce and tomato 184.0 6.0 inch sub R. Lima beans, submarine sandwich, turkey breast on white bread with lettuce and tomato 184.0 6.0 inch sub R. Lima beans, submarine sandwich, turkey breast on white bread with lettuce and tomato 184.0 6.0 inch sub R. Lima beans, immature seeds, crambed with lettuce and tomato 184.0 6.0 inch sub R. Lima beans, immature seeds, canned, drained tomato 184.0 6.0 inch sub R. Lima beans, immature seeds, canned, drained, mitted and tomato 184.0 6.0 inch sub R. Lima beans, immature seeds, canned, drained, mitted and tomato 184.0 6.0 inch sub R. Lima beans, immature seeds, canned, drained, mitted and tomato 184.0 6.0 inch sub R. Lima beans, immature seeds, canned, drained, mitted and tomato 184.0 6.0 inch sub R. Lima beans, immature seeds, canned, drained, mitted and tomato 184.0 6.0 inch sub R. Lima beans, beans, bengal gram), mature seeds, canned, drained, rinsed in tap water 254.0 1.0 can drained, rinsed R. Lima beans, bengal gram, mature seeds, canned, drained solids 253.0 1.0 can drained R. Lima beans, bengal gram, mature seeds, canned, drained solids 253.0 1.0 can drained R. Lima beans, bengal gram, mature seeds, canned, drained solids 253.0 1.0 can drained R. Lima beans, bengal gram, mature seeds, canned, drained solids 253.0 1.0 can drained, mitted solids 1.0 can drained, rinsed R. Lima beans, immatu	03073	Babyfood, dinner, vegetables chicken, strained	256.0	1.0 cup	8.7
Chicken, nuggets, dark and white meat, precooked, frozen, not reheated 87.0 1.0 serving 8. Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt 170.0 1.0 cup 8. Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt 170.0 1.0 cup 8. East foods, submarine sandwich, ham on white bread with lettuce and tomato 184.0 6.0 inch sub 8. East foods, submarine sandwich, turkey breast on white bread with lettuce and tomato 184.0 6.0 inch sub 8. East foods, egg, scrambled 96.0 2.0 eggs 8. Lima Fast foods, bagel, with breakfast steak, egg, cheese, and condiments 254.0 1.0 item 8. Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water 254.0 1.0 can drained, rinsed 8. Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids 253.0 1.0 can drained 8. Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids 253.0 1.0 can drained 8. East foods, submarine sandwith meat sauce, frozen, prepared 123.0 1.0 can drained 8. East foods, submarine sandwith meat sauce, frozen, prepared 123.0 1.0 can drained 8. East foods, bagel, with meat sauce, frozen, prepared 123.0 1.0 can drained 8. East foods, submarine sandwith, turkey breast on white bread with lettuce and tomato 184.0 1.0 can drained 8. East foods, submarine sandwich, turkey breast on white bread with lettuce and tomato 184.0 1.0 can drained 8. East foods, submarine sandwich, turkey breast on white bread with lettuce and tomato 184.0 1.0 can drained 8. East foods, submarine sandwich, turkey breast on white bread with lettuce and tomato 184.0 1.0 can drained 8. East foods, submarine sandwich, turkey breast on white bread with lettuce and tomato 184.0 1.0 can drained 8. East foods, submarine sandwich, turkey breast on white bread with lettuce and tomato 184.0 1.0 can drained 8. East foods, submarine sandwich, turkey breast on white bread with lettuce and tomato 184.0 1.0 can drained 1.0 can drained 1.0 can drained 1.0 can drained	18213	Cookies, vanilla wafers, higher fat	30.0	8.0 wafers	8.7
Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt 170.0 1.0 cup 8. 21156 Fast foods, submarine sandwich, ham on white bread with lettuce and tomato 184.0 6.0 inch sub 8. 21155 Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato 184.0 6.0 inch sub 8. 21018 Fast foods, egg, scrambled 96.0 2.0 eggs 8. 21411 Fast foods, bagel, with breakfast steak, egg, cheese, and condiments 254.0 1.0 item 8. 22977 Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water 254.0 1.0 can drained, rinsed 8. 22977 Lasagna with meat sauce, frozen, prepared 123.0 1.0 piece side 8. Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids 253.0 1.0 can drained 8. 253.0 1.0 can drained 8. 253.0 1.0 can drained 8. 254.0 1.0 can drained 8. 255.0 1.0 can drained 8. 255.0 1.0 can drained 8. 255.0 1.0 can drained 8. 258.0 1.0 can drained 8. 258.0 259.0 1.0 can drained 8. 259.0 25	22928	Burrito, beef and bean, microwaved	116.0	1.0 burrito cooked	8.7
Fast foods, submarine sandwich, ham on white bread with lettuce and tomato 184.0 6.0 inch sub 8. 21155 Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato 184.0 6.0 inch sub 8. 21018 Fast foods, egg, scrambled 96.0 2.0 eggs 8. 21411 Fast foods, bagel, with breakfast steak, egg, cheese, and condiments 254.0 1.0 item 8. 22977 Lasagna with meat sauce, frozen, prepared 123.0 1.0 piece side 8. Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids 253.0 1.0 can drained 8. Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids 253.0 1.0 can drained 8. 254.0 1.0 can drained 8. 254.0 1.0 can drained 8. 255.0 1.0 can drained 8.	22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	87.0	1.0 serving	8.7
Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato 184.0 6.0 inch sub 8. 21018 Fast foods, egg, scrambled 96.0 2.0 eggs 8. 21411 Fast foods, bagel, with breakfast steak, egg, cheese, and condiments 254.0 1.0 item 8. 22977 Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water 22977 Lasagna with meat sauce, frozen, prepared 123.0 1.0 piece side 8. 254.0 1.0 can drained, rinsed 8. 254.0 1.0 piece side 8. 255.0 1.0 can drained 8. 255.0 Raspberries, wild (Northern Plains Indians) 130.0 1.0 cup 8. 21285 PAPA JOHN'S 14" The Works Pizza, Original Crust 153.0 1.0 slice 8.	11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	8.7
Fast foods, egg, scrambled 2.0 eggs 8. 21411 Fast foods, bagel, with breakfast steak, egg, cheese, and condiments 254.0 1.0 item 8. 22977 Lasagna with meat sauce, frozen, prepared 123.0 1.0 piece side 8. 22977 Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water 254.0 1.0 can drained, rinsed 8. 22977 Lasagna with meat sauce, frozen, prepared 123.0 1.0 piece side 8. 255.0 1.0 can drained 8. 255.0	21156	Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	184.0	6.0 inch sub	8.6
Fast foods, bagel, with breakfast steak, egg, cheese, and condiments Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water Lasagna with meat sauce, frozen, prepared 123.0 1.0 can drained, rinsed 8. Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids 253.0 1.0 can drained 8. Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids 253.0 1.0 can drained 8. PAPA JOHN'S 14" The Works Pizza, Original Crust 153.0 1.0 slice 8.	21155	Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato	184.0	6.0 inch sub	8.6
Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water 254.0 1.0 can drained, rinsed 8. 22977 Lasagna with meat sauce, frozen, prepared 123.0 1.0 piece side 8. 16358 Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids 253.0 1.0 can drained 8. 35202 Raspberries, wild (Northern Plains Indians) 130.0 1.0 cup 8. 21285 PAPA JOHN'S 14" The Works Pizza, Original Crust 153.0 1.0 slice 8.	21018	Fast foods, egg, scrambled	96.0	2.0 eggs	8.6
Lasagna with meat sauce, frozen, prepared 123.0 1.0 piece side 8. 16358 Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids 253.0 1.0 can drained 8. 35202 Raspberries, wild (Northern Plains Indians) 130.0 1.0 cup 8. 21285 PAPA JOHN'S 14" The Works Pizza, Original Crust 153.0 1.0 slice 8.	21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	254.0	1.0 item	8.6
Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids 253.0 1.0 can drained 8. Raspberries, wild (Northern Plains Indians) 130.0 1.0 cup 8. PAPA JOHN'S 14" The Works Pizza, Original Crust 153.0 1.0 slice 8.	16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	254.0	1.0 can drained, rinsed	8.6
35202 Raspberries, wild (Northern Plains Indians) 130.0 1.0 cup 8. 21285 PAPA JOHN'S 14" The Works Pizza, Original Crust 153.0 1.0 slice 8.	22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	8.6
21285 PAPA JOHN'S 14" The Works Pizza, Original Crust 153.0 1.0 slice 8.	16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	253.0	1.0 can drained	8.6
	35202	Raspberries, wild (Northern Plains Indians)	130.0	1.0 cup	8.6
Cauliflower, cooked, boiled, drained, without salt 62.0 0.5 cup (1" pieces) 8.	21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	153.0	1.0 slice	8.6
	11136	Cauliflower, cooked, boiled, drained, without salt	62.0	0.5 cup (1" pieces)	8.6

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
28325	Crackers, toast thins, low sodium	31.0	1.0 serving	8.6
11761	Cauliflower, cooked, boiled, drained, with salt	62.0	0.5 cup (1" pieces)	8.6
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	190.0	6.0 inch sub	8.6
21202	Fast foods, hamburger, large, single patty, with condiments	171.0	1.0 item	8.6
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	8.5
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	98.0	1.0 each taco	8.5
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	131.0	1.0 item	8.5
09334	Feijoa, raw	243.0	1.0 cup, pureed	8.5
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	8.5
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	8.5
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	8.5
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	88.0	1.0 slice	8.4
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	136.0	1.0 slice	8.4
06026	Soup, chili beef, canned, condensed	263.0	1.0 cup (8 fl oz)	8.4
04016	Salad dressing, sesame seed dressing, regular	15.0	1.0 tablespoon	8.4
20011	Buckwheat flour, whole-groat	120.0	1.0 cup	8.4
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	8.4
16157	Chickpea flour (besan)	92.0	1.0 cup	8.4
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	8.4
21096	Fast foods, cheeseburger; single, large patty; plain	182.0	1.0 sandwich	8.4
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	167.0	1.0 cup	8.4
09351	Fruit cocktail, canned, heavy syrup, drained	214.0	1.0 cup	8.3
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	80.0	1.0 bar	8.3
21010	Fast foods, biscuit, with crispy chicken fillet	132.0	1.0 item	8.3
04143	Salad dressing, italian dressing, commercial, regular, without salt	14.7	1.0 tablespoon	8.2
04114	Salad dressing, italian dressing, commercial, regular	14.7	1.0 tbsp	8.2
21249	BURGER KING, french fries	74.0	1.0 small serving	8.2
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	82.0	1.0 serving	8.2
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	8.2
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	96.0	1.0 slice	8.2
02012	Spices, coriander leaf, dried	0.6	1.0 tsp	8.2
04053	Oil, olive, salad or cooking	13.5	1.0 tablespoon	8.1
25027	Snacks, plantain chips, salted	28.35	1.0 oz	8.1
21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	105.0	1.0 slice	8.1

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	8.1
42309	Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt	14.0	1.0 tablespoon	8.1
04641	Salad dressing, mayonnaise, light	15.0	1.0 tablespoon	8.1
04015	Salad dressing, russian dressing	15.0	1.0 tbsp	8.1
04708	Mayonnaise, reduced fat, with olive oil	15.0	1.0 tbsp	8.1
03822	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, prepared from powder	103.0	1.0 serving 100 ml	8.0
42178	Mayonnaise, made with tofu	15.0	1.0 tbsp	8.0
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	8.0
13953	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	569.0	1.0 roast (yield from 690g raw meat)	8.0
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	153.0	5.0 fl oz	8.0
21138	Fast foods, potato, french fried in vegetable oil	71.0	1.0 serving small	8.0
42151	Vegetable oil-butter spread, reduced calorie	13.0	1.0 tbsp	7.9
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	7.9
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	7.9
06027	Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	240.0	1.0 cup (8 fl oz)	7.9
04687	Margarine-like spread, BENECOL Light Spread	14.0	1.0 tablespoon (1 NLEA serving)	7.9
22916	Lasagna with meat & Days auce, frozen entree	134.0	1.0 piece side	7.9
21520	Fast foods, breadstick, soft, prepared with garlic and parmesan cheese	43.0	1.0 breadstick	7.9
16026	Beans, great northern, mature seeds, canned	262.0	1.0 cup	7.9
16326	Beans, great northern, mature seeds, canned, low sodium	262.0	1.0 cup	7.9
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	151.0	1.0 slice	7.9
22902	Pizza, meat topping, thick crust, frozen, cooked	103.0	1.0 slice 1/8 of 12" pizza	7.8
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	7.8
03070	Babyfood, dinner, chicken soup, strained	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	7.8
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	116.0	1.0 slice	7.8
04673	Margarine-like spread, SMART BALANCE Regular Buttery Spread with flax oil	14.0	1.0 tablespoon	7.8
21264	TACO BELL, Bean Burrito	185.0	1.0 each burrito	7.8
20648	Sorghum flour, whole-grain	121.0	1.0 cup	7.7
21487	Fast foods, taco with chicken, lettuce and cheese, soft	98.0	1.0 each taco	7.7
19087	Candies, white chocolate	85.0	1.0 bar (3 oz)	7.7
06039	Soup, minestrone, canned, chunky, ready-to-serve	240.0	1.0 cup	7.7
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	134.0	1.0 cup	7.6
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	134.0	1.0 cup	7.6
18235	Crackers, whole-wheat	28.0	1.0 serving	7.6
19348	Syrups, chocolate, fudge-type	304.0	1.0 cup	7.6

1966	NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
16051 Beans, white, mature seeds, canned 2620 1.0 cm 7.6 16070 Sour, churby beef, canned, ready-co-serve 2350 1.0 cm 7.6 12251 BURGER KNS, Cheseberger 1330 1.0 cm 7.6 18999 Ceam puff, eclair, custand or cream filled, ixed 1130 4.0 cm 7.6 18978 Synsts, summer, ruschini, includes skin, custed, boiled, drained, without salt 1280 1.0 cm 1.0 cm 7.6 21886 Fust foods, tax does and lettuce, soft 1280 1.0 cm 1.0 cm 7.6 21886 Tomato products, canned, testes, without salt addd 660 0.25 cm 7.5 1156 Tomato products, canned, teste, without salt addd 660 1.0 cm/c fruit, cooked, boiled, drained, without salt add 660 1.0 cm/c fruit, cooked, boiled, drained, without salt 660 1.0 cm/c fruit, cooked, boiled, drained, without salt 660 1.0 cm/c fruit, cooked, boiled, drained, without salt 660 1.0 cm/c fruit, cooked, boiled, drained, without salt 660 1.0 cm/c fruit, cooked, boiled, drained, without salt 660 1.0 cm/c fruit, cooked, boiled, drained, without salt 660 1.0 cm/c	11964	Nopales, cooked, without salt	149.0	1.0 cup	7.6
66070 Sup, chunky berf, camed, ready-to-serve 2450 1.0 cm 7.6 21211 BURGER KING, Cheeseburger 1330 1.0 tem 7.6 18799 Cera mutt, celair, casted or cram filled, iced 1130 4.0 cm 7.6 1878 Squash, summer, zuschini, includes skin, croked, builed, drained, without salt 1800 1.0 cm, sq. 7.6 20051 Ry flour, dark 1020 1.0 cm, sq. 7.6 21845 Isast foods, lace with beef, cheese and lettuce, soft 1020 1.0 cm, sq. 7.5 11846 Chayors, fruit, croked, boiled, drained, with salt 1600 1.0 cm, cf, pic, cocked. 7.5 11850 Chayors, fruit, croked, boiled, drained, with salt 1600 1.0 cm, cf pic, cocked. 7.5 21845 Isat Food, Pizza Chain, 14" pizza, pepperoni treprint 1600 1.0 cm, cf pic, cocked. 7.5 21845 Pash Food, Pizza Chain, 14" pizza, pepperoni treprint 160 0.0 cm, cm, cocked. 7.6 21845 Pash Food, Pizza Chain, 14" pizza, cheese topping, thin cross 130 0.10 pizca gwithout flooration 7.4 21	16039	Beans, navy, mature seeds, canned	262.0	1.0 cup	7.6
21251 BIRGER KING, Cheeseburger 1330 1.0 intem 7.6 18999 Cream puff, echtir, custard or cream filled, iced 1113 4.0 oz. 7.6 1478 Squash, summer, zuechini, includes skin, cooked, holied, drained, without salt 1890 1.0 cuty, slaced 7.6 2005 Kye flour, dark 1280 1.0 cuty, slaced 7.6 21486 Fast fonds, Leave with bus f., cheese and lettuce, soft 1002 1.0 cuty 1.0 cuty 7.5 11546 Tomoto products, canned, paste, without salt added 660 1.0 cuty (1"pieces) 7.5 11159 Chayore, fruit, cooked, boiled, drained, without salt 1600 1.0 cuty (1"pieces) 7.5 21485 Fast Flood, Pizza Chain, 14" pizza, papperoni tropping, thin creas 1720 1.0 cuty 1.0 slace 7.5 21486 Fast Jond, Pizza Chain, 14" pizza, papperoni trapping plan farst 1230 1.0 cuty 1.0 slace 7.5 21481 Parka John's Salvage, fresh, bulk, patty or link, cooked 1300 1.0 cuty 1.0 slace 7.4 41737 Turkey and pork sausage, fresh, bulk, patty or link, cook	16051	Beans, white, mature seeds, canned	262.0	1.0 cup	7.6
1896 Cram purf. celair, custand or cram filled, iced 17.6 4.0 to. 7.6 11478 Squash, summer, zucchnii, incluse skin, cooked, boiled, drained, without salt 1800 10.0 top, siliced 7.6 2003 Rey Four, dark 1220 1.0 counted products, canned, paste, without salt added 1020 1.0 counted products, canned, paste, without salt added 600 0.25 top 7.5 1156 Chayore, fruit, cooked, boiled, drained, without salt 1600 1.0 counted products, canned, paste, without salt 600 1.0 counted products, canned, paste, without salt added and paste salt added and paste salt paste, p	06070	Soup, chunky beef, canned, ready-to-serve	245.0	1.0 cup	7.6
11478 Squash summer, zucchimi, includes skin, cooked, boiled, drained, without salt 1800 1.0 cm 1.0 cm 7.6 20053 Rye flour, dark 128.0 1.10 cm 7.6 1486 Fast foods, tinc with beef, cheese and lettuce, soft 60.0 1.0 cm 7.5 11546 Tomato products, camed, paste, without salt added 66.0 0.25 cm 7.5 11576 Chayoe, fruit, cooked, boiled, drained, without salt 160.0 1.0 cm/cm (prieses) 7.5 11150 Chayoe, fruit, cooked, boiled, drained, without salt 160.0 1.0 cm/cm (prieses) 7.5 11150 Chayoe, fruit, cooked, boiled, drained, without salt 160.0 1.0 cm/cm (prieses) 7.5 11150 Chayoe, fruit, cooked, boiled, drained, without salt 160.0 1.0 cm/cm (prieses) 7.5 11150 Chayoe, fruit, cooked, boiled, drained, without salt 160.0 1.0 cm/cm (prieses) 7.5 11540 PAPA JOHN'S 14" Pepperoni Pizza, Original Crust 123.0 1.0 cm/cm (prieses) 7.5 11541 Prayer ADAL Pizza, Chain, 14" pizza, page Deep Disk Crust 104.0 1.0 cm/cm (prieses) <td>21251</td> <td>BURGER KING, Cheeseburger</td> <td>133.0</td> <td>1.0 item</td> <td>7.6</td>	21251	BURGER KING, Cheeseburger	133.0	1.0 item	7.6
2006 Nye flour, dark 1280 1.0 cm 7.6 21486 Past foods, too with beef, cheese and lettuee, soft 102 1.0 cm 1.0 cm 7.5 11546 Tomato products, canned, paste, without salt added 660 0.25 cm 7.5 11766 Chayote, fruit, cooked, boiled, drained, with sult 1600 1.0 cm/	18969	Cream puff, eclair, custard or cream filled, iced	113.0	4.0 oz	7.6
1486 Fast foods, inco with beef, cheese and lettuce, soft 100 1.0 center 1.0 center 7.5 11546 Tomato products, canned, paste, without salt added 660 0.25 cup 7.5 11560 Chayote, fruit, cooked, boiled, drained, without salt 1600 1.0 cup ("pieces) 7.5 21845 Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust 120 1.0 cup ("pieces) 7.5 21284 PAPA, JOINS 14" Pepperoni Pizza, Original Crust 1230 0.1 cup ("pieces) 7.5 31034 Peppers, bot pickled, canned 340 0.25 cup drained 7.4 42173 Turkcy and pork suesage, fresh, bulk, party or link, cooked 3100 1.0 cup ("pieces) 7.4 42174 LTTLE CARSANS 14" Pepperoni Pizza, Large Deep Dish Crust 101 0.0 cup ("pieces) 7.4 42175 Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust 80 1.0 package without flavor package 7.4 40677 Margarine-like spread, SMART BALANCE Omega Plus Spread (with plant sterols &ame fish oil) 41 0.1 package without plant sterols &ame fish oil) 42 1.0 package without plant sterols &ame fish oil) <td>11478</td> <td>Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt</td> <td>180.0</td> <td>1.0 cup, sliced</td> <td>7.6</td>	11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	7.6
11546 Tomato products, canned, paste, without salt added 660 0.25 cm 7.8 11766 Chayote, fruit, cooked, boiled, frained, with salt 1600 1.0 cup (7 pieces) 7.8 11150 Chayote, fruit, cooked, boiled, frained, with salt 1600 1.0 cup (7 pieces) 7.8 11150 Chayote, fruit, cooked, boiled, drained, with salt 160 1.0 cup (7 pieces) 7.8 11150 Chayote, fruit, cooked, boiled, drained, with salt 160 1.0 cup (1 pieces) 7.8 1124 SPAPA JOHNS 14" Pepperoni Pizza, Driginal Crust 1230 1.0 cup (2 pieces) 7.4 1124 Pappers, bot pickled, canned 130 0.0 cup (2 pieces) 7.4 42173 Turkey and pork sausage, fresh, bulk, patty or link, cooked 130 0.0 cup (2 pieces) 7.4 42174 LiTTLE CAESAS 14" Pepperoni Pizza, Large Deep Dish Crust 160 0.0 cup (2 pieces) 7.4 42174 LiTTLE CAESAS 14" Pepperoni Pizza, Chaese topping, thin crust 160 0.0 cup (2 pieces) 7.4 40470 Margaine-like spread, SMART BALANCE Omeag Plus Spread (with plant sterols & margine like spread, SMART BALANCE Omeag Plus Spread	20063	Rye flour, dark	128.0	1.0 cup	7.6
11766 Chayote, fruit, cooked, boiled, drained, with salt 1600 1.0 cup (1" pieces) 7.5 11150 Chayote, fruit, cooked, boiled, drained, without salt 1600 1.0 cup (1" pieces) 7.5 21485 Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust 790 1.0 slice 7.5 21284 PAPA JOHN'S 14" Pepperoni Pizza, Original Crust 1230 1.0 slice 7.5 31034 Peppers, hot pickled, canned 340 0.25 cup drained 7.4 42173 Turkey and pork sausage, fresh, bulk, patty or link, cooked 1300 1.0 cup, cooked 7.4 421791 LITTLE CABSARS 14" Pepperoni Pizza, Large Deep Dish Crust 1040 1.0 slice 7.4 40692 Soup, ramen noodle, beef flavor, dry 820 1.0 package without flavor packet 7.4 41201 Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust 7.6 1.0 package without flavor packet 7.4 4527 Margarine-like spread, SMART BALANCE Omega Plus Spread (with plant sterols & fish oil) 1.4 1.0 tablespon 7.4 45210 Lassinga, cheese, frozen, unprepared 2.3	21486	Fast foods, taco with beef, cheese and lettuce, soft	102.0	1.0 each taco	7.5
11150 Chayote, fruit, cooked, boiled, drained, without salt 1600 1.0 up (1" pieces) 7.5 21485 Fast Food, Pizza Chain, 14" pizza, pepperoni lyzing, Original Crust 7.90 1.0 slice 7.5 21284 PAPA JOHNS 14" Pepperoni Pizza, Original Crust 12.0 1.0 slice 7.5 21284 Pappers, bot pickled, canned 340 0.25 cup drained 7.4 42173 Turkey and pork sausage, fresh, bulk, patty or link, cooked 1300 1.0 package without flavor packet 7.4 42173 UTITLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust 1040 1.0 package without flavor packet 7.4 42173 Past Food, Pizza Chain, 14" pizza, cheese topping, thin crust 7.6 1.0 package without flavor packet 7.4 421801 Past Food, Pizza Chain, 14" pizza, cheese topping, thin crust 7.6 1.0 package without flavor packet 7.4 43101 Past Food, Pizza Chain, 14" pizza, cheese topping, thin crust 7.6 1.0 package without flavor packet 7.4 43101 Past Food, Sayan, Alexes, prepared from recipe, made with margarine 28.3 1.0 cup 7.3 48202 Babylood,	11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	7.5
21485 Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust 79.0 1.0 slice 7.5 21284 PAPA JOHN'S 14" Pepperoni Pizza, Original Crust 123.0 1.0 slice 7.5 31034 Peppers, not pickled, canned 34.0 0.25 cup drained 7.4 42173 Turkey and pork sausage, fresh, bulk, patty or link, cooked 130.0 1.0 cup, cooked 7.4 42173 LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust 104.0 0.0 slice 7.4 40692 Soup, ramen noodle, beef flavor, dry 82.0 1.0 package without flavor packet 7.4 21301 Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust 7.6 0.1 slice 7.4 21301 Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust 7.6 0.0 slice 7.4 21301 Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust 7.6 0.0 slice 7.4 21301 Lasgna, cheese, froze, unprepared 7.3 1.0 cup 1.0 slice 7.3 21802 Babyfood, vegetables, mix vegetables juitor 28.3 1.0 cup 7.3 <	11766	Chayote, fruit, cooked, boiled, drained, with salt	160.0	1.0 cup (1" pieces)	7.5
21284 PAPA JOHN'S 14" Pepperoni Pizza, Original Crust 123.0 1.0 slice 7.5 31034 Peppers, hot pickled, camed 34.0 0.25 cup drained 7.4 42173 Turkey and pork sausage, fresh, bulk, patty or link, cooked 130.0 1.0 cup, cooked 7.4 12291 LTITLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust 104.0 1.0 package without flavor packet 7.4 21301 Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust 7.6 1.0 package without flavor packet 7.4 21301 Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust 7.6 1.0 package without flavor packet 7.4 21301 Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust 7.6 1.0 package without flavor packet 7.4 21301 Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust 7.6 1.0 package without flavor packet 7.4 21302 Lasgna, cheese, frozen, unprepared 7.2 2.3 1.0 cup l serving 7.3 21828 Babyfood, vegetables mix vegetables junior 28.3 1.0 cup l serving 7.3 16129 Soymilk, original and	11150	Chayote, fruit, cooked, boiled, drained, without salt	160.0	1.0 cup (1" pieces)	7.5
31034 Peppers, hot pickled, canned 34.0 0.25 cup drained 7.4 42173 Turkey and pork sausage, fresh, bulk, patty or link, cooked 13.0 1.0 cup, cooked 7.4 421291 LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust 104.0 1.0 piackage without flavor packet 7.4 66982 Soup, ramen noodle, beef flavor, dry 82.0 1.0 package without flavor packet 7.4 1301 Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust 76.0 1.0 package without flavor packet 7.4 04677 Margarine-like spread, SMART BALANCE Omega Plus Spread (with plant sterols & amp; fish oil) 14.0 1.0 tablespoon 7.4 32019 Lasagna, cheese, frozen, unprepared 237.0 1.0 cup 1 serving 7.3 18208 Cookies, sugar, prepared from recipe, made with margarine 28.35 1.0 cup 1 serving 7.3 18208 Babyfood, vegetables, mix vegetables junior 99.0 1.0 serving 3.5 ox serving 7.3 18219 Peppers, sweet, red, raw 149.0 1.0 cup, choped 7.3 18220 Soymilk, original and vanilla, unfortified 243.0	21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	79.0	1.0 slice	7.5
42173 Turkey and pork sausage, fresh, bulk, patty or link, cooked 13.00 1.0 cup, cooked 7.4 21291 LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust 104.0 1.0 package without flavor packet 7.4 06982 Soup, ramen noodle, beef flavor, dry 82.0 1.0 package without flavor packet 7.4 21301 Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust 7.6 1.0 package without flavor packet 7.4 04677 Margarine-like spread, SMART BALANCE Omega Plus Spread (with plant sterols & fish oil) 14.0 1.0 cup l serving 7.3 32019 Lasagna, cheese, frozen, unprepared 237.0 1.0 cup l serving 7.3 3282 Babyfood, vegetables, mix vegetables junior 28.35 1.0 oz 7.3 11821 Peppers, sweet, red, raw 149.0 1.0 serving 3.5 oz serving 7.3 16120 Soymilk, original and vanilla, with added calcium, vitamins A and D 243.0 1.0 cup 7.3 16188 Soymilk, chocolate, unfortified 243.0 1.0 cup 7.3 16168 Soymilk, chocolate, unfortified 243.0 1.0 cup	21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	123.0	1.0 slice	7.5
21291 LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust 104.0 1.0 slice 7.4 06982 Soup, ramen noodle, beef flavor, dry 82.0 1.0 package without flavor packet 7.4 21301 Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust 76.0 1.0 slice 7.4 04677 Margarine-like spread, SMART BALANCE Omega Plus Spread (with plant sterols & fish oil) 14.0 1.0 cup 1 serving 7.3 32019 Lasagna, cheese, frozen, unprepared 237.0 1.0 cup 1 serving 7.3 18208 Cookies, sugar, prepared from recipe, made with margarine 28.35 1.0 cup 1 serving 7.3 18218 Bebyfood, vegetables, mix vegetables junior 99.0 1.0 serving 3.5 ox serving 7.3 1821 Peppers, sweet, red, raw 149.0 1.0 cup, chopped 7.3 16120 Soymilk, original and vanilla, unfortified 243.0 1.0 cup 7.3 1618 Soymilk, chocolate, with added calcium, vitamins A and D 243.0 1.0 cup 7.3 1616 Soymilk, chocolate, unfortified 243.0 1.0 cup 7.3	31034	Peppers, hot pickled, canned	34.0	0.25 cup drained	7.4
06982 Soup, ramen noodle, beef flavor, dry 82.0 1.0 package without flavor packet 7.4 21301 Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust 76.0 1.0 slice 7.4 04677 Margarine-like spread, SMART BALANCE Omega Plus Spread (with plant sterols & fish oil) 14.0 1.0 cup 1 serving 7.3 32019 Lasagna, cheese, frozen, unprepared 237.0 1.0 cup 1 serving 7.3 18208 Cookies, sugar, prepared from recipe, made with margarine 28.35 1.0 cup 1 serving 7.3 03282 Babyfood, vegetables, mix vegetables junior 99.0 1.0 serving 3.5 oz serving 7.3 11821 Peppers, sweet, red, raw 149.0 1.0 cup, chopped 7.3 16120 Soymilk, original and vanilla, unfortified 243.0 1.0 cup 7.3 16168 Soymilk, chocolate, with added calcium, vitamins A and D 243.0 1.0 cup 7.3 16169 Soymilk, chocolate, unfortified 243.0 1.0 sandwich 7.3 21094 Fast foods, cheeseburger, double, regular patty; with condiments 155.0 1.0 sandwich 7.3	42173	Turkey and pork sausage, fresh, bulk, patty or link, cooked	130.0	1.0 cup, cooked	7.4
21301 Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust 76.0 1.0 slice 7.4 04677 Margarine-like spread, SMART BALANCE Omega Plus Spread (with plant sterols & fish oil) 14.0 1.0 tablespoon 7.4 32019 Lasagna, cheese, frozen, unprepared 237.0 1.0 cup 1 serving 7.3 18208 Cookies, sugar, prepared from recipe, made with margarine 28.35 1.0 oz 7.3 03282 Babyfood, vegetables, mix vegetables junior 99.0 1.0 serving 3.5 oz serving 7.3 11821 Peppers, sweet, red, raw 149.0 1.0 cup, chopped 7.3 16120 Soymilk, original and vanilla, unfortified 243.0 1.0 cup 7.3 16168 Soymilk, chocolate, with added calcium, vitamins A and D 243.0 1.0 cup 7.3 16166 Soymilk, chocolate, unfortified 243.0 1.0 cup 7.3 21094 Fast foods, cheeseburger, double, regular patty and bun, with condiments 155.0 1.0 sandwich 7.3 21395 Fast foods, cheeseburger, double, regular patty; with condiments 155.0 1.0 cup, sliced 7.3	21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	104.0	1.0 slice	7.4
04677 Margarine-like spread, SMART BALANCE Omega Plus Spread (with plant sterols & Samp; fish oil) 14.0 1.0 tablespoon 7.4 32019 Lasagna, cheese, frozen, unprepared 237.0 1.0 cup 1 serving 7.3 18208 Cookies, sugar, prepared from recipe, made with margarine 28.35 1.0 cup 1 serving 7.3 03282 Babyfood, vegetables, mix vegetables junior 99.0 1.0 serving 3.5 oz serving 7.3 11821 Peppers, sweet, red, raw 149.0 1.0 cup, chopped 7.3 16120 Soymilk, original and vanilla, unfortified 243.0 1.0 cup 7.3 16139 Soymilk, chocolate, with added calcium, vitamins A and D 243.0 1.0 cup 7.3 16168 Soymilk, chocolate, unfortified 243.0 1.0 cup 7.3 16166 Soymilk, chocolate, unfortified 243.0 1.0 cup 7.3 21994 Fast foods, cheeseburger, double, regular patty and bun, with condiments 155.0 1.0 sandwich 7.3 21395 Fast foods, cheeseburger, double, regular patty; with condiments 155.0 1.0 sandwich 7.3 18399 Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	06982	Soup, ramen noodle, beef flavor, dry	82.0	1.0 package without flavor packet	7.4
32019 Lasagna, cheese, frozen, unprepared 237.0 1.0 cup 1 serving 7.3 18208 Cookies, sugar, prepared from recipe, made with margarine 28.35 1.0 oz 7.3 03282 Babyfood, vegetables, mix vegetables junior 99.0 1.0 serving 3.5 oz serving 7.3 11821 Peppers, sweet, red, raw 149.0 1.0 cup, chopped 7.3 16120 Soymilk, original and vanilla, unfortified 243.0 1.0 cup 7.3 16189 Soymilk, chocolate, with added calcium, vitamins A and D 243.0 1.0 cup 7.3 16168 Soymilk, chocolate, unfortified 243.0 1.0 cup 7.3 16160 Soymilk, chocolate, unfortified 243.0 1.0 cup 7.3 21094 Fast foods, cheeseburger, double, regular patty and bun, with condiments 155.0 1.0 sandwich 7.3 21395 Fast foods, cheeseburger, double, regular patty; with condiments 155.0 1.0 sandwich 7.3 18399 Pie crust, cookie-type, prepared from recipe, graham cracker, chilled 30.0 1.0 piece (1/8 of 9" crust) 7.3 21281	21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	76.0	1.0 slice	7.4
18208 Cookies, sugar, prepared from recipe, made with margarine 28.35 1.0 oz 7.3 03282 Babyfood, vegetables, mix vegetables junior 99.0 1.0 serving 3.5 oz serving 7.3 11821 Peppers, sweet, red, raw 149.0 1.0 cup, chopped 7.3 16120 Soymilk, original and vanilla, unfortified 243.0 1.0 cup 7.3 16139 Soymilk, chocolate, with added calcium, vitamins A and D 243.0 1.0 cup 7.3 16168 Soymilk, chocolate, unfortified 243.0 1.0 cup 7.3 16166 Soymilk, chocolate, unfortified 243.0 1.0 cup 7.3 21094 Fast foods, cheeseburger, double, regular patty and bun, with condiments 155.0 1.0 sandwich 7.3 21395 Fast foods, cheeseburger; double, regular patty; with condiments 155.0 1.0 sandwich 7.3 21395 Fast foods, cheeseburger; double, regular patty; with condiments 155.0 1.0 sandwich 7.3 18399 Pie crust, cookie-type, prepared from recipe, graham cracker, chilled 30.0 1.0 piece (1/8 of 9" crust) 7.3	04677	Margarine-like spread, SMART BALANCE Omega Plus Spread (with plant sterols & Damp; fish oil)	14.0	1.0 tablespoon	7.4
03282 Babyfood, vegetables, mix vegetables junior 99.0 1.0 serving 3.5 oz serving 7.3 11821 Peppers, sweet, red, raw 149.0 1.0 cup, chopped 7.3 16120 Soymilk, original and vanilla, unfortified 243.0 1.0 cup 7.3 16139 Soymilk, original and vanilla, with added calcium, vitamins A and D 243.0 1.0 cup 7.3 16168 Soymilk, chocolate, with added calcium, vitamins A and D 243.0 1.0 cup 7.3 16166 Soymilk, chocolate, unfortified 243.0 1.0 cup 7.3 21094 Fast foods, cheeseburger, double, regular patty and bun, with condiments 155.0 1.0 sandwich 7.3 21395 Fast foods, cheeseburger, double, regular patty; with condiments 155.0 1.0 sandwich 7.3 99414 Pears, raw, bosc 140.0 1.0 cup, sliced 7.3 18399 Pie crust, cookie-type, prepared from recipe, graham cracker, chilled 30.0 1.0 piece (1/8 of 9" crust) 7.3 21281 DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust 123.0 1.0 slice 1/4 of pie 7.3	32019	Lasagna, cheese, frozen, unprepared	237.0	1.0 cup 1 serving	7.3
11821 Peppers, sweet, red, raw 149.0 1.0 cup, chopped 7.3 16120 Soymilk, original and vanilla, unfortified 243.0 1.0 cup 7.3 16139 Soymilk, original and vanilla, with added calcium, vitamins A and D 243.0 1.0 cup 7.3 16168 Soymilk, chocolate, with added calcium, vitamins A and D 243.0 1.0 cup 7.3 16166 Soymilk, chocolate, unfortified 243.0 1.0 cup 7.3 21094 Fast foods, cheeseburger, double, regular patty and bun, with condiments 155.0 1.0 sandwich 7.3 21395 Fast foods, cheeseburger; double, regular patty; with condiments 155.0 1.0 sandwich 7.3 09414 Pears, raw, bosc 140.0 1.0 cup, sliced 7.3 18399 Pie crust, cookie-type, prepared from recipe, graham cracker, chilled 30.0 1.0 piece (1/8 of 9" crust) 7.3 21281 DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust 123.0 1.0 slice 1/4 of pie 7.2 21478 DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked 145.0 1.0 slice 1/4 of pie 7.2	18208	Cookies, sugar, prepared from recipe, made with margarine	28.35	1.0 oz	7.3
16120 Soymilk, original and vanilla, unfortified 243.0 1.0 cup 7.3 16139 Soymilk, original and vanilla, with added calcium, vitamins A and D 243.0 1.0 cup 7.3 16168 Soymilk, chocolate, with added calcium, vitamins A and D 243.0 1.0 cup 7.3 16166 Soymilk, chocolate, unfortified 243.0 1.0 cup 7.3 21094 Fast foods, cheeseburger, double, regular patty and bun, with condiments 155.0 1.0 sandwich 7.3 21395 Fast foods, cheeseburger; double, regular patty; with condiments 155.0 1.0 sandwich 7.3 09414 Pears, raw, bosc 140.0 1.0 cup, sliced 7.3 18399 Pie crust, cookie-type, prepared from recipe, graham cracker, chilled 30.0 1.0 piece (1/8 of 9" crust) 7.3 21281 DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust 123.0 1.0 slice 1/4 of pie 7.3 21478 DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked 145.0 1.0 slice 1/4 of pie 7.2	03282	Babyfood, vegetables, mix vegetables junior	99.0	1.0 serving 3.5 oz serving	7.3
Soymilk, original and vanilla, with added calcium, vitamins A and D 10168 Soymilk, chocolate, with added calcium, vitamins A and D 10166 Soymilk, chocolate, unfortified 2017.3 10166 Soymilk, chocolate, unfortified 2018.0 1019.0 101	11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped	7.3
Soymilk, chocolate, with added calcium, vitamins A and D 243.0 1.0 cup 7.3 16166 Soymilk, chocolate, unfortified 243.0 1.0 cup 7.3 21094 Fast foods, cheeseburger, double, regular patty and bun, with condiments 155.0 1.0 sandwich 7.3 21395 Fast foods, cheeseburger; double, regular patty; with condiments 155.0 1.0 sandwich 7.3 21395 Fast foods, cheeseburger; double, regular patty; with condiments 155.0 1.0 sandwich 7.3 21478 DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust 123.0 1.0 piece (1/8 of 9" crust) 7.3 21478 DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked 145.0 1.0 slice 1/4 of pie 7.2	16120	Soymilk, original and vanilla, unfortified	243.0	1.0 cup	7.3
16166 Soymilk, chocolate, unfortified 243.0 1.0 cup 7.3 21094 Fast foods, cheeseburger, double, regular patty and bun, with condiments 155.0 1.0 sandwich 7.3 21395 Fast foods, cheeseburger; double, regular patty; with condiments 155.0 1.0 sandwich 7.3 21395 Pears, raw, bosc 140.0 1.0 cup, sliced 7.3 21478 DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked 145.0 1.0 slice 1/4 of pie 7.2	16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	243.0	1.0 cup	7.3
Fast foods, cheeseburger, double, regular patty and bun, with condiments Fast foods, cheeseburger; double, regular patty; with condiments Fast foods, cheeseburger; double, regular patty; with condiments 155.0 1.0 sandwich 7.3 19414 Pears, raw, bosc 140.0 1.0 cup, sliced 7.3 18399 Pie crust, cookie-type, prepared from recipe, graham cracker, chilled 30.0 1.0 piece (1/8 of 9" crust) 7.3 21281 DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust 123.0 1.0 slice 7.3 21478 DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked 145.0 1.0 slice 1/4 of pie 7.2	16168	Soymilk, chocolate, with added calcium, vitamins A and D	243.0	1.0 cup	7.3
Fast foods, cheeseburger; double, regular patty; with condiments 155.0 1.0 sandwich 7.3 18399 Pie crust, cookie-type, prepared from recipe, graham cracker, chilled DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked 155.0 1.0 sandwich 7.3 1.0 cup, sliced 7.3 1.0 piece (1/8 of 9" crust) 7.3 1.0 slice 7.3	16166	Soymilk, chocolate, unfortified	243.0	1.0 cup	7.3
09414Pears, raw, bosc140.01.0 cup, sliced7.318399Pie crust, cookie-type, prepared from recipe, graham cracker, chilled30.01.0 piece (1/8 of 9" crust)7.321281DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust123.01.0 slice7.321478DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked145.01.0 slice 1/4 of pie7.2	21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	155.0	1.0 sandwich	7.3
Pie crust, cookie-type, prepared from recipe, graham cracker, chilled 30.0 1.0 piece (1/8 of 9" crust) 7.3 21281 DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust 123.0 1.0 slice 7.3 21478 DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked 145.0 1.0 slice 1/4 of pie 7.2	21395	Fast foods, cheeseburger; double, regular patty; with condiments	155.0	1.0 sandwich	7.3
DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust 123.0 1.0 slice 7.3 DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked 145.0 1.0 slice 1/4 of pie 7.2	09414	Pears, raw, bosc	140.0	1.0 cup, sliced	7.3
DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked 145.0 1.0 slice 1/4 of pie 7.2	18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	30.0	1.0 piece (1/8 of 9" crust)	7.3
	21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	123.0	1.0 slice	7.3
Restaurant, Latino, tamale, pork 142.0 1.0 piece 7.2	21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	145.0	1.0 slice 1/4 of pie	7.2
	36412	Restaurant, Latino, tamale, pork	142.0	1.0 piece	7.2

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
22529	Beef Pot Pie, frozen entree, prepared	268.0	1.0 pie, cooked (average weight)	7.2
09357	Apricots, canned, heavy syrup, drained	219.0	1.0 cup, halves	7.2
06583	Soup, ramen noodle, any flavor, dry	81.0	1.0 package without flavor packet	7.2
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	118.0	1.0 slice	7.2
21601	School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	7.2
06017	Soup, chicken gumbo, canned, condensed	126.0	0.5 cup (4 fl oz)	7.2
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	107.0	1.0 slice	7.2
18950	Crackers, wheat, reduced fat	29.0	1.0 serving	7.2
05147	Goose, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	7.1
05140	Duck, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	7.1
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	7.1
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	111.0	1.0 slice	7.1
36004	APPLEBEE'S, mozzarella sticks	32.0	1.0 piece	7.1
32006	Taquitos, frozen, chicken and cheese, oven-heated	42.0	1.0 piece	7.1
06071	Soup, vegetable beef, canned, condensed	126.0	0.5 cup	7.1
19404	Snacks, granola bars, soft, uncoated, chocolate chip	43.0	1.0 bar (1.5 oz)	7.1
21604	School Lunch, pizza, sausage topping, thin crust, whole grain, frozen, cooked	133.0	1.0 piece 4" x 6"	7.0
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	269.0	1.0 serving	7.0
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	152.0	1.0 sandwich	7.0
22970	Macaroni and cheese, frozen entree	137.0	1.0 cup	7.0
08192	Cereals ready-to-eat, POST SELECTS Blueberry Morning	55.0	1.25 cup (1 NLEA serving)	7.0
21090	Fast foods, cheeseburger; single, regular patty, with condiments	127.0	1.0 item	7.0
07972	Meatballs, frozen, Italian style	85.0	3.0 oz	7.0
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	7.0
03819	Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted	9.4	1.0 scoop	7.0
03283	Babyfood, vegetables, garden vegetable, strained	28.35	1.0 oz	6.9
25012	Snacks, sweet potato chips, unsalted	28.35	1.0 oz	6.9
18237	Cream puff shell, prepared from recipe	28.35	1.0 oz	6.9
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	102.0	1.0 slice	6.9
06028	Soup, clam chowder, manhattan, canned, condensed	126.0	0.5 cup (4 fl oz)	6.9
09176	Mangos, raw	165.0	1.0 cup pieces	6.9
03062	Babyfood, dinner, vegetables and ham, junior	256.0	1.0 cup	6.9
03061	Babyfood, dinner, vegetables and ham, strained	256.0	1.0 cup	6.9
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	6.9
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	6.9

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	135.0	1.0 cup, strips	6.9
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	6.9
43283	Pheasant, cooked, total edible	140.0	1.0 cup, chopped or diced	6.9
11549	Tomato products, canned, sauce	245.0	1.0 cup	6.9
43100	Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	43.0	1.0 bar	6.8
06471	Soup, vegetable beef, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	6.8
04615	Shortening, vegetable, household, composite	12.8	1.0 tbsp	6.8
02029	Spices, parsley, dried	0.5	1.0 tsp	6.8
19001	Candies, TOBLERONE, milk chocolate with honey and almond nougat	35.0	1.0 bar	6.8
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	161.0	1.0 slice 1/4 of pie	6.8
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	249.0	1.0 serving 1 cup	6.7
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	6.7
11884	Tomatoes, red, ripe, cooked, with salt	240.0	1.0 cup	6.7
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	96.0	6.0 pieces	6.7
43260	Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	5.6	1.0 tbsp	6.7
42230	Salad Dressing, coleslaw dressing, reduced fat	17.0	1.0 tbsp	6.7
18270	Hush puppies, prepared from recipe	28.35	1.0 oz	6.7
43205	Beverage, instant breakfast powder, chocolate, not reconstituted	7.4	1.0 tbsp	6.7
05323	Chicken patty, frozen, uncooked	60.0	1.0 patty	6.7
03957	Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA	8.7	1.0 scoop	6.6
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	255.0	1.0 cup	6.6
21602	School Lunch, pizza, pepperoni topping, thin crust, whole grain, frozen, cooked	127.0	1.0 piece 4"x6"	6.6
11445	Seaweed, kelp, raw	10.0	2.0 tbsp (1/8 cup)	6.6
21232	McDONALD'S, FILET-O-FISH	134.0	1.0 sandwich	6.6
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	164.0	1.0 cup	6.6
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164.0	1.0 cup	6.6
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	115.0	1.0 slice	6.6
21004	Fast foods, biscuit, with egg and ham	182.0	1.0 biscuit	6.6
04674	Margarine-like spread, SMART BALANCE Light Buttery Spread	14.0	1.0 tbsp	6.6
18951	Waffles, chocolate chip, frozen, ready-to-heat	70.0	2.0 waffles	6.5
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	6.5
04600	Margarine-like, vegetable oil-butter spread, tub, with salt	14.0	1.0 tablespoon	6.5
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	6.4

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248.0	1.0 cup	6.4
11670	Peppers, hot chili, green, raw	45.0	1.0 pepper	6.4
11693	Tomatoes, crushed, canned	121.0	0.5 cup	6.4
11156	Chives, raw	3.0	1.0 tbsp chopped	6.4
06193	Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	6.4
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)	6.4
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	73.0	1.0 pepper	6.4
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	73.0	1.0 pepper	6.4
06417	Soup, chicken gumbo, canned, prepared with equal volume water	244.0	1.0 cup	6.3
43019	Salad dressing, sweet and sour	16.0	1.0 tbsp	6.3
04027	Salad dressing, mayonnaise, imitation, soybean	15.0	1.0 tbsp	6.3
11819	Peppers, hot chili, red, raw	45.0	1.0 pepper	6.3
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	6.3
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	180.0	1.0 cup slices	6.3
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	6.3
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	242.0	1.0 cup	6.3
19811	Snacks, potato chips, plain, unsalted	28.35	1.0 oz	6.3
19415	Snacks, potato sticks	28.35	1.0 oz	6.3
16050	Beans, white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	6.3
16350	Beans, white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	6.3
20140	Spelt, uncooked	174.0	1.0 cup	6.3
16341	Beans, pink, mature seeds, cooked, boiled, with salt	169.0	1.0 cup	6.3
16041	Beans, pink, mature seeds, cooked, boiled, without salt	169.0	1.0 cup	6.3
83110	Fish, mackerel, salted	80.0	1.0 piece (5-1/2" x 1-1/2" x 1/2")	6.2
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	6.2
03995	Babyfood, banana with mixed berries, strained	99.0	1.0 packet	6.2
02027	Spices, oregano, dried	1.0	1.0 tsp, leaves	6.2
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	6.2
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	6.2
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	6.2
19411	Snacks, potato chips, plain, salted	28.0	1.0 oz	6.2
25064	Snacks, potato chips, lightly salted	28.0	23.0 pieces	6.2
18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	28.35	1.0 oz	6.2

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
09413	Pears, raw, red anjou	126.0	1.0 small	6.2
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	237.0	1.0 cup	6.2
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237.0	1.0 cup	6.2
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	6.2
09252	Pears, raw	140.0	1.0 cup, slices	6.2
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	219.0	1.0 item	6.1
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	6.1
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	6.1
11514	Sweet potato, canned, mashed	255.0	1.0 cup	6.1
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	185.0	1.0 cup	6.1
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	6.1
21009	Fast foods, biscuit, with sausage	111.0	1.0 item	6.1
21007	Fast foods, biscuit, with egg, cheese, and bacon	145.0	1.0 item	6.1
21295	PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	79.0	1.0 slice	6.1
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	6.1
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	6.1
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)	6.0
04655	Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries	14.0	1.0 tbsp	6.0
09415	Pears, raw, green anjou	140.0	1.0 cup, sliced	6.0
20064	Rye flour, medium	102.0	1.0 cup	6.0
20065	Rye flour, light	102.0	1.0 cup	6.0
21268	TACO BELL, Nachos	80.0	1.0 serving	6.0
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	6.0
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	6.0
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	6.0
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	230.0	1.0 cup	6.0
19126	Candies, milk chocolate coated peanuts	149.0	1.0 cup	6.0
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	124.0	1.0 cup (1/2" pieces)	6.0
11711	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	124.0	1.0 cup (1/2" pieces)	6.0
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	14.1	1.0 tablespoon	6.0
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85.0	3.0 oz	6.0
17114	Veal, rib, separable lean only, cooked, braised	85.0	3.0 oz	6.0
17108	Veal, loin, separable lean only, cooked, braised	85.0	3.0 oz	6.0

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
17105	Veal, loin, separable lean and fat, cooked, braised	85.0	3.0 oz	6.0
17111	Veal, rib, separable lean and fat, cooked, braised	85.0	3.0 oz	6.0
19056	Snacks, tortilla chips, plain, white corn, salted	28.35	1.0 oz	5.9
19833	Snacks, tortilla chips, low fat, unsalted	28.35	1.0 oz	5.9
06101	Soup, cream of vegetable, dry, powder	18.0	1.0 packet	5.9
21061	Fast foods, burrito, with beans and cheese	185.0	1.0 each burrito	5.9
42289	Oil, corn and canola	14.0	1.0 tbsp	5.9
18386	Muffins, blueberry, toaster-type, toasted	28.35	1.0 oz	5.9
44158	Pie fillings, blueberry, canned	151.0	1.0 serving	5.9
03066	Babyfood, dinner, vegetables and lamb, strained	256.0	1.0 cup	5.9
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	210.0	1.0 cup, diced	5.9
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	113.0	1.0 slice	5.9
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	5.9
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	5.8
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	108.0	1.0 slice	5.8
03942	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	5.8
06011	Soup, cheese, canned, condensed	124.0	0.5 cup	5.8
21063	Fast foods, burrito, with beans and beef	241.0	1.0 item	5.8
19186	Desserts, apple crisp, prepared-from-recipe	141.0	0.5 cup	5.8
17132	Veal, shoulder, blade, separable lean only, cooked, braised	85.0	3.0 oz	5.8
09297	Raisins, golden seedless	165.0	1.0 cup, packed	5.8
09298	Raisins, seedless	165.0	1.0 cup, packed	5.8
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	5.8
32021	Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)	198.0	1.0 cup	5.7
43417	Babyfood, meat, beef with vegetables, toddler	179.0	1.0 jar NFS	5.7
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	69.0	1.0 slice	5.7
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	5.7
16315	Beans, black, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	5.7
16015	Beans, black, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	5.7
36612	DENNY'S, golden fried shrimp	16.0	1.0 piece	5.6
03279	Babyfood, dinner, mixed vegetable, junior	99.0	1.0 serving	5.6
36401	Restaurant, Latino, chicken and rice, entree, prepared	141.0	1.0 cup	5.6
06208	Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	245.0	1.0 cup	5.6
27044	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	5.6
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	5.6

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	5.6
06024	Soup, chicken and vegetable, canned, ready-to-serve	255.0	1.0 cup	5.6
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	5.6
11512	Sweet potato, canned, vacuum pack	255.0	1.0 cup, mashed	5.6
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	85.0	3.0 oz	5.6
17136	Veal, sirloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	5.6
15046	Fish, mackerel, Atlantic, raw	112.0	1.0 fillet	5.6
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	5.6
43287	Dove, cooked (includes squab)	140.0	1.0 cup, chopped or diced	5.6
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	5.6
16230	Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	5.6
11540	Tomato juice, canned, with salt added	243.0	1.0 cup	5.6
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	253.0	1.0 cup, halves	5.6
22899	Ravioli, cheese-filled, canned	242.0	1.0 cup	5.6
03845	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA	107.0	1.0 serving 100 ml	5.6
03813	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed	107.0	1.0 Serving 100 ml	5.6
18961	Crackers, cream, GAMESA SABROSAS	31.0	11.0 crackers (1 NLEA serving)	5.5
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	5.5
16316	Beans, black, mature seeds, canned, low sodium	240.0	1.0 cup	5.5
03825	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	5.5
03857	Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	5.5
03815	Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	5.5
03832	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	5.5
03823	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed	106.0	1.0 Serving 100 ml	5.5
04560	Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)	12.8	1.0 tbsp	5.5
04548	Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)	12.8	1.0 tbsp	5.5
04667	Shortening, industrial, soy (partially hydrogenated) for baking and confections	12.8	1.0 tbsp	5.5
04587	Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed	12.8	1.0 tbsp	5.5
04551	Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	12.8	1.0 tbsp	5.5
04554	Shortening industrial, soybean (hydrogenated) and cottonseed	12.8	1.0 tbsp	5.5
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	12.8	1.0 tbsp	5.5
04666	Shortening, industrial, soy (partially hydrogenated) and corn for frying	12.8	1.0 tbsp	5.5
04586	Shortening, special purpose for cakes and frostings, soybean (hydrogenated)	12.8	1.0 tbsp	5.5
09250	Peaches, frozen, sliced, sweetened	250.0	1.0 cup, thawed	5.5

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
09078	Cranberries, raw	110.0	1.0 cup, chopped	5.5
31036	Potatoes, mashed, ready-to-eat	229.0	1.0 cup	5.5
09340	Pears, asian, raw	122.0	1.0 fruit 2-1/4" high x 2-1/2" dia	5.5
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	5.5
18277	Muffins, blueberry, toaster-type	28.35	1.0 oz	5.5
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	5.5
21600	School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked	130.0	1.0 piece 4"x6"	5.5
16381	Mung beans, mature seeds, cooked, boiled, with salt	202.0	1.0 cup	5.5
16081	Mung beans, mature seeds, cooked, boiled, without salt	202.0	1.0 cup	5.5
35146	Stew, mutton, corn, squash (Navajo)	303.0	1.0 serving	5.5
19115	Candies, MARS SNACKFOOD US, MARS Almond Bar	50.0	1.0 bar (1.76 oz)	5.4
21250	BURGER KING, Hamburger	99.0	1.0 sandwich	5.4
21246	WENDY'S, Chicken Nuggets	68.0	5.0 pieces	5.4
28299	Cookies, chocolate sandwich, with creme filling, reduced fat	34.0	1.0 serving	5.4
09076	Cherries, sweet, frozen, sweetened	259.0	1.0 cup, thawed	5.4
36403	Restaurant, Latino, empanadas, beef, prepared	89.0	1.0 piece	5.4
06969	Potato soup, instant, dry mix	39.0	1.0 serving 1/3 cup	5.4
21242	WENDY'S, Jr. Hamburger, with cheese	129.0	1.0 item	5.4
11149	Chayote, fruit, raw	132.0	1.0 cup (1" pieces)	5.4
36613	DENNY'S, macaroni & menu kid's menu	180.0	1.0 serving	5.4
03274	Babyfood, dinner, vegetables and chicken, junior	256.0	1.0 cup	5.4
09024	Apricots, canned, juice pack, with skin, solids and liquids	244.0	1.0 cup, halves	5.4
03864	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA	103.0	1.0 serving 100 ml	5.4
09022	Apricots, canned, water pack, with skin, solids and liquids	243.0	1.0 cup, halves	5.3
21224	Pizza, cheese topping, regular crust, frozen, cooked	81.0	1.0 serving 9 servings per 24 oz package	5.3
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	5.3
09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	5.3
43114	Vermicelli, made from soy	140.0	1.0 cup	5.3
09412	Pears, raw, bartlett	140.0	1.0 cup, sliced	5.3
05142	Duck, domesticated, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	5.3
06967	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	253.0	1.0 cup	5.3
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	118.0	1.0 cup	5.3
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	90.0	1.0 slice	5.3
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	5.3
06068	Soup, vegetarian vegetable, canned, condensed	126.0	0.5 cup	5.3

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
06217	Soup, vegetable, canned, low sodium, condensed	126.0	0.5 cup	5.3
27052	Dip, salsa con queso, cheese and salsa- medium	30.0	2.0 tbsp	5.3
03821	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted	8.8	1.0 scoop	5.3
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	5.3
22911	Chili, no beans, canned entree	240.0	1.0 cup	5.3
21241	WENDY'S, Jr. Hamburger, without cheese	117.0	1.0 item	5.3
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	89.0	1.0 slice	5.3
35144	Stew, dumpling with mutton (Navajo)	308.0	1.0 serving	5.2
43215	Salad dressing, buttermilk, lite	15.0	1.0 tablespoon	5.2
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	5.2
42158	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	15.0	1.0 tbsp	5.2
04640	Salad dressing, ranch dressing, reduced fat	15.0	1.0 tablespoon	5.2
11432	Radishes, oriental, dried	116.0	1.0 cup	5.2
16037	Beans, navy, mature seeds, raw	208.0	1.0 cup	5.2
06016	Soup, cream of chicken, canned, condensed	126.0	0.5 cup (4 fl oz)	5.2
19013	Snacks, fruit leather, pieces	28.35	1.0 oz	5.2
09021	Apricots, raw	155.0	1.0 cup, halves	5.1
19524	Snacks, taro chips	28.35	1.0 oz	5.1
03122	Babyfood, peas, dices, toddler	28.35	1.0 oz	5.1
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	5.1
27066	Sauce, horseradish	5.6	1.0 tsp	5.1
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241.0	1.0 cup	5.1
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	5.0
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	5.0
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	5.0
28292	Crackers, multigrain	14.0	4.0 crackers	5.0
16044	Beans, pinto, mature seeds, canned, solids and liquids	240.0	1.0 cup	5.0
43146	Eggplant, pickled	136.0	1.0 cup	5.0
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	5.0
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	5.0
16112	Miso	17.0	1.0 tbsp	5.0
25040	Snacks, vegetable chips, made from garden vegetables	28.35	1.0 oz	5.0
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	5.0
09520	Kiwifruit, ZESPRI SunGold, raw	81.0	1.0 fruit	4.9
19230	Frostings, vanilla, creamy, ready-to-eat	38.0	0.083 package	4.9

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
18388	Muffins, wheat bran, toaster-type with raisins, toasted	28.35	1.0 oz	4.9
09184	Melons, honeydew, raw	170.0	1.0 cup, diced (approx 20 pieces per cup)	4.9
07057	Pepperoni, beef and pork, sliced	85.0	3.0 oz	4.9
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	170.0	1.0 cup	4.9
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	170.0	1.0 cup	4.9
03954	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted	8.7	1.0 scoop	4.9
03843	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted	8.7	1.0 scoop	4.9
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	4.9
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	175.0	1.0 cup, cubes	4.9
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	175.0	1.0 cup, cubes	4.9
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	87.0	1.0 slice	4.9
16059	Chili with beans, canned	256.0	1.0 cup	4.9
09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	4.9
16084	Mungo beans, mature seeds, cooked, boiled, without salt	180.0	1.0 cup	4.9
16384	Mungo beans, mature seeds, cooked, boiled, with salt	180.0	1.0 cup	4.9
12588	Nuts, cashew butter, plain, with salt added	16.0	1.0 tbsp	4.8
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	51.0	1.0 biscuit	4.8
09319	Strawberries, frozen, sweetened, whole	255.0	1.0 cup, thawed	4.8
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	4.8
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	115.0	1.0 sandwich	4.8
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	4.8
32028	Turnover, filled with egg, meat and cheese, frozen	127.0	1.0 piece turnover 1 serving	4.8
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	109.0	1.0 burrito	4.8
11645	Sweet potato, canned, syrup pack, solids and liquids	228.0	1.0 cup	4.8
21108	Fast foods, hamburger; single, regular patty; with condiments	97.0	1.0 sandwich	4.8
09085	Currants, zante, dried	144.0	1.0 cup	4.8
06159	Soup, tomato, canned, condensed	148.0	1.0 cup	4.7
01073	Dessert topping, semi solid, frozen	75.0	1.0 cup	4.7
13379	Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	235.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	4.7
03044	Babyfood, dinner, macaroni and tomato and beef, strained	16.0	1.0 tbsp	4.7
03820	Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder	31.0	1.0 fl oz	4.7
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	85.0	3.0 oz	4.7

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
17109	Veal, loin, separable lean only, cooked, roasted	85.0	3.0 oz	4.7
17106	Veal, loin, separable lean and fat, cooked, roasted	85.0	3.0 oz	4.7
05139	Duck, domesticated, meat and skin, raw	85.0	3.0 oz	4.7
43241	Cereals ready-to-eat, FAMILIA	122.0	1.0 cup	4.6
06002	Soup, black bean, canned, condensed	257.0	1.0 cup (8 fl oz)	4.6
18141	Cake, yellow, commercially prepared, with vanilla frosting	67.0	1.0 serving	4.6
18211	Puff pastry, frozen, ready-to-bake, baked	28.35	1.0 oz	4.6
16172	Refried beans, canned, fat-free	231.0	1.0 cup	4.6
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	48.0	1.0 slice	4.6
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	6.0	1.0 slice	4.6
36414	Restaurant, Latino, tripe soup	200.0	1.0 cup	4.6
11508	Sweet potato, cooked, baked in skin, flesh, without salt	200.0	1.0 cup	4.6
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	4.6
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	4.6
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	4.6
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	4.6
19042	Snacks, potato chips, barbecue-flavor	28.35	1.0 oz	4.6
18337	Puff pastry, frozen, ready-to-bake	28.35	1.0 oz	4.6
11963	Nopales, raw	86.0	1.0 cup, sliced	4.6
21247	WENDY'S, french fries	71.0	1.0 kid's meal Serving	4.5
22973	Corn dogs, frozen, prepared	78.0	1.0 corndog	4.5
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	116.0	1.0 thigh without skin	4.5
09143	Guava sauce, cooked	238.0	1.0 cup	4.5
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	137.0	1.0 thigh with skin	4.5
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	4.5
17225	Lamb, ground, cooked, broiled	85.0	3.0 oz	4.5
09262	Pear nectar, canned, without added ascorbic acid	250.0	1.0 cup	4.5
22963	Lean Pockets, Meatballs & Dozzarella	128.0	1.0 each	4.5
03137	Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior	28.35	1.0 oz	4.5
09241	Peaches, canned, heavy syrup pack, solids and liquids	262.0	1.0 cup	4.5
43572	Popcorn, microwave, low fat and sodium	28.35	1.0 oz	4.5
22912	Spaghetti, with meatballs in tomato sauce, canned	246.0	1.0 cup	4.4
03842	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate	31.4	1.0 fl oz	4.4
03952	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate	31.4	1.0 fl oz	4.4
09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	4.4

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
21421	KFC, Crispy Chicken Strips	47.0	1.0 strip	4.4
33862	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder	9.6	1.0 scoop	4.4
20005	Barley, pearled, raw	200.0	1.0 cup	4.4
11517	Sweet potato, frozen, cooked, baked, without salt	176.0	1.0 cup, cubes	4.4
18324	Pie, pecan, commercially prepared	28.35	1.0 oz	4.4
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	4.4
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	28.35	1.0 oz	4.4
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	4.3
05126	Chicken, stewing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	4.3
09320	Strawberries, frozen, sweetened, sliced	255.0	1.0 cup, thawed	4.3
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	85.0	3.0 oz	4.3
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	85.0	3.0 oz	4.3
35195	Cattail, Narrow Leaf Shoots (Northern Plains Indians)	19.0	1.0 shoot	4.3
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	149.0	1.0 thigh without skin	4.3
13166	USDA Commodity, beef, canned	45.0	1.0 serving	4.3
33866	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, LIPIL, powder	9.6	1.0 scoop	4.3
21488	Fast foods, quesadilla, with chicken	180.0	1.0 each quesadilla	4.3
16117	Soy flour, defatted	105.0	1.0 cup	4.3
11475	Squash, summer, scallop, raw	130.0	1.0 cup slices	4.3
09139	Guavas, common, raw	165.0	1.0 cup	4.3
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	4.3
21605	School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, cooked	129.0	1.0 slice per 1/10 pizza	4.3
01070	Dessert topping, powdered	43.0	1.5 oz	4.3
09183	Melons, casaba, raw	170.0	1.0 cup, cubes	4.2
09238	Peaches, canned, juice pack, solids and liquids	250.0	1.0 cup	4.2
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	85.0	3.0 oz	4.2
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	85.0	3.0 oz	4.2
22908	Beef, corned beef hash, with potato, canned	236.0	1.0 cup	4.2
03867	Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder	9.4	1.0 scoop	4.2
33872	Infant formula, GERBER, GOOD START 2 SOY, with iron, powder	9.4	1.0 scoop	4.2
36037	Restaurant, family style, chili with meat and beans	136.0	1.0 cup	4.2
21610	School Lunch, chicken patty, whole grain breaded	86.0	1.0 patty	4.2
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	4.2
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	4.2
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	135.0	1.0 cup	4.2

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
06426	Soup, chili beef, canned, prepared with equal volume water	261.0	1.0 cup	4.2
21121	Fast foods, roast beef sandwich, plain	149.0	1.0 sandwich	4.2
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1.0 oz	4.2
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	85.0	3.0 oz	4.2
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	4.1
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	60.0	1.0 bar	4.1
04023	Salad dressing, thousand island dressing, reduced fat	15.0	1.0 tablespoon	4.1
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	242.0	1.0 cup, whole	4.1
18932	Waffles, buttermilk, frozen, ready-to-heat	39.0	1.0 waffle, square	4.1
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	35.0	1.0 bar	4.1
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	227.0	1.0 cup	4.1
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	4.1
27047	Sauce, salsa, verde, ready-to-serve	30.0	2.0 Tbsp	4.1
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	4.1
01043	Cheese, pasteurized process, pimento	140.0	1.0 cup, diced	4.1
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	28.35	1.0 oz	4.1
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	193.0	1.0 thigh with skin	4.1
20004	Barley, hulled	184.0	1.0 cup	4.0
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	4.0
22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	252.0	1.0 serving (1 cup)	4.0
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	4.0
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	4.0
09236	Peaches, yellow, raw	154.0	1.0 cup slices	4.0
33877	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder	8.7	1.0 scoop	4.0
03980	Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder	8.7	1.0 scoop	4.0
33863	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder	8.7	1.0 scoop	4.0
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	4.0
06025	Soup, chicken vegetable, canned, condensed	121.0	0.5 cup	4.0
04686	Salad dressing, honey mustard dressing, reduced calorie	30.0	2.0 tbsp (1 serving)	4.0
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	95.0	0.33 package (10 oz)	4.0
09087	Dates, deglet noor	147.0	1.0 cup, chopped	4.0
42193	Salad Dressing, mayonnaise-like, fat-free	16.0	1.0 tbsp	4.0
33871	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA	9.6	1.0 scoop	3.9
05622	Emu, ground, cooked, pan-broiled	109.0	1.0 patty (yield from 135.8 g raw meat)	3.9
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	40.0	1.0 donut	3.9

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
05012	Chicken, broilers or fryers, meat only, cooked, fried	140.0	1.0 cup, chopped or diced	3.9
25041	Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	40.0	2.0 bar	3.9
11134	Cassava, raw	206.0	1.0 cup	3.9
43595	Breakfast bar, corn flake crust with fruit	28.35	1.0 oz	3.9
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	3.9
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	3.9
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	3.9
14250	Beverages, AMBER, hard cider	355.0	12.0 fl oz	3.9
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	9.5	1.0 scoop	3.9
11975	Grape leaves, canned	4.0	1.0 leaf	3.9
16225	Soymilk, original and vanilla, light, with added calcium, vitamins A and D	243.0	1.0 cup	3.9
03849	Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, with iron, powder, with ARA and DHA	9.4	1.0 scoop	3.9
09081	Cranberry sauce, canned, sweetened	277.0	1.0 cup	3.9
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	149.0	1.0 cup, drained	3.9
06956	Soup, tomato, canned, condensed, reduced sodium	121.0	1.0 serving 1/2 cup	3.9
06063	Soup, tomato rice, canned, condensed	129.0	0.5 cup (4 fl oz)	3.9
43109	Pretzels, soft	143.0	1.0 large	3.9
25024	Pretzels, soft, unsalted	143.0	1.0 large	3.9
33869	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder	9.4	1.0 scoop	3.9
33867	Infant formula, GERBER, GOOD START, PROTECT PLUS, powder	9.4	1.0 scoop	3.9
01072	Dessert topping, pressurized	70.0	1.0 cup	3.8
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	3.8
03814	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted	9.6	1.0 scoop	3.8
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	40.0	1.0 serving 6 pieces	3.8
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	3.8
05141	Duck, domesticated, meat only, raw	137.0	1.0 unit (yield from 1 lb ready-to-cook duck)	3.8
36602	Restaurant, Chinese, fried rice, without meat	137.0	1.0 cup	3.8
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	3.8
21107	Fast foods, hamburger; single, regular patty; plain	78.0	1.0 sandwich	3.8
21089	Fast foods, cheeseburger; single, regular patty; plain	91.0	1.0 sandwich	3.8
19014	Snacks, fruit leather, rolls	21.0	1.0 large	3.8
12142	Nuts, pecans	109.0	1.0 cup, chopped	3.8

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
09317	Strawberries, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup	3.8
18228	Crackers, saltines (includes oyster, soda, soup)	14.9	5.0 crackers	3.8
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	90.0	0.5 cup slices	3.8
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	3.8
43275	Cheese, pasteurized process, American, low fat	140.0	1.0 cup, diced	3.8
18934	Waffle, buttermilk, frozen, ready-to-heat, microwaved	35.0	1.0 waffle	3.8
18139	Cake, white, prepared from recipe without frosting	74.0	1.0 piece (1/12 of 9" dia)	3.8
19823	Potato chips, without salt, reduced fat	28.35	1.0 oz	3.8
19422	Snacks, potato chips, reduced fat	28.35	1.0 oz	3.8
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	130.0	1.0 drumstick with skin	3.8
09226	Papayas, raw	145.0	1.0 cup 1" pieces	3.8
02030	Spices, pepper, black	2.3	1.0 tsp, ground	3.8
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	188.0	1.0 cup	3.8
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188.0	1.0 cup	3.8
33873	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted	9.4	1.0 scoop	3.8
18082	Bread stuffing, bread, dry mix, prepared	28.35	1.0 oz	3.7
18326	Pie, pumpkin, commercially prepared	28.35	1.0 oz	3.7
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1.0 oz	3.7
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	3.7
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	3.7
02023	Spices, marjoram, dried	0.6	1.0 tsp	3.7
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	233.0	1.0 cup	3.7
06559	Soup, tomato, canned, prepared with equal volume water, commercial	248.0	1.0 serving 1 cup	3.7
06964	Soup, tomato, low sodium, with water	248.0	1.0 serving 1 cup	3.7
22978	Chicken tenders, breaded, frozen, prepared	21.0	1.0 piece	3.7
43598	Mayonnaise dressing, no cholesterol	15.0	1.0 tbsp	3.7
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	15.0	1.0 tablespoon	3.7
06463	Soup, tomato rice, canned, prepared with equal volume water	247.0	1.0 cup	3.7
18283	Muffins, oat bran	28.35	1.0 oz	3.7
32012	Pizza rolls, frozen, unprepared	80.0	1.0 serving 6 rolls	3.7
20142	Teff, uncooked	193.0	1.0 cup	3.7
33868	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder	9.4	1.0 scoop	3.7
42136	Cream substitute, powdered, light	94.0	1.0 cup	3.7
03858	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted	8.7	1.0 scoop	3.7

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	85.0	3.0 oz	3.7
20072	Wheat, hard red winter	192.0	1.0 cup	3.6
20074	Wheat, hard white	192.0	1.0 cup	3.6
20071	Wheat, hard red spring	192.0	1.0 cup	3.6
33865	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	3.6
33864	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	3.6
43398	Cheese, pasteurized process, cheddar or American, low sodium	140.0	1.0 cup, diced	3.6
18949	Crackers, whole-wheat, reduced fat	29.0	1.0 serving	3.6
03941	Infant formula, PBM PRODUCTS, store brand, soy, powder	8.7	1.0 scoop	3.6
35237	Tamales, masa and pork filling (Hopi)	113.0	4.0 oz	3.6
03938	Infant formula, PBM PRODUCTS, store brand, powder	8.4	1.0 scoop	3.6
11917	Peppers, sweet, red, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	3.6
42138	Mayonnaise, reduced-calorie or diet, cholesterol-free	14.6	1.0 tbsp	3.6
43027	Jellies, no sugar (with sodium saccharin), any flavors	300.0	1.0 cup	3.6
03838	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA	9.0	1.0 scoop	3.6
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	3.6
21012	Fast foods, croissant, with egg, cheese, and bacon	128.0	1.0 item	3.6
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	256.0	1.0 cup	3.6
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	199.0	1.0 item	3.6
43329	Salad dressing, mayonnaise and mayonnaise-type, low calorie	14.5	1.0 tbsp	3.6
03950	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted	8.5	1.0 scoop	3.6
03853	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted	8.5	1.0 scoop	3.6
03837	Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted	8.7	1.0 scoop	3.6
15235	Fish, catfish, channel, farmed, cooked, dry heat	143.0	1.0 fillet	3.6
03913	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, powder	9.4	1.0 scoop	3.6
33870	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder	9.4	1.0 scoop	3.6
03869	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted	8.5	1.0 scoop	3.6
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	3.6
03827	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	3.6
03802	Infant formula, NESTLE, GOOD START SUPREME, with iron, powder	8.7	1.0 scoop	3.6
20131	Barley malt flour	162.0	1.0 cup	3.6
01169	Cheese, low-sodium, cheddar or colby	132.0	1.0 cup, diced	3.6

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
01011	Cheese, colby	132.0	1.0 cup, diced	3.6
03943	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, powder, with ARA and DHA	8.7	1.0 scoop	3.6
19039	Snacks, popcorn, caramel-coated, without peanuts	28.35	1.0 oz	3.5
03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	9.3	1.0 scoop	3.5
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	3.5
03826	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted	8.8	1.0 scoop	3.5
03852	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA	8.8	1.0 scoop	3.5
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	95.0	1.0 drumstick without skin	3.5
09072	Cherries, sweet, canned, juice pack, solids and liquids	250.0	1.0 cup, pitted	3.5
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	28.0	1.0 oz	3.5
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	106.0	1.0 drumstick with skin	3.5
28287	Bread, naan, whole wheat, commercially prepared, refrigerated	106.0	1.0 piece	3.5
09502	Apples, raw, granny smith, with skin	109.0	1.0 cup, sliced	3.5
22972	Pulled pork in barbecue sauce	249.0	1.0 cup	3.5
03808	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	3.5
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	85.0	3.0 oz	3.5
21307	Fast foods, griddle cake sandwich, egg, cheese, and bacon	174.0	1.0 item 6.1 oz	3.5
21388	Fast foods, miniature cinnamon rolls	25.0	1.0 each	3.5
03966	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate	29.2	1.0 fl oz	3.5
09071	Cherries, sweet, canned, water pack, solids and liquids	248.0	1.0 cup, pitted	3.5
28312	Rolls, hamburger or hot dog, wheat/cracked wheat	51.0	1.0 roll	3.5
11400	Potatoes, frozen, whole, unprepared	182.0	1.0 cup	3.5
43355	Mayonnaise, low sodium, low calorie or diet	14.0	1.0 tbsp	3.5
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	128.0	1.0 cup	3.5
12037	Seeds, sunflower seed kernels, dry roasted, without salt	128.0	1.0 cup	3.5
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	128.0	1.0 cup	3.5
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	48.0	1.0 tortilla	3.5
11601	Yam, raw	150.0	1.0 cup, cubes	3.4
11954	Tomatillos, raw	34.0	1.0 medium	3.4
01020	Cheese, fontina	132.0	1.0 cup, diced	3.4
16118	Soy flour, low-fat	88.0	1.0 cup, stirred	3.4
15002	Fish, anchovy, european, canned in oil, drained solids	28.35	1.0 oz, boneless	3.4
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	98.0	1.0 piece	3.4
06528	Soup, chicken noodle, dry, mix, prepared with water	245.0	1.0 cup	3.4

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09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244.0	1.0 cup	3.4
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13.8	1.0 tablespoon	3.4
03928	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder	8.5	1.0 scoop	3.4
18336	Pie crust, standard-type, prepared from recipe, baked	23.0	1.0 piece (1/8 of 9" crust)	3.4
03809	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted	8.3	1.0 scoop	3.4
03805	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder	8.3	1.0 scoop	3.4
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	3.4
09002	Acerola juice, raw	242.0	1.0 cup	3.4
12154	Nuts, walnuts, black, dried	125.0	1.0 cup, chopped	3.4
25025	Snacks, soy chips or crisps, salted	28.35	1.0 oz	3.4
16070	Lentils, mature seeds, cooked, boiled, without salt	198.0	1.0 cup	3.4
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	51.0	1.0 pastry	3.4
16370	Lentils, mature seeds, cooked, boiled, with salt	198.0	1.0 cup	3.4
05014	Chicken, broilers or fryers, meat only, stewed	140.0	1.0 cup, chopped or diced	3.4
08054	Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey	48.0	0.5 cup (1 NLEA serving)	3.4
09322	Tamarinds, raw	120.0	1.0 cup, pulp	3.4
03109	Babyfood, vegetables, sweet potatoes, junior	224.0	1.0 cup	3.4
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	3.4
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	96.0	1.0 drumstick without skin	3.4
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)	3.4
05013	Chicken, broilers or fryers, meat only, roasted	140.0	1.0 cup, chopped or diced	3.4
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	13.6	1.0 tbsp	3.4
04501	Oil, cocoa butter	13.6	1.0 tablespoon	3.4
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1.0 tbsp	3.4
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	13.6	1.0 tbsp	3.4
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1.0 tablespoon	3.4
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	13.6	1.0 tbsp	3.4
04664	Oil, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings	13.6	1.0 tbsp	3.4
04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	13.6	1.0 tbsp	3.4
04502	Oil, cottonseed, salad or cooking	13.6	1.0 tablespoon	3.4
04037	Oil, rice bran	13.6	1.0 tablespoon	3.4
04652	Oil, industrial, soy (partially hydrogenated), all purpose	13.6	1.0 tbsp	3.4
04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	13.6	1.0 tbsp	3.4

01888 Oll. dual 1.36 1.0 bbsp 3.4 04602 Oil, industrial, pulm and pulm kernel, filling fat (non-hydrogenated) 1.16 1.10 bbsp 3.4 04651 Vegenable oil, pulm kernel 0.16 1.10 bbsp 3.4 04652 Oil, industrial, pulm kernel, Confection fat, uses similar to high quality cocab buter 1.36 1.10 bbsp 3.4 04663 Oil, industrial, pulm kernel (hydrogenated), filling fat 1.16 1.10 bbsp 3.4 04663 Oil, industrial, pulm kernel (hydrogenated), filling fat 1.16 1.0 bbsp 3.4 04666 Oil, industrial, pulm kernel (hydrogenated), filling fat 1.16 1.0 bbsp 3.4 04670 Oil, industrial, pulm kernel (hydrogenated), confection fit, uses similar to 95 degree bard botter 1.36 1.0 bbsp 3.4 04707 Oil, industrial, pulm kernel (hydrogenated) 3.6 1.0 bbsp 3.4 04707 Oil, industrial, pulm kernel (hydrogenated) 3.0 1.0 bbsp 3.4 04709 Out me can will will be a bit of his pulm in the his p	NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
04513 Vegetable oil, palm kernel 3.8 1.0 tabsprach 3.8 04555 Oil, industral, palm kernel, confection fat, uses similar to high quality excess batter 1.3.6 1.0 tabsprach 3.9 04553 Oil, industral, palm kernel (bythogenated), parable clear fry 1.3.6 1.0 tabsprach 3.4 04660 Oil, industrial, palm kernel (bythogenated), sued for whitppal loppings, murchairy 1.3.6 1.0 tabsprach 3.4 04670 Oil, industrial, palm kernel (bythogenated), sued for whitppal loppings, murchairy 1.3.6 1.0 tabsprach 3.4 04672 Oil, industrial, palm kernel (bythogenated), confection fat, uses similar to 95 degree hard butter 1.3.6 1.0 tabsprach 3.4 04673 Oil, industrial, palm kernel (bythogenated), confection fat, uses similar to 95 degree hard butter 1.3.6 1.0 tabsprach 3.4 04675 Oil, industrial, palm kernel (bythogenated), confection fat, uses similar to 95 degree hard butter 1.3.6 1.0 tabsprach 3.4 04676 Cancies, HERSHEY'S KKOR Toffice Bar 3.0 1.0 tabsprach 3.1 0418 Standard Standa	04588	Oil, oat	13.6	1.0 tbsp	3.4
04656 Ol, industrial, palm kernel, confection fat, uses similar to high quality exxon butter 13.6 1.0 thugs 3.4 04653 Oll, industrial, palm kernel, dryoqenated Jon soy (vinterized), pourable clear try 13.6 1.0 thug 3.4 04663 Oll, industrial, palm kernel (dryoqenated), used for whisped toppings, non-dairy 13.6 1.0 thug 3.4 04702 Oll, industrial, palm kernel (drydogenated), used for whisped toppings, non-dairy 13.6 1.0 thug 3.4 04702 Oll, industrial, palm kernel (drydogenated), used for whisped toppings, non-dairy 13.6 1.0 thug 3.4 04702 Oll, industrial, palm kernel (drydogenated), used for whisped toppings, non-dairy 13.6 1.0 thug 3.4 04702 Oll, industrial, palm kernel (drydogenated), used for whisped toppings, non-dairy 3.9 1.0 thug 3.0	04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	13.6	1.0 tbsp	3.4
04653 Oil, industrial, poly (untrailly bydyngenated) and soy (winterized), poundle clear fry 13.6 1.0 tobs 3.4 04663 Oil, industrial, plank kernel (bydyngenated), used for whipped toppings, non-dairy 13.6 1.0 tobs 3.4 04702 Oil, industrial, palm kernel (bydyngenated), used for whipped toppings, non-dairy 13.6 1.0 tobslip 3.4 04702 Oil, industrial, palm kernel (bydgenated), confection fat, uses similar to 95 degree hard butter 13.6 1.0 tobslip 3.4 04703 Canices, IEENBLEYS KOR Toffee Bar 39.0 1.0 bott 1.4 oz 3.4 0519 Gauva nectar, with sucralose, canned 38.0 1.0 cg 3.3 0730 Strawberries, raw 180.0 1.0 cg 3.3 0731 Infant formuda, P8th PRODUCTS, store brand, liquid concentrate, not reconstituted 31.2 1.0 cg 3.3 0732 Oar flour, partially debramed 10.0 cg 3.3 1.0 druss the strain of 1.0 cg 3.3 0733 Oar flour, partially debramed 13.0 1.0 druss think with strain of 1.0 cg 3.3 0734 Infant formuda, P8th PRODUCTS, store brand, liquid concentrate,	04513	Vegetable oil, palm kernel	13.6	1.0 tablespoon	3.4
04663 Oli. industrial, pulm kemel (hydrogenated), used for whipped toppings, non-dairy 13.6 1.0 thosy 3.4 04620 Oli. industrial, pulm kemel (hydrogenated), used for whipped toppings, non-dairy 13.6 1.0 thosps:non-dairy 3.4 04620 Oli. industrial, pulm kemel (hydrogenated), confection fat, uses similar to 95 degree hard butter 13.6 1.0 that 1.4 to 3.4 0457 Oli. industrial, pulm kemel (hydrogenated), confection fat, uses similar to 95 degree hard butter 3.0 1.0 that 1.4 to 3.4 0915 Gardias, FIERSHEYS SKOR Toffe Rar 30.0 1.0 that 1.4 to 3.4 2013 Wheat, KAMUT khoram, uncooked 1860 1.0 cp. 3.3 0916 Stawbernies, raw 1820 1.0 cp. 3.3 0937 Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted 31.4 1.0 flour, p. 1.0 flour 3.3 0566 Chicken, Profiles or fivers, dumerick, meat and skin, row 13.3 1.0 dumerick with kin 3.3 0673 Labybood, prunes, without vitamin c, strained 5.0 3.0 to 3.0 0873 Okticken, broilee or fivers, legment deal, conce	04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	13.6	1.0 tbsp	3.4
04660 Oli, industrial, palm kernel (hydrogenated) used for whipped toppings, non-dainy 13.6 1.0 thelps 3.4 04702 Oli, industrial, palm kernel (hydrogenated) (hydrogenated) (soffcicion fat, uses similar to 95 degree hard butter 13.6 1.0 tablespoon 3.4 10136 Candies, HERSHFYS KOR Toffce Bar 3.60 1.10 tha 1.4 not 3.6 05191 Guava nectra, with sucrisos, canned 3.35.0 1.13 thor 1.4 not 3.4 20138 What, KAMUT khorusun, uncooked 1860 1.13 thor 3.3 20138 Srawberries, raw 1860 1.0 top 3.3 09316 Srawberries, raw 1860 1.0 top 3.3 09316 Srawberries, raw 1860 1.0 top 3.3 09317 Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted 3.1 4 1.0 top 3.3 0932 On flour partially debramed 3.0 1.0 top 3.3 1072 Lamb, domestic, Join, separable lean only, trimmed to 14th fat, choice, cooked, brisled 8.5 1.0 top 3.3 0523 Cheeke, brisk<	04653	Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry	13.6	1.0 tbsp	3.4
04702 Oil, industrial, cottonseed, fully hydrogenated 13.6 1.0 tablespoon 3.8 04657 Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter 13.6 1.0 tablespoon 3.4 19136 Candies, HERSHEYS KOR Toffee Bar 39.3 1.0 bar 1.4 or 3.4 20138 Oil, and strait, strain secrations, camed 39.3 11.3 floor 3.3 20138 Wheat, KAMUT khorasan, uncooked 18.0 1.0 cup, haive 3.3 30316 Strawberries, raw 18.0 1.0 cup, haive 3.3 30317 Infair formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted 31.0 1.0 cup, haive 3.3 30320 Oin flour, partially debramed 30.0 1.0 cup, haive 3.3 30430 Oin flour, partially debramed 18.0 1.0 dumstrick with skin 3.3 30470 Lamb, domestic, Join, separable lean only, trimmed to 1.4° fat, choice, cooked, brotiled 85.0 1.0 dumstrick with skin 3.3 30481 Cereals ready-do-est, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Salay 10.0 cup, dice 3.3 <t< td=""><td>04663</td><td>Oil, industrial, palm kernel (hydrogenated), filling fat</td><td>13.6</td><td>1.0 tbsp</td><td>3.4</td></t<>	04663	Oil, industrial, palm kernel (hydrogenated), filling fat	13.6	1.0 tbsp	3.4
04657 Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard buner 136 10 (andies, HRSHEYN SKOR Toffce Bar 39.0 1.0 har 1.4 or 3.4 19136 Candies, HRSHEYN SKOR Toffce Bar 35.0 1.1.0 har 1.4 or 3.4 20138 Wheat, KAMIT Khorsaan, uncooked 186.0 1.0 cup, ladles 3.3 09316 Strawberries, raw 152.0 1.0 cup, ladles 3.3 03937 Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted 31.4 1.0 cup, ladles 3.3 03937 Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted 31.4 1.0 cup, ladles 3.3 03937 Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted 31.0 1.0 cup, ladles 3.3 0506 Chicken, broiles or fivers, drumstick, inia, starting 3.3 0.0 1.0 cup, dicted 3.3 03139 Baylood, prunes, without vitumin c, strained 15.0 5.0 cup, dicted 3.3 03149 Create, ready-to-cat, QUAKER, QUAKER, 100% Natural Granola with Oats, Wheat, Honey, and Raisia 3.0 cup, dicted 3.3	04660	Oil, industrial, palm kernel (hydrogenated), used for whipped toppings, non-dairy	13.6	1.0 tbsp	3.4
19136 Cardies, HERSHEY'S KOR Toffee Bar 39.0 1.0 bar 1.6 or 3.8 09519 Guava neetar, with sucralose, canned 355.0 11.3 ft.o 3.4 2013 What, KAMUT khorsa, uncooked 160.0 1.0 cup. a. 3.3 3031 Brash berries, raw 152.0 1.0 cup. hale 3.3 3037 Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted 314 1.0 ft.our, partially debramed 3.3 30566 Ota flour, partially debramed 314 1.0 durantsick with skin 3.3 3057 Lamb, domestic, loin, separable lean only, trimmed to 14" fat, choice, cooked, broiled 318 1.0 durantsick with skin 3.3 3058 Chicken, broilers or flyers, drumstick, meat and skin, raw 315 3.0 3.0 3.3 3059 Lamb, domestic, loin, separable lean only, trimmed to 14" fat, choice, cooked, broiled 850 3.0 3.0 3.3 3051 Babyfood, prunes, without vitamin c, strained 850 3.0 3.0 3.0 3.0 3.0 3.0 3.0 3.0 3.0 3.0 <td< td=""><td>04702</td><td>Oil, industrial, cottonseed, fully hydrogenated</td><td>13.6</td><td>1.0 tablespoon</td><td>3.4</td></td<>	04702	Oil, industrial, cottonseed, fully hydrogenated	13.6	1.0 tablespoon	3.4
09519 Gauva nectar, with sucralose, camed 335.0 11.3 floz 3.4 20138 Wheat, KAMUT khorasan, uncooked 186.0 1.0 cup 3.3 09316 Strawberries, raw 152.0 1.0 cup, halves 3.3 09377 Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted 314 1.0 cup, halves 3.3 0312 Oat flour, partially debramed 186.0 1.0 cup, and 1.0 cup, and 3.3 3.3 0506 Chicken, broilers or fryers, drumstick, meat and skin, raw 133.0 1.0 dmustick with skin 3.3 17027 Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled 85.0 1.0 dmustick with skin 3.3 0818 Baby food, prunes, without vitaming, estrained 15.0 1.0 tbs 3.3 08218 Creats ready-to-cat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins 51.0 0.5 cup (1 NLEA serving) 3.3 08578 Chicken, broilers or fryers, leg, meat and skin, cooked, rousted 85.0 3.0 cup, do 3.3 01030 Chicken, broilers or fryers, leg, meat and skin, cooked, rousted 132.0<	04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	13.6	1.0 tbsp	3.4
20138 Wheat, KAMUT khorasan, uncoked 1860 1.0 cup 3.3 09316 Strawberries, raw 1520 1.0 cup, halves 3.3 30397 Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted 3.14 1.0 cup 3.3 05936 Chicken, broilers or fryers, drumstick, meat and skin, raw 1330 1.0 drumstick with skin 3.3 0506 Chicken, broilers or fryers, drumstick, meat and skin, raw 1330 1.0 drumstick with skin 3.3 05707 Lamb, domestic, loin, separable kan only, trimmed to 1/4" fat, choice, cooked, broiled 850 3.0 cup 3.3 03139 Babyfood, prunes, without vitamin c., strained 15.0 1.0 drumstick with skin 3.3 03218 Crease, seady-to-eat, QUAKER QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisis 510 0.5 cup (1 NLE seq.) 3.3 05978 Chicken, broilers or fryers, leg. meat and skin, cooked, rossted 850 3.0 cup 3.0 cup 05078 Chicken, broilers or fryers, leg. meat and skin, cooked, rossted 1320 1.0 cup, diced 3.3 01005 Cheese, micken 1.0 cup, diced <td>19136</td> <td>Candies, HERSHEY'S SKOR Toffee Bar</td> <td>39.0</td> <td>1.0 bar 1.4 oz</td> <td>3.4</td>	19136	Candies, HERSHEY'S SKOR Toffee Bar	39.0	1.0 bar 1.4 oz	3.4
09316 Strawberries, raw 1520 1.0 cup, halves 3.8 03937 Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted 31.4 1.0 cup, halves 3.3 20132 Oat flour, partially debranned 1040 1.0 drumstick with skin 3.3 30806 Chicken, broilers or fryers, drumstick, meat and skin, raw 850 1.0 drumstick with skin 3.3 08139 Babyfood, prunes, without vitamin c, strained 150 1.0 thous, strained 3.0 08218 Creals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins 510 0.5 cup (1 NLEA serving) 3.3 08708 Chicken, broilers or fryers, leg, meat and skin, cooked, roasted 850 3.0 oz 3.3 08708 Chicken, broilers or fryers, leg, meat and skin, cooked, roasted 850 3.0 oz 3.3 08708 Chicken, broilers or fryers, leg, meat and skin, cooked, roasted 850 3.0 oz 3.3 0803 Cheese, menster 1320 1.0 cup, diced 3.3 0105 Cheese, mexican, queso onitinualua 2.0 1.0 cup, cub 3.3 <	09519	Guava nectar, with sucralose, canned	335.0	11.3 fl oz	3.4
0937 Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted 31.4 1.0 fl oz 3.3 20132 Oat flour, partially debranned 104.0 1.0 cup 3.3 05066 Chicken, broilers or fryers, drumstick, meat and skin, raw 133.0 1.0 drumstick with skin 3.3 17027 Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled 85.0 3.0 oz 3.3 3139 Babyfood, prunes, without vitamin c, strained 15.0 1.0 tbsp 3.3 08218 Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins 51.0 0.5 cup (1 NLEA serving) 3.3 06978 Chicken, broilers or fryers, leg, meat and skin, cooked, roasted 85.0 3.0 oz 3.3 01030 Cheese, menster 132.0 1.0 cup, diced 3.3 01051 Cheese, menster 132.0 1.0 cup, diced 3.3 01067 Cheese, mexican, queso enlihuahua 132.0 1.0 cup, cup, diced 3.3 01165 Cheese, mexican, queso anejo 132.0 1.0 cup, cubes 3.3	20138	Wheat, KAMUT khorasan, uncooked	186.0	1.0 cup	3.3
20132 Oat flour, partially debranned 1040 1.0 cup 3.3 05066 Chicken, broilers or fryers, drumstick, meat and skin, raw 133.0 1.0 drumstick with skin 3.3 17027 Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled 85.0 3.0 oz 3.3 03139 Babyfood, prunes, without vitamin c, strained 15.0 0.5 cup (1 NLEA serving) 3.3 05078 Chicken, broilers or fivers, leg, meat and skin, cooked, roasted 85.0 3.0 oz 3.3 01030 Cheese, muenster 132.0 1.0 cup, diced 3.3 01035 Cheese, mexican, queso chihuahua 132.0 1.0 cup, diced 3.3 01025 Cheese, mexican, queso enipi 132.0 1.0 cup, diced 3.3 01025 Cheese, mexican, queso anejo 132.0 1.0 cup, cubes 3.3 01165 Cheese, mexican, queso anejo 132.0 1.0 cup, cubes 3.3 11868 Squash, winter, hubbard, baked, with salt 205.0 1.0 cup, cubes 3.3 1398 Beef, ground, 70% lean meat / 30% fat, raw	09316	Strawberries, raw	152.0	1.0 cup, halves	3.3
05066 Chicken, broilers or fryers, drumstick, meat and skin, raw 133.0 1.0 drumstick with skin 3.3 17027 Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled 85.0 3.0 oz 3.3 03139 Babyfood, prunes, without vitamin c, strained 15.0 1.0 tbsp 3.3 08218 Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins 51.0 0.5 cup (1 NLEA serving) 3.3 05078 Chicken, broilers or fryers, leg, meat and skin, cooked, roasted 85.0 3.0 oz 3.3 01030 Cheese, muenster 132.0 1.0 cup, diced 3.3 01167 Cheese, mexican, queso chihuahua 132.0 1.0 cup, diced 3.3 01025 Cheese, mexican, queso chihuahua 132.0 1.0 cup, diced 3.3 01165 Cheese, mexican, queso anejo 132.0 1.0 cup, cubes 3.3 11868 Squash, winter, hubbard, baked, with salt 205.0 1.0 cup, cubes 3.3 11490 Squash, winter, hubbard, baked, without salt 205.0 1.0 cup, cubes 3.3	03937	Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted	31.4	1.0 fl oz	3.3
17027 Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled 85.0 3.0 oz 3.3 03139 Babyfood, prunes, without vitamin c, strained 15.0 1.0 tbsp 3.3 08218 Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins 51.0 0.5 cup (1 NLEA serving) 3.3 05078 Chicken, broilers or fryers, leg, meat and skin, cooked, roasted 85.0 3.0 oz 3.3 01030 Cheese, muenster 132.0 1.0 cup, diced 3.3 01005 Cheese, brick 132.0 1.0 cup, diced 3.3 01051 Cheese, mexican, queso chihuahua 132.0 1.0 cup, diced 3.3 01025 Cheese, mexican, queso anejo 132.0 1.0 cup, cibec 3.3 01165 Cheese, mexican, queso anejo 132.0 1.0 cup, cubec 3.3 11868 Squash, winter, hubbard, baked, with salt 205.0 1.0 cup, cubes 3.3 11490 Squash, winter, hubbard, baked, without salt 205.0 1.0 cup, cubes 3.3 18255 Doughnuts, yeast-leavened, g	20132	Oat flour, partially debranned	104.0	1.0 cup	3.3
03139 Babyfood, prunes, without vitamin c, strained 15.0 1.0 tbsp 3.3 08218 Cereals ready-to-eat, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins 51.0 0.5 cup (1 NLEA serving) 3.3 05078 Chicken, broilers or fryers, leg, meat and skin, cooked, roasted 85.0 3.0 oz 3.3 01030 Cheese, muester 132.0 1.0 cup, diced 3.3 01055 Cheese, brick 132.0 1.0 cup, diced 3.3 01056 Cheese, mexican, queso chihuahua 132.0 1.0 cup, diced 3.3 01057 Cheese, mexican, queso anejo 132.0 1.0 cup, diced 3.3 01165 Cheese, mexican, queso anejo 132.0 1.0 cup, cubes 3.3 11868 Squash, winter, hubbard, baked, with salt 205.0 1.0 cup, cubes 3.3 11490 Squash, winter, hubbard, baked, without salt 205.0 1.0 cup, cubes 3.3 18255 Doughnuts, yeas-leavened, glazed, enriched (includes honey buns) 28.35 1.0 cup, cubes 3.3 20130 Barley flour or meal 148.0	05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	133.0	1.0 drumstick with skin	3.3
08218 Cereals ready-to-eat, QUAKER, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins 51.0 0.5 cup (1 NLEA serving) 3.3 05078 Chicken, broilers or fryers, leg, meat and skin, cooked, roasted 85.0 3.0 oz 3.3 01030 Cheese, munster 132.0 1.0 cup, diced 3.3 01055 Cheese, brick 132.0 1.0 cup, diced 3.3 01167 Cheese, mexican, queso chihuahua 132.0 1.0 cup, diced 3.3 01165 Cheese, montrery 132.0 1.0 cup, diced 3.3 01165 Cheese, mexican, queso anejo 132.0 1.0 cup, cube, diced 3.3 11868 Squash, winter, hubbard, baked, with salt 205.0 1.0 cup, cubes 3.3 11869 Squash, winter, hubbard, baked, without salt 205.0 1.0 cup, cubes 3.3 11869 Squash, winter, hubbard, baked, without salt 205.0 1.0 cup, cubes 3.3 1825 Doughnuts, yeast-leavened, glazed, enriched (includes honey buns) 28.35 1.0 oz 3.3 20130 Barley flour or meal 148.0	17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	3.3
05078 Chicken, broilers or fryers, leg, meat and skin, cooked, roasted 85.0 3.0 oz 3.3 01030 Cheese, muenster 132.0 1.0 cup, diced 3.3 01005 Cheese, brick 132.0 1.0 cup, diced 3.3 01167 Cheese, mexican, queso chihuahua 132.0 1.0 cup, diced 3.3 01025 Cheese, monterey 132.0 1.0 cup, diced 3.3 01165 Cheese, mexican, queso anejo 132.0 1.0 cup, cubes 3.3 11868 Squash, winter, hubbard, baked, with salt 205.0 1.0 cup, cubes 3.3 11490 Squash, winter, hubbard, baked, without salt 205.0 1.0 cup, cubes 3.3 13498 Beef, ground, 70% lean meat / 30% fat, raw 113.0 4.0 oz 3.3 18255 Doughnuts, yeast-leavened, glazed, enriched (includes honey buns) 28.35 1.0 cup 3.3 20130 Barley flour or meal 148.0 1.0 cup 3.3 5642 Ostrich, ground, cooked, pan-broiled 93.0 1.0 cup, without pits 3.3	03139	Babyfood, prunes, without vitamin c, strained	15.0	1.0 tbsp	3.3
01030 Cheese, muenster 132.0 1.0 cup, diced 3.3 01005 Cheese, brick 132.0 1.0 cup, diced 3.3 01167 Cheese, mexican, queso chihuahua 132.0 1.0 cup, diced 3.3 01025 Cheese, monterey 132.0 1.0 cup, diced 3.3 01165 Cheese, mexican, queso anejo 132.0 1.0 cup, cubed 3.3 11868 Squash, winter, hubbard, baked, with salt 205.0 1.0 cup, cubes 3.3 11490 Squash, winter, hubbard, baked, without salt 205.0 1.0 cup, cubes 3.3 13498 Beef, ground, 70% lean meat / 30% fat, raw 113.0 4.0 oz 3.3 18255 Doughnuts, yeast-leavened, glazed, enriched (includes honey buns) 28.35 1.0 oz 3.3 20130 Barley flour or meal 148.0 1.0 cup 3.3 05642 Ostrich, ground, cooked, pan-broiled 93.0 1.0 cup, without pits 3.3 2013 Fast foods, croissant, with egg, cheese, and ham 155.0 1.0 cup, without pits 3.3 2013 Fast foods, croissant, with egg, cheese, and ham 155.0 1.0 cup,	08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	51.0	0.5 cup (1 NLEA serving)	3.3
01005 Cheese, brick 132.0 1.0 cup, diced 3.3 01167 Cheese, mexican, queso chihuahua 132.0 1.0 cup, diced 3.3 01025 Cheese, monterey 132.0 1.0 cup, diced 3.3 01165 Cheese, mexican, queso anejo 132.0 1.0 cup, cubed 3.3 11868 Squash, winter, hubbard, baked, with salt 205.0 1.0 cup, cubes 3.3 11490 Squash, winter, hubbard, baked, without salt 205.0 1.0 cup, cubes 3.3 13498 Beef, ground, 70% lean meat / 30% fat, raw 113.0 4.0 oz 3.3 18255 Doughnuts, yeast-leavened, glazed, enriched (includes honey buns) 28.35 1.0 oz 3.3 20130 Barley flour or meal 148.0 1.0 cup 3.3 05642 Ostrich, ground, cooked, pan-broiled 93.0 1.0 patty 3.3 09063 Cherries, sour, red, raw 155.0 1.0 cup, without pits 3.3 21013 Fast foods, croissant, with egg, cheese, and ham 155.0 1.0 cup, without pits 3.3 07957 Pork and turkey sausage, pre-cooked 57.0 1.0 serving	05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	3.3
01167 Cheese, mexican, queso chihuahua 132.0 1.0 cup, diced 3.3 01025 Cheese, monterey 132.0 1.0 cup, diced 3.3 01165 Cheese, mexican, queso anejo 132.0 1.0 cup, cumbled 3.3 11868 Squash, winter, hubbard, baked, with salt 205.0 1.0 cup, cubes 3.3 11490 Squash, winter, hubbard, baked, without salt 205.0 1.0 cup, cubes 3.3 13498 Beef, ground, 70% lean meat / 30% fat, raw 113.0 4.0 oz 3.3 18255 Doughnuts, yeast-leavened, glazed, enriched (includes honey buns) 28.35 1.0 or 3.3 20130 Barley flour or meal 148.0 1.0 cup 3.3 05642 Ostrich, ground, cooked, pan-broiled 93.0 1.0 patty 3.3 09063 Cherries, sour, red, raw 155.0 1.0 cup, without pits 3.3 21013 Fast foods, croissant, with egg, cheese, and ham 155.0 1.0 item 3.3 07957 Pork and turkey sausage, pre-cooked 57.0 1.0 serving 3.2	01030	Cheese, muenster	132.0	1.0 cup, diced	3.3
01025 Cheese, monterey 132.0 1.0 cup, diced 3.3 01165 Cheese, mexican, queso anejo 132.0 1.0 cup, crumbled 3.3 11868 Squash, winter, hubbard, baked, with salt 205.0 1.0 cup, cubes 3.3 11490 Squash, winter, hubbard, baked, without salt 205.0 1.0 cup, cubes 3.3 13498 Beef, ground, 70% lean meat / 30% fat, raw 113.0 4.0 oz 3.3 18255 Doughnuts, yeast-leavened, glazed, enriched (includes honey buns) 28.35 1.0 cup 3.3 20130 Barley flour or meal 148.0 1.0 cup 3.3 05642 Ostrich, ground, cooked, pan-broiled 93.0 1.0 patty 3.3 09063 Cherries, sour, red, raw 155.0 1.0 cup, without pits 3.3 21013 Fast foods, croissant, with egg, cheese, and ham 155.0 1.0 cup, without pits 3.3 21013 Fast foods, croissant, with egg, cheese, and ham 155.0 1.0 serving 3.2 27957 Pork and turkey sausage, pre-cooked 57.0 1.0 serving 3.2	01005	Cheese, brick	132.0	1.0 cup, diced	3.3
01165 Cheese, mexican, queso anejo 132.0 1.0 cup, crumbled 3.3 11868 Squash, winter, hubbard, baked, with salt 205.0 1.0 cup, cubes 3.3 11490 Squash, winter, hubbard, baked, without salt 205.0 1.0 cup, cubes 3.3 13498 Beef, ground, 70% lean meat / 30% fat, raw 113.0 4.0 oz 3.3 18255 Doughnuts, yeast-leavened, glazed, enriched (includes honey buns) 28.35 1.0 cup 3.3 20130 Barley flour or meal 148.0 1.0 cup 3.3 05642 Ostrich, ground, cooked, pan-broiled 93.0 1.0 patty 3.3 09063 Cherries, sour, red, raw 155.0 1.0 cup, without pits 3.3 21013 Fast foods, croissant, with egg, cheese, and ham 155.0 1.0 cup, without pits 3.3 20797 Pork and turkey sausage, pre-cooked 57.0 1.0 serving 3.2	01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	3.3
11868 Squash, winter, hubbard, baked, with salt 205.0 1.0 cup, cubes 3.3 11490 Squash, winter, hubbard, baked, without salt 205.0 1.0 cup, cubes 3.3 13498 Beef, ground, 70% lean meat / 30% fat, raw 113.0 4.0 oz 3.3 18255 Doughnuts, yeast-leavened, glazed, enriched (includes honey buns) 28.35 1.0 oz 3.3 20130 Barley flour or meal 148.0 1.0 cup 3.3 05642 Ostrich, ground, cooked, pan-broiled 93.0 1.0 patty 3.3 09063 Cherries, sour, red, raw 155.0 1.0 cup, without pits 3.3 21013 Fast foods, croissant, with egg, cheese, and ham 155.0 1.0 item 3.3 07957 Pork and turkey sausage, pre-cooked 57.0 1.0 serving 3.2	01025	Cheese, monterey	132.0	1.0 cup, diced	3.3
11490 Squash, winter, hubbard, baked, without salt 205.0 1.0 cup, cubes 3.3 13498 Beef, ground, 70% lean meat / 30% fat, raw 113.0 4.0 oz 3.3 18255 Doughnuts, yeast-leavened, glazed, enriched (includes honey buns) 28.35 1.0 oz 3.3 20130 Barley flour or meal 148.0 1.0 cup 3.3 05642 Ostrich, ground, cooked, pan-broiled 93.0 1.0 patty 3.3 09063 Cherries, sour, red, raw 155.0 1.0 cup, without pits 3.3 21013 Fast foods, croissant, with egg, cheese, and ham 155.0 1.0 item 3.3 07957 Pork and turkey sausage, pre-cooked 57.0 1.0 serving 3.2	01165	Cheese, mexican, queso anejo	132.0	1.0 cup, crumbled	3.3
13498 Beef, ground, 70% lean meat / 30% fat, raw 113.0 4.0 oz 3.3 18255 Doughnuts, yeast-leavened, glazed, enriched (includes honey buns) 28.35 1.0 oz 3.3 20130 Barley flour or meal 148.0 1.0 cup 3.3 05642 Ostrich, ground, cooked, pan-broiled 93.0 1.0 patty 3.3 09063 Cherries, sour, red, raw 155.0 1.0 cup, without pits 3.3 21013 Fast foods, croissant, with egg, cheese, and ham 155.0 1.0 item 3.3 07957 Pork and turkey sausage, pre-cooked 57.0 1.0 serving 3.2	11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	3.3
18255 Doughnuts, yeast-leavened, glazed, enriched (includes honey buns) 28.35 1.0 oz 3.3 20130 Barley flour or meal 148.0 1.0 cup 3.3 05642 Ostrich, ground, cooked, pan-broiled 93.0 1.0 patty 3.3 09063 Cherries, sour, red, raw 155.0 1.0 cup, without pits 3.3 21013 Fast foods, croissant, with egg, cheese, and ham 155.0 1.0 item 3.3 07957 Pork and turkey sausage, pre-cooked 57.0 1.0 serving 3.2	11490	Squash, winter, hubbard, baked, without salt	205.0	1.0 cup, cubes	3.3
20130 Barley flour or meal 148.0 1.0 cup 3.3 05642 Ostrich, ground, cooked, pan-broiled 93.0 1.0 patty 3.3 09063 Cherries, sour, red, raw 155.0 1.0 cup, without pits 3.3 21013 Fast foods, croissant, with egg, cheese, and ham 155.0 1.0 item 3.3 07957 Pork and turkey sausage, pre-cooked 57.0 1.0 serving 3.2	13498	Beef, ground, 70% lean meat / 30% fat, raw	113.0	4.0 oz	3.3
05642Ostrich, ground, cooked, pan-broiled93.01.0 patty3.309063Cherries, sour, red, raw155.01.0 cup, without pits3.321013Fast foods, croissant, with egg, cheese, and ham155.01.0 item3.307957Pork and turkey sausage, pre-cooked57.01.0 serving3.2	18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	28.35	1.0 oz	3.3
09063Cherries, sour, red, raw155.01.0 cup, without pits3.321013Fast foods, croissant, with egg, cheese, and ham155.01.0 item3.307957Pork and turkey sausage, pre-cooked57.01.0 serving3.2	20130	Barley flour or meal	148.0	1.0 cup	3.3
Fast foods, croissant, with egg, cheese, and ham 155.0 1.0 item 3.3 Pork and turkey sausage, pre-cooked 57.0 1.0 serving 3.2	05642	Ostrich, ground, cooked, pan-broiled	93.0	1.0 patty	3.3
07957 Pork and turkey sausage, pre-cooked 57.0 1.0 serving 3.2	09063	Cherries, sour, red, raw	155.0	1.0 cup, without pits	3.3
	21013	Fast foods, croissant, with egg, cheese, and ham	155.0	1.0 item	3.3
Focaccia, Italian flatbread, plain 57.0 1.0 piece 3.2	07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	3.2
	18973	Focaccia, Italian flatbread, plain	57.0	1.0 piece	3.2

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
19161	Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	54.0	1.0 package (1.89 oz, 2 bars)	3.2
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	3.2
03812	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	3.2
03940	Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted	31.4	1.0 fl oz	3.2
03856	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	3.2
03951	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	3.2
03851	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	3.2
03926	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	3.2
03830	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, LIPIL, with iron, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	3.2
03854	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	3.2
06404	Soup, bean with pork, canned, prepared with equal volume water	266.0	1.0 serving 1 cup	3.2
19160	Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	57.0	1.0 package (2 oz)	3.2
20010	Buckwheat groats, roasted, cooked	168.0	1.0 cup	3.2
20075	Wheat, soft white	168.0	1.0 cup	3.2
03844	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA	31.6	1.0 fl oz	3.2
03901	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, liquid concentrate, not reconstituted	31.9	1.0 fl oz	3.2
03816	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate, not reconstituted	31.5	1.0 fl oz	3.2
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	28.35	1.0 oz	3.2
01166	Cheese, mexican, queso asadero	132.0	1.0 cup, diced	3.2
01009	Cheese, cheddar	132.0	1.0 cup, diced	3.2
01034	Cheese, port de salut	132.0	1.0 cup, diced	3.2
18402	Pie crust, standard-type, prepared from recipe, unbaked	24.0	1.0 piece (1/8 of 9" crust)	3.2
12155	Nuts, walnuts, english	117.0	1.0 cup, chopped	3.2
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	81.0	1.0 slice	3.2
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	90.0	0.5 cup slices	3.2
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	3.2
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	28.35	1.0 oz	3.1
09191	Nectarines, raw	143.0	1.0 cup slices	3.1
03824	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted	30.8	1.0 fl oz	3.1

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
03947	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA	30.5	1.0 fl oz	3.1
03801	Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	3.1
03108	Babyfood, vegetables, sweet potatoes strained	224.0	1.0 cup	3.1
03818	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	3.1
11897	Yam, cooked, boiled, drained, or baked, with salt	136.0	1.0 cup, cubes	3.1
11602	Yam, cooked, boiled, drained, or baked, without salt	136.0	1.0 cup, cubes	3.1
06004	Soup, bean with pork, canned, condensed	130.0	0.5 cup	3.1
35196	Lambsquarters, raw (Northern Plains Indians)	0.9	1.0 leaf	3.1
03093	Babyfood, green beans, dices, toddler	28.35	1.0 oz	3.1
18192	Cookies, shortbread, commercially prepared, plain	28.35	1.0 oz	3.1
25060	Snack, Pretzel, hard chocolate coated	28.0	1.0 serving	3.1
28346	Waffles, gluten-free, frozen, ready-to-heat	45.0	1.0 waffle	3.1
18241	Croissants, cheese	28.35	1.0 oz	3.1
01024	Cheese, limburger	134.0	1.0 cup	3.1
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	3.1
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	3.1
19015	Snacks, granola bars, hard, plain	21.0	1.0 bar	3.1
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	85.0	3.0 oz	3.1
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	3.1
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	85.0	3.0 oz	3.1
11412	Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	133.0	10.0 strip	3.1
42117	Imitation cheese, american or cheddar, low cholesterol	113.0	1.0 cup, shredded	3.1
21386	BURGER KING, french toast sticks	21.0	1.0 stick	3.0
20088	Wild rice, raw	160.0	1.0 cup	3.0
09079	Cranberries, dried, sweetened	40.0	0.25 cup	3.0
11785	Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	178.0	1.0 cup (1" pieces)	3.0
11221	Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	178.0	1.0 cup (1" pieces)	3.0
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	126.0	0.5 cup	3.0
22914	Pasta with tomato sauce, no meat, canned	252.0	1.0 serving (1 NLEA serving)	3.0
09036	Apricot nectar, canned, without added ascorbic acid	251.0	1.0 cup	3.0
20033	Oat bran, raw	94.0	1.0 cup	3.0
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	3.0
18127	Cake, snack cakes, creme-filled, chocolate with frosting	28.35	1.0 oz	3.0

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
06167	Sauce, homemade, white, thick	250.0	1.0 cup	3.0
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	3.0
03935	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	3.0
03846	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed	30.5	1.0 fl oz	3.0
02011	Spices, cloves, ground	2.1	1.0 tsp	3.0
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	3.0
16427	Tofu, raw, regular, prepared with calcium sulfate	124.0	0.5 cup	3.0
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	85.0	1.0 serving	3.0
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28.0	1.0 roll (1 oz)	3.0
11674	Potatoes, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	3.0
19367	Toppings, nuts in syrup	328.0	1.0 cup	3.0
18078	Bread, whole-wheat, prepared from recipe, toasted	28.35	1.0 oz	2.9
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	2.9
16147	Veggie burgers or soyburgers, unprepared	70.0	1.0 pattie	2.9
44005	Oil, corn, peanut, and olive	14.0	1.0 tablespoon	2.9
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	2.9
43396	Cheese, cottage, lowfat, 1% milkfat, with vegetables	113.0	4.0 oz	2.9
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	2.9
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	2.9
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	171.0	1.0 cup	2.9
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	171.0	1.0 cup	2.9
18205	Cookies, sugar, refrigerated dough	33.0	1.0 serving	2.9
01035	Cheese, provolone	132.0	1.0 cup, diced	2.9
21505	Pizza, cheese topping, thin crust, frozen, cooked	69.0	1.0 slice	2.9
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	2.9
06044	Soup, mushroom with beef stock, canned, condensed	126.0	0.5 cup (4 fl oz)	2.9
03840	Infant formula, ABBOTT NUTRITION, SIMILAC, SPECIAL CARE, ADVANCE 24, with iron, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	2.9
27000	Soup, egg drop, Chinese restaurant	241.0	1.0 cup	2.9
06472	Soup, vegetable with beef broth, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	2.9
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	85.0	3.0 oz	2.9
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	85.0	3.0 oz	2.9
05658	Ostrich, top loin, cooked	85.0	1.0 serving (3 oz)	2.9
07013	Bratwurst, pork, cooked	85.0	1.0 link cooked	2.9

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
28298	Cookies, brownies, commercially prepared, reduced fat, with added fiber	36.0	1.0 brownie 1 serving	2.9
35145	Stew, hominy with mutton (Navajo)	411.0	1.0 serving	2.9
11783	Eggplant, cooked, boiled, drained, with salt	99.0	1.0 cup (1" cubes)	2.9
11210	Eggplant, cooked, boiled, drained, without salt	99.0	1.0 cup (1" cubes)	2.9
11209	Eggplant, raw	82.0	1.0 cup, cubes	2.9
03839	Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	2.9
02009	Spices, chili powder	2.7	1.0 tsp	2.9
04020	Salad dressing, french dressing, reduced fat	16.0	1.0 tablespoon	2.8
36045	ON THE BORDER, refried beans	135.0	1.0 cup	2.8
20118	Noodles, flat, crunchy, Chinese restaurant	45.0	1.0 cup	2.8
09500	Apples, raw, red delicious, with skin	109.0	1.0 cup, sliced	2.8
06072	Soup, vegetable with beef broth, canned, condensed	123.0	0.5 cup	2.8
28349	Cookies, oatmeal, reduced fat	25.0	1.0 cookie	2.8
07089	Sausage, Italian, pork, cooked	83.0	1.0 link, 4/lb	2.8
01212	Milk, dry, whole, without added vitamin D	128.0	1.0 cup	2.8
19078	Baking chocolate, unsweetened, squares	29.0	1.0 oz square Bakers	2.8
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	78.0	1.0 bar	2.8
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	116.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.8
18251	Doughnuts, cake-type, chocolate, sugared or glazed	28.35	1.0 oz	2.8
18206	Cookies, sugar, refrigerated dough, baked	28.35	1.0 oz	2.8
19151	Candies, REESE'S PIECES Candy	47.0	0.25 cup	2.8
06046	Soup, cream of onion, canned, condensed	126.0	0.5 cup	2.8
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	2.8
04544	Shortening, household, lard and vegetable oil	12.8	1.0 tablespoon	2.8
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	2.8
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	2.8
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	2.7
14220	Beverages, OCEAN SPRAY, Cranberry-Apple Juice Drink, bottled	249.0	8.0 fl oz	2.7
42148	Candies, MARS SNACKFOOD US, M& M's Peanut Butter Chocolate Candies	46.0	1.0 serving 1.63 oz singles bag	2.7
23577	Beef, ground, 75% lean meat / 25% fat, raw	113.0	4.0 oz	2.7
03114	Babyfood, vegetable, butternut squash and corn	113.0	1.0 jar, Gerber (4 oz)	2.7
05119	Chicken, roasting, dark meat, meat only, raw	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.7
01019	Cheese, feta	150.0	1.0 cup, crumbled	2.7
25043	Snacks, candy bits, yogurt covered with vitamin C	20.0	1.0 package	2.7

15027 Fish, fish sticks, frozen, prepared 57.0 1.0 piece (4" x 2") 11981 Peppers, hungarian, raw 27.0 1.0 19144 Candies, NESTLE, 100 GRAND Bar 43.0 1.0 bar 18244 Danish pastry, cinnamon, enriched 28.35 18077 Bread, whole-wheat, prepared from recipe 28.35		Per Measure
Bread, paratha, whole wheat, commercially prepared, frozen Fish, fish sticks, frozen, prepared To piece (4" x 2" 2" 2" 2" 2" 2" 2" 2" 2" 2" 2" 2" 2"	1.0 cup	2.7
15027 Fish, fish sticks, frozen, prepared 57.0 1.0 piece (4" x 2") 11981 Peppers, hungarian, raw 27.0 1.0 19144 Candies, NESTLE, 100 GRAND Bar 43.0 1.0 bar 18244 Danish pastry, cinnamon, enriched 28.35 18077 Bread, whole-wheat, prepared from recipe 28.35	drained	2.7
11981 Peppers, hungarian, raw 27.0 19144 Candies, NESTLE, 100 GRAND Bar 43.0 18244 Danish pastry, cinnamon, enriched 28.35 18077 Bread, whole-wheat, prepared from recipe 28.35	0 piece	2.7
19144 Candies, NESTLE, 100 GRAND Bar 43.0 18244 Danish pastry, cinnamon, enriched 28.35 18077 Bread, whole-wheat, prepared from recipe 28.35	x 1/2")	2.7
18244Danish pastry, cinnamon, enriched28.3518077Bread, whole-wheat, prepared from recipe28.35	pepper	2.7
Bread, whole-wheat, prepared from recipe 28.35	1.5 oz)	2.7
	1.0 oz	2.7
	1.0 oz	2.7
28315 Bread, cinnamon 28.0 1.0 slice 1	serving	2.7
20012 Bulgur, dry 140.0	1.0 cup	2.7
Beverages, cranberry-apple juice drink, low calorie, with vitamin C added 240.0	8 fl oz)	2.6
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 of the cooked).	nicken)	2.6
27051 Sauce, cocktail, ready-to-serve 60.0	25 cup	2.6
19009 Snacks, KRAFT, CORNNUTS, plain 28.35	1.0 oz	2.6
Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted 85.0	serving	2.6
Beef, variety meats and by-products, liver, raw 85.0	3.0 oz	2.6
25055 Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX 35.0	1.0 bar	2.6
Sweet potato, cooked, baked in skin, flesh, with salt 114.0 1.0 medium (2" dia, 5" los	g, raw)	2.6
05043 Chicken, broilers or fryers, dark meat, meat only, raw 109.0 1.0 unit (yield from 1 lb ready-to-cook of	nicken)	2.6
18935 Waffle, plain, frozen, ready-to-heat, microwave 32.0 1.0 waffle, round	(4"dia)	2.6
27053 Dip, OLD EL PASO, Cheese 'n Salsa, medium 32.0	.0 tbsp	2.6
19265 Ice creams, chocolate, light, no sugar added 72.0 1.0 serving	1/2 cup	2.6
Beans, baked, canned, with franks 259.0	1.0 cup	2.6
09009 Apples, dehydrated (low moisture), sulfured, uncooked 60.0	1.0 cup	2.6
09011 Apples, dried, sulfured, uncooked 86.0	1.0 cup	2.6
19437 Snacks, potato chips, fat free, salted 28.35	1.0 oz	2.6
Egg, whole, cooked, fried 46.0	0 large	2.6
01026 Cheese, mozzarella, whole milk 112.0 1.0 cup, s	redded	2.6
Soup, hot and sour, Chinese restaurant 233.0	1.0 cup	2.6
18966 Crackers, saltines, whole wheat (includes multi-grain) 14.0 1.0	serving	2.6
05277 Chicken, canned, meat only, with broth 142.0	(5 oz)	2.6
Bread, whole-wheat, commercially prepared, toasted 28.35	1.0 oz	2.6
Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned 85.0	3.0 oz	2.6
Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled 85.0	3.0 oz	2.6
Tofu, extra firm, prepared with nigari 91.0	2 block	2.5

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
21463	Yogurt parfait, lowfat, with fruit and granola	149.0	1.0 item	2.5
05131	Chicken, stewing, dark meat, meat only, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.5
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	2.5
05324	Chicken patty, frozen, cooked	60.0	1.0 patty	2.5
28313	Rolls, hamburger or hot dog, whole wheat	56.0	1.0 roll	2.5
09435	Guava nectar, canned, with added ascorbic acid	251.0	1.0 cup	2.5
11747	Burdock root, cooked, boiled, drained, with salt	125.0	1.0 cup (1" pieces)	2.5
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	2.5
18075	Bread, whole-wheat, commercially prepared	32.0	1.0 slice	2.5
03165	Babyfood, fruit, apple and blueberry, junior	28.35	1.0 oz	2.5
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	2.5
09251	Peach nectar, canned, without added ascorbic acid	249.0	1.0 cup	2.5
03121	Babyfood, vegetables, peas, strained	16.0	1.0 tbsp	2.5
28329	Cookies, chocolate, made with rice cereal	62.0	1.0 cookie	2.5
19249	Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	42.0	1.0 serving 1.5 oz	2.5
19910	Candies, crispy bar with peanut butter filling	42.0	1.0 serving 1.5 oz	2.5
21022	Fast foods, english muffin, with egg, cheese, and sausage	165.0	1.0 item	2.5
21142	Fast food, biscuit	55.0	1.0 biscuit	2.5
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	85.0	3.0 oz	2.5
42283	Snacks, potato chips, white, restructured, baked	34.0	1.0 cup	2.4
01132	Egg, whole, cooked, scrambled	61.0	1.0 large	2.4
18254	Doughnuts, yeast-leavened, with creme filling	28.35	1.0 oz	2.4
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	2.4
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	348.0	12.0 fl oz cup	2.4
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	35.0	1.0 bar	2.4
32027	Turnover, meat- and cheese-filled, tomato-based sauce, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	2.4
11349	Poi	240.0	1.0 cup	2.4
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")	2.4
21401	Fast foods, chicken tenders	30.0	1.0 strip	2.4
42135	Whipped topping, frozen, low fat	75.0	1.0 cup	2.4
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	2.4
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	149.0	1.0 steak (yield from 1 raw steak weighing 149g)	2.4
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)	2.4
05080	Chicken, broilers or fryers, leg, meat only, raw	85.0	3.0 oz	2.4
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	85.0	3.0 oz	2.4

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
21020	Fast foods, english muffin, with cheese and sausage	108.0	1.0 item	2.4
43597	Cheese, mozzarella, low sodium	132.0	1.0 cup, diced	2.4
42155	Cheese, monterey, low fat	132.0	1.0 cup, diced	2.4
05117	Chicken, roasting, light meat, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.4
03077	Babyfood, dinner, pasta with vegetables	113.0	1.0 jar, Gerber (4 oz)	2.4
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	2.4
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	2.4
19268	Candies, dark chocolate coated coffee beans	40.0	1.0 serving 28 pieces	2.4
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	51.0	12.0 fries	2.3
03136	Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	2.3
09068	Cherries, sour, red, frozen, unsweetened	155.0	1.0 cup, unthawed	2.3
11215	Garlic, raw	136.0	1.0 cup	2.3
28304	Waffles, whole wheat, lowfat, frozen, ready-to-heat	70.0	1.0 serving 2 waffles	2.3
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)	2.3
19902	Chocolate, dark, 45- 59% cacao solids	28.35	1.0 oz	2.3
03944	Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	2.3
20080	Wheat flour, whole-grain	120.0	1.0 cup	2.3
19134	Candies, milk chocolate, with rice cereal	40.0	1.0 bar (1.4 oz)	2.3
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	253.0	1.0 cup	2.3
32032	Sausage, egg and cheese breakfast biscuit	126.0	1.0 biscuit	2.3
19418	Snacks, sesame sticks, wheat-based, salted	28.35	1.0 oz	2.3
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	2.3
18253	Doughnuts, french crullers, glazed	28.35	1.0 oz	2.3
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	2.3
21256	BURGER KING, Chicken Strips	36.0	1.0 strip	2.3
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	2.3
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	2.3
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	2.3
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	2.3
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	2.3
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	2.3
08144	Cereals, whole wheat hot natural cereal, dry	94.0	1.0 cup	2.3

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
06166	Sauce, homemade, white, medium	250.0	1.0 cup	2.2
13326	Beef, variety meats and by-products, liver, cooked, braised	68.0	1.0 slice	2.2
20060	Rice bran, crude	118.0	1.0 cup	2.2
42316	Babyfood, carrots, toddler	28.35	1.0 oz	2.2
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	28.35	1.0 oz	2.2
06402	Soup, black bean, canned, prepared with equal volume water	247.0	1.0 cup	2.2
43541	Ice creams, chocolate, rich	148.0	1.0 cup	2.2
18365	Waffles, plain, frozen, ready-to-heat	28.35	1.0 oz	2.2
16129	Tofu, fried	28.35	1.0 oz	2.2
28294	Cookie, chocolate, with icing or coating	32.0	4.0 cookies	2.2
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	138.0	1.0 fillet	2.2
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	2.2
05327	Chicken breast tenders, breaded, uncooked	15.0	1.0 piece	2.2
03953	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed	30.5	1.0 fl oz	2.2
03841	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed	30.5	1.0 fl oz	2.2
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	30.4	1.0 fl oz	2.2
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	14.2	0.5 oz	2.2
19109	Candies, KIT KAT Wafer Bar	42.0	1.0 bar (1.5 oz)	2.2
08579	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH	28.0	1.0 bowl (3/4 cup) (1 NLEA serving)	2.2
19071	Candies, carob, unsweetened	28.35	1.0 oz	2.2
32014	Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared	99.0	1.0 serving (3.5 oz)	2.2
18971	Bread, potato	32.0	1.0 slice	2.2
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	2.2
11959	Arugula, raw	2.0	1.0 leaf	2.2
05337	USDA Commodity, Chicken, canned, meat only, with water	135.0	1.0 cup drained	2.2
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	2.2
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	2.2
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	2.2
05338	USDA Commodity, Chicken, canned, meat only, with broth	135.0	1.0 cup drained	2.2
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	135.0	1.0 fillet	2.2
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	2.2
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	2.2
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	2.2
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	216.0	1.0 can (6 fl oz)	2.2

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	2.2
22962	LEAN POCKETS, Ham N Cheddar	127.0	1.0 hot pocket (1 NLEA serving)	2.2
18967	Bread, white wheat	28.0	1.0 slice	2.2
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	2.2
28321	Rolls, hamburger, whole grain white, calcium-fortified	43.0	1.0 piece roll	2.2
19165	Cocoa, dry powder, unsweetened	86.0	1.0 cup	2.2
05129	Chicken, stewing, light meat, meat only, raw	89.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.1
28308	Crackers, standard snack-type, with whole wheat	15.0	5.0 crackers 1 serving	2.1
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.1
15126	Fish, tuna, white, canned in water, drained solids	85.0	3.0 oz	2.1
42297	Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	59.0	1.0 cup (1 NLEA serving)	2.1
06498	Soup, tomato, dry, mix, prepared with water	265.0	1.0 cup 8 fl oz	2.1
02054	Capers, canned	8.6	1.0 tbsp, drained	2.1
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.1
18350	Rolls, hamburger or hotdog, plain	44.0	1.0 roll 1 serving	2.1
08596	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight	50.0	1.0 cup (1 NLEA serving)	2.1
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	28.35	1.0 oz	2.1
09530	Fruit juice smoothie, ODWALLA, strawberry banana	233.0	1.0 cup	2.1
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	262.0	1.0 cup	2.1
19132	Candies, milk chocolate, with almonds	41.0	1.0 bar (1.45 oz)	2.1
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	58.0	1.0 serving 2.05 oz bar	2.1
42286	Babyfood, green beans and turkey, strained	14.0	1.0 tbsp	2.1
19904	Chocolate, dark, 70-85% cacao solids	28.35	1.0 oz	2.1
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	28.35	1.0 oz	2.1
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	129.0	1.0 fillet	2.1
19166	Cocoa, dry powder, unsweetened, processed with alkali	86.0	1.0 cup	2.1
28347	Pancakes, gluten-free, frozen, ready-to-heat	48.0	1.0 pancake	2.1
19162	Candies, WHATCHAMACALLIT Candy Bar	48.0	1.0 bar 1.7 oz	2.1
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	2.1
28300	Cookies, oatmeal sandwich, with creme filling	38.0	1.0 cookie 1 serving	2.1
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	228.0	1.0 cup	2.1
11866	Squash, winter, butternut, cooked, baked, with salt	205.0	1.0 cup, cubes	2.0
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	2.0
28293	Cookie, butter or sugar, with chocolate icing or filling	31.0	3.0 cookies	2.0
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1.0 oz	2.0

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
19903	Chocolate, dark, 60-69% cacao solids	28.35	1.0 oz	2.0
05123	Chicken, stewing, meat and skin, raw	85.0	3.0 oz	2.0
05307	Chicken, cornish game hens, meat and skin, raw	85.0	3.0 oz	2.0
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	85.0	3.0 oz	2.0
09044	Cherries, tart, dried, sweetened	40.0	0.25 cup	2.0
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	85.0	3.0 oz	2.0
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	85.0	3.0 oz	2.0
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	2.0
05113	Chicken, roasting, meat only, raw	85.0	3.0 oz	2.0
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	85.0	3.0 oz	2.0
01203	Yogurt, fruit, lowfat, with low calorie sweetener	170.0	1.0 container (6 oz)	2.0
04528	Oil, walnut	13.6	1.0 tbsp	2.0
05135	Chicken, capons, meat and skin, raw	85.0	3.0 oz	2.0
05309	Chicken, cornish game hens, meat only, raw	85.0	3.0 oz	2.0
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	2.0
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	2.0
05310	Chicken, cornish game hens, meat only, cooked, roasted	85.0	3.0 oz	2.0
23572	Beef, ground, 80% lean meat / 20% fat, raw	113.0	4.0 oz	2.0
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	2.0
28296	Cake, snack cakes, creme-filled, chocolate with frosting, low-fat, with added fiber	27.0	1.0 cake 1 serving	2.0
43449	Beans, baked, canned, no salt added	253.0	1.0 cup	2.0
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)	2.0
19410	Snack, potato chips, made from dried potatoes, plain	28.0	1.0 oz	2.0
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)	2.0
18256	Doughnuts, yeast-leavened, with jelly filling	28.35	1.0 oz	2.0
09436	Mango nectar, canned	251.0	1.0 cup	2.0
27002	Soup, wonton, Chinese restaurant	223.0	1.0 cup	2.0
28311	Cookies, sugar wafer, chocolate-covered	29.0	3.0 cookie	2.0
09041	Bananas, dehydrated, or banana powder	100.0	1.0 cup	2.0
43340	Cheese, parmesan, low sodium	100.0	1.0 cup, grated	2.0
09229	Papaya nectar, canned	250.0	1.0 cup	2.0
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	2.0
02015	Spices, curry powder	2.0	1.0 tsp	2.0
28305	Pancakes, plain, reduced fat	105.0	1.0 serving 3 pancakes	2.0
43537	Babyfood, dessert, blueberry yogurt, strained	15.0	1.0 tbsp	2.0

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	117.0	1.0 piece	2.0
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	2.0
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	28.35	1.0 oz	2.0
03286	Babyfood, vegetables, mix vegetables strained	28.35	1.0 oz	2.0
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	124.0	1.0 fillet	2.0
22401	Spaghetti with meat sauce, frozen entree	283.0	1.0 serving	2.0
01208	Cheese, provolone, reduced fat	132.0	1.0 cup, diced	2.0
09501	Apples, raw, golden delicious, with skin	109.0	1.0 cup, sliced	2.0
08386	Cereals ready-to-eat, KASHI GOLEAN CRUNCH!	53.0	0.75 Cup (1 NLEA serving)	2.0
11423	Pumpkin, cooked, boiled, drained, without salt	245.0	1.0 cup, mashed	2.0
11845	Pumpkin, cooked, boiled, drained, with salt	245.0	1.0 cup, mashed	2.0
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	2.0
18245	Danish pastry, cheese	28.35	1.0 oz	2.0
05075	Chicken, broilers or fryers, leg, meat and skin, raw	85.0	3.0 oz	2.0
13317	Beef, ground, patties, frozen, cooked, broiled	85.0	3.0 oz	2.0
01060	Milk, filled, fluid, with lauric acid oil	244.0	1.0 cup	2.0
06409	Soup, beef noodle, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	2.0
06968	Soup, cream of mushroom, low sodium, ready-to-serve, canned	244.0	1.0 cup	2.0
07058	Pickle and pimiento loaf, pork	38.0	1.0 slice	1.9
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	121.0	1.0 fillet	1.9
28326	Crackers, whole grain, sandwich-type, with peanut butter filling	43.0	6.0 cracker 1 serving	1.9
18403	Waffles, plain, frozen, ready -to-heat, toasted	28.35	1.0 oz	1.9
08554	Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	52.0	0.75 cup (1 NLEA serving)	1.9
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	1.9
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	48.0	1.0 package (1.69 oz)	1.9
19260	Ice creams, vanilla, light, no sugar added	68.0	1.0 serving 1/2 cup	1.9
18328	Pie, vanilla cream, prepared from recipe	28.35	1.0 oz	1.9
32018	Spanish rice mix, dry mix, unprepared	70.0	0.5 cup	1.9
01229	Cheese, white, queso blanco	118.0	1.0 cup, crumbled	1.9
11104	Burdock root, raw	118.0	1.0 cup (1" pieces)	1.9
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	1.9
19917	Candies, M&M MARS Pretzel Chocolate Candies	40.0	0.25 cup	1.9
04021	Salad dressing, italian dressing, commercial, reduced fat	15.0	1.0 tablespoon	1.9
04144	Salad dressing, italian dressing, reduced fat, without salt	15.0	1.0 tablespoon	1.9
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)	1.9

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	28.35	1.0 oz	1.9
18079	Bread crumbs, dry, grated, plain	28.35	1.0 oz	1.9
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.9
43261	Yogurt, fruit variety, nonfat	170.0	1.0 container (6 oz)	1.9
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85.0	3.0 oz	1.9
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	170.0	1.0 container (6 oz)	1.9
28291	Cookies, animal, with frosting or icing	31.0	8.0 cookies 1 serving	1.9
11841	Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	74.0	10.0 strip	1.8
04058	Oil, sesame, salad or cooking	13.6	1.0 tablespoon	1.8
01040	Cheese, swiss	132.0	1.0 cup, diced	1.8
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	56.0	1.0 cup (1 NLEA serving)	1.8
02028	Spices, paprika	2.3	1.0 tsp	1.8
28295	Tortillas, ready-to-bake or -fry, whole wheat	41.0	1.0 tortilla 1 serving	1.8
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	28.35	1.0 oz	1.8
18151	Cookies, brownies, commercially prepared	28.35	1.0 oz	1.8
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	115.0	1.0 fillet	1.8
21059	Fast foods, shrimp, breaded and fried	39.0	3.0 pieces shrimp	1.8
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	114.0	4.0 oz	1.8
25036	Snacks, granola bites, mixed flavors	20.0	1.0 package	1.8
18114	Cake, gingerbread, dry mix	28.35	1.0 oz	1.8
42304	Cheese, mozzarella, nonfat	113.0	1.0 cup, shredded	1.8
20031	Millet, raw	200.0	1.0 cup	1.8
03986	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed	30.5	1.0 fl oz	1.8
33876	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed	30.5	1.0 fl oz	1.8
19914	Candies, M& M MARS 3 MUSKETEERS Truffle Crisp	31.0	1.0 serving	1.8
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	30.4	1.0 fl oz	1.8
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	1.8
19081	Candies, sweet chocolate	28.35	1.0 oz	1.8
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	85.0	3.0 oz	1.8
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.8
15234	Fish, catfish, channel, farmed, raw	85.0	3.0 oz	1.8
05333	Chicken, ground, crumbles, cooked, pan-browned	85.0	3.0 oz crumbled	1.8
09012	Apples, dried, sulfured, stewed, without added sugar	255.0	1.0 cup	1.8
19003	Snacks, corn-based, extruded, chips, plain	28.0	1.0 oz	1.8
19143	Candies, MR. GOODBAR Chocolate Bar	49.0	1.0 bar (1.75 oz)	1.8

1816 Cookies, choodines analysich, with exam exame filling 28.35 1.0 or 1.8	NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
42196 Candies, MARS SNACKFOOD US, MILKY WAY Motinght Bar 500 10 serving 1.76 oz bar 42140 Salad dressing, instain dressing, rollend calorie 1440 1.0 lbsp 1.2 1959 Canicies, MARS SNACKFOOD US, MILKY FERS Bar 600 1.0 serving 1.3 fbs 1.7 06870 Child formula, ABBOTT NUTRITION, FEDIASURE, ready-to-feed, with iron and fiber 2.6 1.0 lbsp 1.0 lbsp 1.7 0870 Child formula, ABBOTT NUTRITION, FEDIASURE, ready-to-feed, with iron and fiber 2.7 3.0 3.0 pices. 1.7 0875 Magnaine-like spreed, SMART BEAT Super Light without saturated fat 14.0 1.0 units of 1.0 units processes from the fried, crink fact, without saturated fat 18.0 1.0 units processes from the fried, crink fact, without saturated fat 82.0 1.0 units processes for 1.0 units processes from the fried, crink fact, without saturated fat 82.0 1.0 units processes for 1.0 units processes for 1.0 units processes for 1.0 units processes from the fried, crink fact, without saturated fat 78.0 0.0 units processes for 1.0 units processes from the fire processes from	18168	Cookies, chocolate sandwich, with extra creme filling	28.35	1.0 oz	1.8
42140 Salad dessing, italian dessing, reduced calorie 14.0 1.0 steps 1.8 9159 Cauties, MARS SNACKPOOD US, SMUSKETEERS Bar 1.0 1.0 1.0 steps; g 3.3 see bar 1.7 08870 Child formala, ABBOTT NUTRITION, FEDIASURE, ready-to-feed, with iron and fiber 3.0 1.0 fl do 1.0 fl do 18174 Cookies, graham crackers, chocolar-conted 27.0 3.0 pieces 1.7 4675 Margine-like spread, MARS FBATS Share spile without saturated fat 14.0 1.0 thibstoon 1.7 11390 Potators, French fried, crickle to regular cut, salt abbel in processing, frozen, as purchased 82.0 0.00 stip 1.7 11367 Potators, boiled, cooked in skin, flesh, without salt 78.0 0.5 cup 1.7 11368 Potators, boiled, cooked without skin, flesh, with salt 78.0 0.5 cup 1.7 11831 Potators, boiled, cooked without skin, flesh, with salt 78.0 0.5 cup 1.7 11832 Potators, boiled, cooked without skin, flesh, with salt 78.0 0.5 cup 1.7 11833 Potators, boiled, cooked without skin, flesh, without salt 78.	03955	Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	1.8
1915 Candies, MARS SNACKPOOD US, 3 MUSKETEERS Bar 600 10 serving 2.13 oz bar 1.0 constitute 1.0	42196	Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	50.0	1.0 serving 1.76 oz bar	1.8
08911 Soap, boalline cabes and granules, low sodium, dry 2.6 1.0 to produce and granules, low sodium, dry 1.7 0870 Child formula, ABBOTT NUTRITION, PEDASURE, ready-to-feed, with iron and fiber 31.0 1.0 ft now 1.7 8475 Margarine-like spread, SMART BEAT Super Light without saturated fat 41.0 1.0 to history 1.7 94875 Margarine-like spread, SMART BEAT Super Light without saturated fat 41.0 1.0 to history 1.7 11390 Potatoes, froch fried, crinicle or regular cut, sait added in processing, frozen, as purchased 82.0 1.0 to	42140	Salad dressing, italian dressing, reduced calorie	14.0	1.0 tbsp	1.8
08870 Child formula, ABBOTT NUTRITION, PEDIASURF, ready-to-feed, with iron and fiber 31.0 1.0 floor 1.7 18174 Cookies, grabam crackers, chocolate-conted 27.0 3.0 pieces 1.7 1875 Margatine-like spread, SMART BEAT Super Light without saturated fat 40 1.0 tablespool 1.0 11365 Potatoes, fronch fired, crinke or regular cut, salt added in processing, frown, as purchased 82.0 10.0 strip 1.7 11831 Potatoes, boiled, cooked in skin, flesh, without salt 78.0 0.5 cup 1.7 11831 Potatoes, boiled, cooked without skin, flesh, with salt 78.0 0.5 cup 1.7 11832 Potatoes, boiled, cooked without skin, flesh, with salt 78.0 0.5 cup 1.7 11833 Potatoes, boiled, cooked without skin, flesh, with salt 78.0 0.5 cup 1.7 11833 Potatoes, boiled, cooked without skin, flesh, with salt 78.0 0.5 cup 1.7 11839 Potatoes, boiled, cooked without skin, flesh, with salt 78.0 0.5 cup 1.7 11830 Potatoes, boiled, cooked without skin, flesh, with salt 1.0 1.0 <td>19159</td> <td>Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar</td> <td>60.0</td> <td>1.0 serving 2.13 oz bar</td> <td>1.7</td>	19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	60.0	1.0 serving 2.13 oz bar	1.7
18174 Cookies, graham crackers, chocolate-coated 27 3.0 pieces 1.7 04675 Margarine-like spread, SMART BEAT Super Light without saturated fat 140 1.0 ablespoon 1.7 13399 Potatocs, freich, cirikle or regular cut, salt added in processing, frozen, as purchased 82.0 1.0 a to 1.0 strip 1.7 11367 Potatocs, boiled, cooked in skin, flesh, without salt 78.0 0.5 cup 1.7 11367 Potatocs, boiled, cooked without skin, flesh, with salt 78.0 0.5 cup 1.7 11368 Potatocs, boiled, cooked without skin, flesh, with salt 78.0 0.5 cup 1.7 11369 Cheese, mozzarella, low moisure, part-skim 78.0 0.5 cup 1.7 10029 Cheese, mozzarella, low moisure, part-skim 78.0 1.0 cup, chust 1.7 13795 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1.8" fat, all grades, raw 110 4.0 cu 1.7 18212 Cookies, valuila wafers, lower fa 25.3 1.0 cu 1.7 18212 Cookies, valuila wafers, lower fa 28.5 1.0 cu 1.7 <t< td=""><td>06981</td><td>Soup, bouillon cubes and granules, low sodium, dry</td><td>2.6</td><td>1.0 tsp</td><td>1.7</td></t<>	06981	Soup, bouillon cubes and granules, low sodium, dry	2.6	1.0 tsp	1.7
04675 Margarine-like spread, SMART BEAT Super Light without saturated fat 14.0 1.0 tablespoon 1.7 11359 Potatnees, french fried, crinkle or regular cut, sail added in processing, frozen, as purchased 82.0 10.0 strip 1.7 11365 Potatoes, boiled, cooked in skin, flesh, without salt 78.0 0.5 scup 1.7 11367 Potatoes, boiled, cooked without skin, flesh, with salt 78.0 0.5 scup 1.7 11833 Potatoes, boiled, cooked without skin, flesh, with salt 78.0 0.5 scup 1.7 11833 Potatoes, boiled, cooked without skin, flesh, with salt 78.0 0.5 scup 1.7 11833 Potatoes, boiled, cooked without skin, flesh, with salt 78.0 0.5 scup 1.7 11833 Potatoes, boiled, cooked without skin, flesh, with salt 78.0 0.5 scup 1.7 11834 Potatoes, boiled, cooked without skin, flesh, with salt 78.0 0.5 scup 1.7 11835 Potatoes, boiled, cooked without skin, flesh, with salt 78.0 1.0 scup 1.7 18795 Bef, composite of trimmed retail cuts, separable lean and fat, trimmed to 18" fat, choice, cow	03870	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber	31.0	1.0 fl oz	1.7
11359 Potatoes, fiench fried, crinkle or regular cut, salt added in processing, frozen, as purchased 820 10.0 strip 1.7 11365 Potatoes, boiled, cooked in skin, flesh, without salt 78.0 0.5 cup 1.7 11831 Potatoes, boiled, cooked without skin salt 78.0 0.5 cup 1.7 11833 Potatoes, boiled, cooked without skin, flesh, with salt 78.0 0.5 cup 1.7 11833 Potatoes, boiled, cooked without skin, flesh, with salt 78.0 0.5 cup 1.7 11833 Potatoes, boiled, cooked without skin, flesh, with salt 78.0 0.5 cup 1.7 11833 Potatoes, boiled, cooked without skin, flesh, with salt 78.0 0.5 cup 1.7 11833 Potatoes, boiled, cooked without skin, flesh, with salt 78.0 0.5 cup 1.7	18174	Cookies, graham crackers, chocolate-coated	27.0	3.0 pieces	1.7
11856 Potatoes, boiled, cooked in skin, flesh, without salt 78.0 0.5 cup 1.7 11831 Potatoes, boiled, cooked without skin, flesh, with salt 78.0 0.5 cup 1.7 11836 Potatoes, boiled, cooked without skin, flesh, with salt 78.0 0.5 cup 1.7 11837 Potatoes, boiled, cooked without skin, flesh, with salt 78.0 0.5 cup 1.7 11838 Potatoes, boiled, cooked without skin, flesh, with salt 78.0 0.5 cup 1.7 11839 Potatoes, boiled, cooked without skin, flesh, with salt 78.0 0.5 cup 1.7 11830 Potatoes, boiled, cooked without skin, flesh, with salt 78.0 0.5 cup 1.7 11831 Potatoes, boiled, cooked without skin, flesh, with salt 78.0 0.5 cup 1.7 11832 Potatoes, boiled, cooked without skin, flesh, with salt 78.0 0.5 cup 1.7 11839 Rece, composite of trimmed retail cuts, separable lean and fat, trimmed to 1.8° fat, choice, raw 114.0 4.0 cup 4.0 cup 1.7 11831 Potatoes, boiled, cooked without skin, flesh, with salt 1.7 11831 Potatoes, boiled, cooked, sandwich-type with peanut butter filling 14.2 0.5 cup 1.7 11831 Rece, composite of trimmed retail cuts, separable lean and fat, trimmed to 1.8° fat, choice, raw 114.0 4.0 cup 1.7 11831 Potatoes, boiled, cooked, cooked, trimined to 1.8° fat, choice, cooked, braised 28.3 1.0 cup 1.7 11831 Rece, cuts, shade roats, separable lean and fat, trimmed to 1.8° fat, choice, cooked, pasted 28.0 3.0 cup 1.7 11832 Rece, funke, booke (ribs 6-12), separable lean and fat, trimmed to 1.8° fat, choice, cooked, roasted 85.0 3.0 cup 1.7 11832 Rece, funke, booke (ribs 6-12), separable lean and fat, trimmed to 1.8° fat, choice, cooked, roasted 85.0 3.0 cup 1.7 11832 Rece, funke, booke (ribs 6-12), separable lean and fat, trimmed to 1.8° fat, choice, cooked, roasted 85.0 3.0 cup 1.7 11834 Rece, funke, booke (ribs 6-12), separable lean and fat, trimmed to 1.8° fat, all grades, cooked, roasted 85.0 3.	04675	Margarine-like spread, SMART BEAT Super Light without saturated fat	14.0	1.0 tablespoon	1.7
11831 Potatoes, boiled, cooked in skin, flesh, with salt 78.0 0.5 cup 1.7 11367 Potatoes, boiled, cooked without skin, flesh, without salt 78.0 0.5 cup 1.7 11833 Potatoes, boiled, cooked without skin, flesh, with salt 78.0 0.5 cup 1.7 11833 Potatoes, boiled, cooked without skin, flesh, with salt 132.0 1.0 cup, dicues 1.7 10029 Cheese, mozarella, low moisture, part-skim 132.0 1.0 cup, chunks 1.7 13795 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw 114.0 4.0 αz 1.7 13797 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw 114.0 4.0 αz 1.7 18212 Cookies, vanill wafers, lower fat 28.35 1.0 αz 1.7 18212 Cookies, vanill wafers, lower fat 28.35 1.0 αz 1.7 18218 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised 85.0 3.0 αz 1.7 18318 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roa	11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	1.7
11367 Potatoes, boiled, cooked without skin, flesh, without salt 78.0 0.5 cup 1.7 11833 Potatoes, boiled, cooked without skin, flesh, with salt 78.0 0.5 cup 1.7 11834 Potatoes, boiled, cooked without skin, flesh, with salt 78.0 0.5 cup 1.7 11835 Potatoes, boiled, cooked without skin, flesh, with salt 78.0 0.5 cup 1.7 11836 Potatoes, boiled, cooked without skin, flesh, with salt 78.0 0.5 cup 1.7 11837 Pincapple, frozen, chunks, sweetened 24.5 1.0 cup, chunks 1.7 13795 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, eloice, raw 114.0 4.0 cu 1.7 13797 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw 114.0 4.0 cu 1.7 18215 Crackers, cheese, sandwich-type with peanut butter filling 14.2 0.5 cu 1.7 18212 Cookies, vanilla wafers, lower fat 28.35 1.0 cu 1.7 18212 Cookies, vanilla wafers, lower fat 28.35 1.0 cu 1.7 18218 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised 85.0 3.0 cu 1.7 18219 Beef, thib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted 85.0 3.0 cu 1.7 18229 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted 85.0 3.0 cu 1.7 18239 Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled 85.0 3.0 cu 1.7 18340 Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled 85.0 3.0 cu 1.7 18340 Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised 85.0 3.0 cu 1.7 18340 Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised 85.0 3.0 cu 1.7 18340 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised 85.0 3.0 cu 1.7	11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	1.7
11833 Potatoes, boiled, cooked without skin, flesh, with salt 78.0 0.5 cup 1.7 90202 Cheese, mozzarella, low moisture, part-skim 132.0 1.0 cup, diced 1.7 90272 Pineapple, frozen, chunks, sweetened 245.0 1.0 cup, chunks 1.7 13795 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw 114.0 4.0 oz 1.7 18215 Crackers, cheese, sandwich-type with peanut butter filling 14.2 0.5 oz 1.7 18212 Cookies, vanilla wafers, lower fat 28.35 1.0 oz 1.7 18212 Cookies, vanilla wafers, lower fat 28.35 1.0 oz 1.7 28297 Cake, anack cakes, not chocolate, with icing or filling, low-fat, with added fiber 27.0 1.0 cake 1 serving 1.7 18318 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised 85.0 3.0 oz 1.7 18329 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted 85.0 3.0 oz 1.7 18492 Beef, irib, knole (ribs 6-12), separable lean and fat, trimmed to	11831	Potatoes, boiled, cooked in skin, flesh, with salt	78.0	0.5 cup	1.7
01029 Cheese, mozzarella, low moisture, part-skim 132.0 1.0 cup, diced 1.7 09272 Pineapple, frozen, chunks, sweetened 245.0 1.0 cup, chunks 1.7 13795 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw 114.0 4.0 oz 1.7 13797 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw 114.0 4.0 oz 1.7 18215 Crackers, cheese, sandwich-type with peanut butter filling 14.2 0.5 oz 1.7 18212 Cookies, vanilla wafers, lower fat 28.35 1.0 oz 1.7 28297 Cake, snack eakes, not chocolate, with icing or filling, low-fat, with added fiber 27.0 1.0 cake 1 serving 1.7 13818 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised 85.0 3.0 oz 1.7 13829 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted 85.0 3.0 oz 1.7 13928 Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted 85.0 3.0 oz 1.7 <tr< td=""><td>11367</td><td>Potatoes, boiled, cooked without skin, flesh, without salt</td><td>78.0</td><td>0.5 cup</td><td>1.7</td></tr<>	11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	1.7
09272 Pineapple, frozen, chunks, sweetened 245.0 1.0 cup, chunks 1.7 13795 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw 114.0 4.0 oz 1.7 13797 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw 114.0 4.0 oz 1.7 18215 Crackers, cheese, sandvich-type with peanut butter filling 14.2 0.5 oz 1.7 18212 Cookies, vanilla wafers, lower fat 28.35 1.0 oz 1.7 18212 Cookies, vanilla wafers, lower fat 27.0 1.0 cake laserving 1.7 18218 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised 85.0 3.0 oz 1.7 13818 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted 85.0 3.0 oz 1.7 13829 Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted 85.0 3.0 oz 1.7 15169 Mollusks, oyster, eastern, wild, cooked, moist heat 85.0 3.0 oz 1.7 23579 Beef, ground, 7	11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	1.7
13795 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw 114.0 4.0 oz 1.7 13797 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw 114.0 4.0 oz 1.7 18215 Crackers, cheese, sandwich-type with peanut butter filling 14.2 0.5 oz 1.7 18212 Cookies, sandila wafers, lower fat 28.35 1.0 oz 1.7 28297 Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber 27.0 1.0 cake 1 serving 1.7 13818 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised 85.0 3.0 oz 1.7 13829 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted 85.0 3.0 oz 1.7 13928 Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted 85.0 3.0 oz 1.7 15169 Mollusks, oyster, eastern, wild, cooked, moist heat 85.0 3.0 oz 1.7 25579 Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled 85.0 3.0 oz 1.7	01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	1.7
13797 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw 114.0 4.0 oz 1.7 18215 Crackers, cheese, sandwich-type with peanut butter filling 14.2 0.5 oz 1.7 18212 Cookies, vanilla wafers, lower fat 28.35 1.0 oz 1.7 28297 Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber 27.0 1.0 cake 1 serving 1.7 13818 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised 85.0 3.0 oz 1.7 05125 Chicken, stewing, meat only, raw 85.0 3.0 oz 1.7 13828 Beef, tib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted 85.0 3.0 oz 1.7 13928 Beef, inderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted 85.0 3.0 oz 1.7 15169 Mollusks, oyster, eastern, wild, cooked, moist heat 85.0 3.0 oz 1.7 23579 Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled 85.0 3.0 oz 1.7 13840 Beef, inju, lar	09272	Pineapple, frozen, chunks, sweetened	245.0	1.0 cup, chunks	1.7
18215 Crackers, cheese, sandwich-type with peanut butter filling 14.2 0.5 oz 1.7 18212 Cookies, vanilla wafers, lower fat 28.35 1.0 oz 1.7 28297 Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber 27.0 1.0 cake 1 serving 1.7 13818 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised 85.0 3.0 oz 1.7 15125 Chicken, stewing, meat only, raw 85.0 3.0 oz 1.7 18829 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted 85.0 3.0 oz 1.7 13928 Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted 85.0 3.0 oz 1.7 15169 Mollusks, oyster, eastern, wild, cooked, moist heat 85.0 3.0 oz 1.7 15169 Mollusks, oyster, eastern, wild, cooked, moist heat 85.0 3.0 oz 1.7 15169 Mollusks, oyster, eastern, wild, cooked, practiced fat 100.0 1.0 cup 1.7 15169 Mollusks, oyster, eastern, wild, cooked, practiced fat <	13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	114.0	4.0 oz	1.7
18212 Cookies, vanilla wafers, lower fat 28.35 1.0 oz 1.7 28297 Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber 27.0 1.0 cake 1 serving 1.7 13818 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised 85.0 3.0 oz 1.7 05125 Chicken, stewing, meat only, raw 85.0 3.0 oz 1.7 13829 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted 85.0 3.0 oz 1.7 13928 Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted 85.0 3.0 oz 1.7 15169 Mollusks, oyster, eastern, wild, cooked, moist heat 85.0 3.0 oz 1.7 23579 Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled 85.0 3.0 oz 1.7 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 1.7 13816 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised 85.0 3.0 oz 1.7	13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	1.7
28297 Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber 27.0 1.0 cake 1 serving 1.7 13818 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised 85.0 3.0 oz 1.7 05125 Chicken, stewing, meat only, raw 85.0 3.0 oz 1.7 13829 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted 85.0 3.0 oz 1.7 13928 Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted 85.0 3.0 oz 1.7 15169 Mollusks, oyster, eastern, wild, cooked, moist heat 85.0 3.0 oz 1.7 23579 Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled 85.0 3.0 oz 1.7 01204 Cheese, parmesan, dry grated, reduced fat 100.0 1.0 cup 1.7 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 1.7 01032 Cheese, parmesan, grated 100.0 1.0 cup 1.7 13816 Beef, chuck, blade roast, sepa	18215	Crackers, cheese, sandwich-type with peanut butter filling	14.2	0.5 oz	1.7
13818 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised 85.0 3.0 oz 1.7 05125 Chicken, stewing, meat only, raw 85.0 3.0 oz 1.7 13829 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted 85.0 3.0 oz 1.7 13928 Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted 85.0 3.0 oz 1.7 15169 Mollusks, oyster, eastern, wild, cooked, moist heat 85.0 3.0 oz 1.7 23579 Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled 85.0 3.0 oz 1.7 01204 Cheese, parmesan, dry grated, reduced fat 100.0 1.0 cup 1.7 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 1.7 01032 Cheese, parmesan, grated 100.0 1.0 cup 1.7 13816 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised 85.0 3.0 oz 1.7 42303 Cheese, muenster, low fat 113.0 1.0 cup, shredded 1.7 <t< td=""><td>18212</td><td>Cookies, vanilla wafers, lower fat</td><td>28.35</td><td>1.0 oz</td><td>1.7</td></t<>	18212	Cookies, vanilla wafers, lower fat	28.35	1.0 oz	1.7
05125 Chicken, stewing, meat only, raw 85.0 3.0 oz 1.7 13829 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted 85.0 3.0 oz 1.7 13928 Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted 85.0 3.0 oz 1.7 15169 Mollusks, oyster, eastern, wild, cooked, moist heat 85.0 3.0 oz 1.7 23579 Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled 85.0 3.0 oz 1.7 01204 Cheese, parmesan, dry grated, reduced fat 100.0 1.0 cup 1.7 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 1.7 01032 Cheese, parmesan, grated 100.0 1.0 cup 1.7 13816 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised 85.0 3.0 oz 1.7 42303 Cheese, muenster, low fat 113.0 1.0 cup, shredded 1.7 01182 USDA Commodity, cheese, cheddar, reduced fat 113.0 1.0 cup shredded 1.7 03859 Infan	28297	Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber	27.0	1.0 cake 1 serving	1.7
13829 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted 85.0 3.0 oz 1.7 13928 Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted 85.0 3.0 oz 1.7 15169 Mollusks, oyster, eastern, wild, cooked, moist heat 85.0 3.0 oz 1.7 23579 Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled 85.0 3.0 oz 1.7 01204 Cheese, parmesan, dry grated, reduced fat 100.0 1.0 cup 1.7 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 1.7 01032 Cheese, parmesan, grated 100.0 1.0 cup 1.7 13816 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised 85.0 3.0 oz 1.7 42303 Cheese, muenster, low fat 113.0 1.0 cup, shredded 1.7 01182 USDA Commodity, cheese, cheddar, reduced fat 113.0 1.0 cup shredded 1.7 03859 Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed 29.0 1.0 cup shredded 1.7 </td <td>13818</td> <td>Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised</td> <td>85.0</td> <td>3.0 oz</td> <td>1.7</td>	13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	1.7
13928 Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted 85.0 3.0 oz 1.7 15169 Mollusks, oyster, eastern, wild, cooked, moist heat 85.0 3.0 oz 1.7 23579 Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled 85.0 3.0 oz 1.7 01204 Cheese, parmesan, dry grated, reduced fat 100.0 1.0 cup 1.7 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 1.7 01032 Cheese, parmesan, grated 100.0 1.0 cup 1.7 13816 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised 85.0 3.0 oz 1.7 42303 Cheese, muenster, low fat 113.0 1.0 cup, shredded 1.7 01182 USDA Commodity, cheese, cheddar, reduced fat 113.0 1.0 cup shredded 1.7 03859 Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed 29.0 1.0 cup 1.7	05125	Chicken, stewing, meat only, raw	85.0	3.0 oz	1.7
Mollusks, oyster, eastern, wild, cooked, moist heat 85.0 3.0 oz 1.7 23579 Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled 85.0 3.0 oz 1.7 01204 Cheese, parmesan, dry grated, reduced fat 100.0 1.0 cup 1.7 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 1.7 01032 Cheese, parmesan, grated 100.0 1.0 cup 1.7 13816 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised 85.0 3.0 oz 1.7 13816 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised 85.0 3.0 oz 1.7 13816 USDA Commodity, cheese, cheddar, reduced fat 113.0 1.0 cup, shredded 1.7 1182 USDA Commodity, cheese, cheddar, reduced fat 113.0 1.0 cup shredded 1.7 1.7	13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.7
Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled Cheese, parmesan, dry grated, reduced fat 100.0 1.0 cup 1.7 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 1.7 100.0 1.0 cup 1.7 100.0 1.0 cup, shredded 110.0 1.0 cup, shredded 110.0 1	13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	1.7
Cheese, parmesan, dry grated, reduced fat 100.0 1.0 cup 1.7 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 1.7 100.2 Cheese, parmesan, grated 100.0 1.0 cup 1.7 13816 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised 85.0 3.0 oz 1.7 13816 Cheese, muenster, low fat 113.0 1.0 cup, shredded 1.7 1182 USDA Commodity, cheese, cheddar, reduced fat 113.0 1.0 cup shredded 1.7 115.0 1.0 cup shredded 1.7 117 1185 1186 1187 1187 1188	15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	1.7
Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted Cheese, parmesan, grated Cheese, parmesan, grated Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised Cheese, muenster, low fat USDA Commodity, cheese, cheddar, reduced fat Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed 1.7 1.85.0 1.7 1.7 1.85.0 1.9 1.9 1.9 1.9 1.0 1.0 1.0 1	23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	85.0	3.0 oz	1.7
Cheese, parmesan, grated 100.0 1.0 cup 1.7 13816 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised 85.0 3.0 oz 1.7 42303 Cheese, muenster, low fat 113.0 1.0 cup, shredded 1.7 01182 USDA Commodity, cheese, cheddar, reduced fat 113.0 1.0 cup shredded 1.7 03859 Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed 29.0 1.0 oz 1.7	01204	Cheese, parmesan, dry grated, reduced fat	100.0	1.0 cup	1.7
Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised 85.0 3.0 oz 1.7 42303 Cheese, muenster, low fat 113.0 1.0 cup, shredded 1.7 01182 USDA Commodity, cheese, cheddar, reduced fat 113.0 1.0 cup shredded 1.7 03859 Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed 29.0 1.0 oz 1.7	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	1.7
Cheese, muenster, low fat 113.0 1.0 cup, shredded 1.7 USDA Commodity, cheese, cheddar, reduced fat 113.0 1.0 cup shredded 1.7 03859 Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed 29.0 1.0 oz 1.7	01032	Cheese, parmesan, grated	100.0	1.0 cup	1.7
USDA Commodity, cheese, cheddar, reduced fat 113.0 1.0 cup shredded 1.7 USDA Commodity, cheese, cheddar, reduced fat 113.0 1.0 cup shredded 1.7 USDA Commodity, cheese, cheddar, reduced fat 129.0 1.0 cup shredded 1.7 USDA Commodity, cheese, cheddar, reduced fat 129.0 1.0 cup shredded 1.7 USDA Commodity, cheese, cheddar, reduced fat 129.0 1.0 cup shredded 1.7 USDA Commodity, cheese, cheddar, reduced fat 129.0 1.0 cup shredded 1.7 USDA Commodity, cheese, cheddar, reduced fat 129.0 1.0 cup shredded 1.7 USDA Commodity, cheese, cheddar, reduced fat 129.0 1.0 cup shredded 1.7 USDA Commodity, cheese, cheddar, reduced fat 129.0 1.0 cup shredded 1.7 USDA Commodity, cheese, cheddar, reduced fat 129.0 1.0 cup shredded 1.7 USDA Commodity, cheese, cheddar, reduced fat 129.0 1.0 cup shredded 1.7 USDA Commodity, cheese, cheddar, reduced fat 129.0 1.0 cup shredded 1.7 USDA Commodity, cheese, cheddar, reduced fat 129.0 1.0 cup shredded 1.7 USDA Commodity, cheese, cheddar, reduced fat 129.0 1.0 cup shredded 1.7 USDA Commodity, cheese, cheddar, reduced fat 129.0 1.0 cup shredded 1.7 USDA Commodity, cheese, cheddar, reduced fat 129.0 1.0 cup shredded 1.7 USDA Commodity, cheese, cheddar, reduced fat 129.0 1.0 cup shredded 1.7 USDA Commodity, cheese, cheddar, reduced fat 129.0 1.0 cup shredded 1.7 USDA Commodity, cheese, cheddar, reduced fat 129.0 1.0 cup shredded 1.7 USDA Commodity, cheese, cheddar, reduced fat 129.0 1.0 cup shredded 1.7 USDA Commodity, cheese, cheddar, reduced fat 129.0 1.0 cup shredded 1.7 USDA Commodity, cheese, cheddar, reduced fat 129.0 1.0 cup shredded 1.7 USDA Commodity, cheese, cheddar, reduced fat 129.0 1.0 cup shredded 1.7 USDA Commodity, cheese, cheddar, reduced fat 129.0 1.0 cup shredded 1.7 USDA Commodity, cheese, cheddar, reduced fat 129.0 1.0 cup shredded 1.7 USDA Commodity, cheese, cheddar, reduced fat 129.0 cup shredded 1.7 USDA Commodity, cheese, cheddar, reduced fat 129.0 cup shredded 1.7 USDA Commodity, cheese, cheddar, reduced fat 129.0 cup shredded 1.7 USDA Commodity, cheese, cheddar, reduced f	13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	1.7
1.0 oz 1.7 Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed 29.0	42303	Cheese, muenster, low fat	113.0	1.0 cup, shredded	1.7
·	01182	USDA Commodity, cheese, cheddar, reduced fat	113.0	1.0 cup shredded	1.7
Pancakes, plain, low fat, dry mix, incomplete (includes buttermilk) 41.0 0.33 cup 1 serving	03859	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed	29.0	1.0 oz	1.7
	28323	Pancakes, plain, low fat, dry mix, incomplete (includes buttermilk)	41.0	0.33 cup 1 serving	1.7

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
03946	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	1.7
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	28.35	1.0 oz	1.7
03961	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate	31.4	1.0 fl oz	1.7
09231	Passion-fruit, (granadilla), purple, raw	236.0	1.0 cup	1.7
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	55.0	0.666 cup (1 NLEA serving)	1.6
18621	NABISCO, NABISCO RITZ Crackers	3.3	1.0 cracker	1.6
18170	Cookies, fig bars	28.35	1.0 oz	1.6
03855	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed	31.0	1.0 fl oz	1.6
18112	Cake, pudding-type, german chocolate, dry mix	43.0	1.0 serving	1.6
15261	Fish, tilapia, raw	116.0	1.0 fillet	1.6
19140	Candies, MARS SNACKFOOD US, M& M's Peanut Chocolate Candies	54.0	1.0 serving 1 singles bag	1.6
07974	Bacon, turkey, low sodium	15.0	1.0 serving	1.6
08120	Cereals, oats, regular and quick, not fortified, dry	81.0	1.0 cup	1.6
03960	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready-to-feed	30.5	1.0 fl oz	1.6
03800	Infant formula, NESTLE, GOOD START SUPREME, with iron, ready-to-feed	30.5	1.0 fl oz	1.6
18065	Bread, wheat, toasted	28.35	1.0 oz	1.6
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	1.6
42139	Granola bar, soft, milk chocolate coated, peanut butter	28.35	1.0 oz	1.6
03293	Babyfood, plums, bananas and rice, strained	28.35	1.0 oz	1.6
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	1.6
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	1.6
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.6
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.6
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	1.6
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	1.6
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.6
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.6
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	1.6
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.6
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.6
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	31.0	0.5 cup (1 NLEA serving)	1.6
03982	Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed	30.4	1.0 fl oz	1.6
03850	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed	30.4	1.0 fl oz	1.6

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
03983	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed	30.4	1.0 fl oz	1.6
03949	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed	30.4	1.0 fl oz	1.6
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	179.0	1.0 cup	1.6
03968	Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed	29.2	1.0 fl oz	1.6
07056	Peppered loaf, pork, beef	100.0	3.52 slices	1.6
07016	Cheesefurter, cheese smokie, pork, beef	100.0	2.33 links	1.6
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	41.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.6
01069	Cream substitute, powdered	94.0	1.0 cup	1.6
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	114.0	4.0 oz	1.6
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	114.0	4.0 oz	1.6
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	1.6
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	114.0	4.0 oz	1.6
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	114.0	4.0 oz	1.6
18434	Crackers, cheese, low sodium	14.2	0.5 oz	1.6
08603	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry	30.0	0.75 cup (1 NLEA serving)	1.6
08595	Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX	30.0	0.75 cup (1 NLEA serving)	1.6
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	1.6
03803	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, ready-to-feed	30.5	1.0 fl oz	1.6
03925	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed	30.5	1.0 fl oz	1.6
03806	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed	30.5	1.0 fl oz	1.6
03963	Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder	30.5	1.0 fl oz	1.6
03900	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, ready-to-feed	30.5	1.0 fl oz	1.6
03868	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, ready-to-feed	30.5	1.0 fl oz	1.6
03930	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, prepared from powder	30.5	1.0 fl oz	1.6
11878	Taro, cooked, with salt	132.0	1.0 cup slices	1.6
11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	1.6
03096	Babyfood, vegetable, green beans and potatoes	113.0	1.0 jar, Gerber (4 oz)	1.6
11487	Squash, winter, butternut, frozen, unprepared	113.0	0.33 package (12 oz)	1.6
03988	Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	1.6
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	30.4	1.0 fl oz	1.6
33874	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron	30.4	1.0 fl oz	1.6
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	30.4	1.0 fl oz	1.6
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	30.4	1.0 fl oz	1.6
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	1.6

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
03984	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed	30.4	1.0 fl oz	1.6
08594	Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX	32.0	0.75 cup (1 NLEA serving)	1.6
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	32.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.6
27063	Sauce, enchilada, red, mild, ready to serve	56.0	0.25 cup	1.6
33875	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron	30.0	5.0 fl oz	1.6
18177	Cookies, molasses	28.35	1.0 oz	1.6
19912	Sweetener, syrup, agave	6.9	1.0 tsp	1.6
03939	Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed	30.4	1.0 fl oz	1.6
03936	Infant formula, PBM PRODUCTS, store brand, ready-to-feed	30.4	1.0 fl oz	1.6
06164	Sauce, salsa, ready-to-serve	36.0	2.0 tbsp	1.5
06700	Soup, vegetable broth, ready to serve	221.0	1.0 cup	1.5
11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	1.5
19152	Candies, ROLO Caramels in Milk Chocolate	48.0	1.0 package 1 package	1.5
19279	Candies, milk chocolate coated coffee beans	28.35	1.0 oz	1.5
18322	Pie, mince, prepared from recipe	28.35	1.0 oz	1.5
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	1.5
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	1.5
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	1.5
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.5
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	1.5
05011	Chicken, broilers or fryers, meat only, raw	85.0	3.0 oz	1.5
42190	Pork sausage rice links, brown and serve, cooked	45.0	2.0 links 1 NLEA serving	1.5
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	1.5
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.5
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.5
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	1.5
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	1.5
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.5
17147	Game meat, bear, cooked, simmered	85.0	3.0 oz	1.5
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	1.5
28330	Cookies, marshmallow, with rice cereal and chocolate chips	22.0	1.0 bar	1.5
19098	Candies, 5TH AVENUE Candy Bar	56.0	1.0 bar 2 oz	1.5
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	252.0	1.0 cup	1.5
36608	CRACKER BARREL, grilled sirloin steak	151.0	1.0 steak	1.5
11429	Radishes, raw	116.0	1.0 cup slices	1.5

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
11489	Squash, winter, hubbard, raw	116.0	1.0 cup, cubes	1.5
03046	Babyfood, ravioli, cheese filled, with tomato sauce	16.0	1.0 tbsp	1.5
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	1.5
25050	Snacks, yucca (cassava) chips, salted	28.35	1.0 oz	1.5
18313	Pie, coconut creme, commercially prepared	28.35	1.0 oz	1.5
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	28.35	1.0 oz	1.5
06165	Sauce, homemade, white, thin	250.0	1.0 cup	1.5
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	1.5
19184	Puddings, chocolate, dry mix, instant	99.0	1.0 package (3.5 oz)	1.5
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	1.5
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	1.5
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	1.5
19227	Frostings, coconut-nut, ready-to-eat	38.0	0.083 package	1.5
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	40.0	0.5 cup (1 NLEA serving)	1.5
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	1.5
25046	Snacks, bagel chips, plain	28.35	1.0 oz	1.5
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	49.0	0.75 cup (1 NLEA serving)	1.5
18968	Bagels, wheat	98.0	1.0 bagel	1.5
32000	Rice and vermicelli mix, beef flavor, unprepared	61.0	0.333 cup	1.5
01227	Cheese, dry white, queso seco	97.0	1.0 cup grated	1.5
09160	Lime juice, raw	242.0	1.0 cup	1.5
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	25.0	1.0 serving (3.5 oz)	1.4
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	29.0	2.0 cookies	1.4
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	1.4
02031	Spices, pepper, red or cayenne	1.8	1.0 tsp	1.4
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.4
07979	Sausage, pork, turkey, and beef, reduced sodium	85.0	3.0 oz	1.4
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	1.4
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	1.4
23220	Beef, ground, unspecified fat content, cooked	85.0	3.0 oz	1.4
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.4
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	1.4
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	1.4
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.4
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	1.4

17182 Game meat, raccoon, coxked, roasted 88.0 3.0 oz 1.4 28363 PFFFRFRTGF FARM, Goldfish, Raked Stock Crockers, Original 1.4 28363 Carcels, flavored, fish-shaped 5.2 10.0 goldfish 1.4 17184 Potatoes, friench fried, all types, salt not added in processing, frozen, as purchased 65.0 0.75 cup (1 NLEA serving) 1.4 17184 Potatoes, friench, fired, all types, salt not added in processing, frozen, as purchased 65.0 0.75 cup (1 NLEA serving) 1.4 17184 Coxcles, chowclate chip sandwisch, with crume filling 34.0 0.75 cup (1 NLEA serving) 1.4 28285 Read, chaptadi or roil, whole whast, commercially prepared, frozen 43.0 0.0 cookie 1.4 18022 Read, chaptadi or roil, whole whast, commercially prepared, frozen 43.0 0.0 cookie 1.4 18022 Read, combread, day mis, caricked (includes com muffin mix) 28.35 0.0 oz 1.4 18022 Read, combread, day mis, caricked (includes com muffin mix) 28.35 0.0 oz 1.4 18023 Apples, raw, gala, with skin 100 0.0 cookie 1.4 18024 Cicken, broilers or fryers, back, meat and skin, risw 59.0 1.0 unit (yield from 1 lb read)-to-cook chicken 1.4 18024 Circken, broilers or fryers, back, meat and skin, risw 59.0 1.0 unit (yield from 1 lb read)-to-cook chicken 1.4 18025 Carcals, vanilla, rich 1.0 cup, masked 1.0 18024 Circken, broilers or fryers, back, meat and skin, risw 1.0 1.0 18024 Details, contend 1.0 1.0 18024 Circle, broilers or fryers, back, meat and skin, risw 1.0 18024 Carcals, vanilla, rich 1.0 1.0 18024 Circle, broilers or fryers, back, meat and skin, risw 1.0 18025 Circle, broilers or fryers, back, meat and skin, risw 1.0 18026 Carcals, vanilla, rich 1.0 18026 Carcals, vanilla, rich 1.0 18026 Carcals, vanilla, rich 1.0 18027 Carcals, vanilla, rich 1.0 18028 Carcals, vanilla, rich 1.0 18029 Carcals, vanilla, rich 1.0 18029 Carcals, vanilla,	NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
1987 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 18" fat, all grades, cooked, braised 850 3.0 oz 1.4	13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	1.4
1392 Beef, round, cop round, separable lean and far, trimmed to 18" fat, all grades, cooked, braised 850 3.0 oz 1.4 23659 Beef, bridset, fat half, separable lean and far, trimmed to 18" fat, select, raw 850 3.0 oz 1.4 1782 Game mean, mean, carcon, carcola, musded 850 3.0 oz 1.4 28363 PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original 52 100 goldfish 1.4 28331 Crackers, Barwerd, fish-shapped 650 100 goldfish 1.4 42265 Cercals ready-to-sat, POST, GREAT GRAINS, Raisin, Date & Europ. Pecan 550 0.75 cup (1 NLEA serving) 1.4 42265 Cercals ready-to-sat, POST, GREAT GRAINS, Raisin, Date & Europ. Pecan 450 0.75 cup (1 NLEA serving) 1.4 42265 Cercals ready-to-sat, with severe filling 430 0.10 cup; and 1.4 48226 Bread, combread, drys mix, cariched (includes corn muffin mix) 28.35 1.0 oz 1.4 48226 Bread, combread, drys mix, cariched (includes corn muffin mix) 28.35 1.0 oz 1.4 48226 Bread, combread, drys mix, cariched (includes corn muffin mix)	13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	85.0	3.0 oz	1.4
23659 Beef, brisket, flat half, spurable lean and fat, trimmed to L'8" fat, select, raw 85.0 3.0 oz 1.4 17182 Game, meat, raccoon, cooked, roasted 85.0 3.0 oz 1.4 28353 PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original 5.2 10.0 goldfish 1.4 28331 Crackers, flavored, fish-shaped 5.2 10.0 goldfish 1.4 18428 PetPERIDGE FARM, Goldfish, Baked Snack Crackers, Original 5.0 0.75 cup (1 NLEA serving) 1.4 18428 Cuckers, flavored, firsh-shaped 5.5 0.75 cup (1 NLEA serving) 1.4 18426 Cuckies, shocolate chip sandwich, with creme filling 34.0 0.75 cup (1 NLEA serving) 1.4 28285 Broad, chapatia or rod, whole wheat, commercially prepared, frozen 43.0 1.0 pice 1.4 18022 Broad, combread, dry mix, enriched (includes corn muffin mix) 28.35 1.0 oz 1.4 18023 Apples, raw, gala, with skin 160 1.0 unit (yield from 1 lb ready-to-cook chicken) 1.4 18050 Chicken, broilers or fyren, back, meat and skin, raw 50 1.0 unit (yield from 1 lb rea	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	1.4
17182 Game meat, raccoon, cooked, roasted 85.0 3.0 oz 1.4 28363 PFFFRRTGF FARM, Goldfris, Raked Stack Crackers, Original 5.2 10.0 goldfrish 1.4 28333 Crackers, flavored, fish-shaped 5.2 10.0 goldfrish 1.4 28334 Crackers, flavored, fish-shaped 5.2 10.0 goldfrish 1.4 2835 Cercals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Fecan 55.0 0.75 cup (1 NLEA serving) 1.4 2826 Cercals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Fecan 34.0 0.75 cup (1 NLEA serving) 1.4 2828 Cookies, chocolate chip sundwich, with creme filling 34.0 0.10 cookie 1.4 2828 Read, combrand, dry mis, suriched (includes com muffin mis) 28.35 1.0 oz 1.4 2820 Read, combrand, dry mis, suriched (includes com muffin mis) 28.35 1.0 oz 1.4 2820 Read, combrand, dry mis, suriched (includes com muffin mis) 28.35 1.0 oz 1.4 2820 Read, combrand, dry mis, suriched (includes com muffin mis) 28.35 1.0 oz 1.4 2820 Read, combrand, dry mis, suriched (includes com muffin mis) 28.35 1.0 oz 1.4 2820 Read, combrand, dry mis, suriched (includes com muffin mis) 10.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 1.4 2820 Chicken, broalers or fiyers, back, meat and skin, raw 59.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 1.4 2820 Carross, baby, raw 15.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 1.4 2821 Carross, baby, raw 1.0 unit (yield from 1 lb ready-to-cook chicken) 1.4 2821 Carross, baby, raw 1.0 unit (yield from 1 lb ready-to-cook chicken) 1.4 2822 Read, wheat 1.0 unit (yield from 1 lb ready-to-cook chicken) 1.4 2823 Read, wheat 1.0 unit (yield from 1 lb serving 2 loo kn 1.4 2824 Carcias, rawly-to-ca, LAPEN 1.0 unit (yield from 1 lb ready-to-cook chicken 1.4 2824 Carcias, rawly-to-ca, LAPEN 1.0 unit (yield from 1 lb ready-to-cook chicken 1.4 2824 Carcias, rowly-to-ca, LAPEN 1.0 unit (yield fr	13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	1.4
28.86.1 PEPFERIDGE FARM. Goldfish, Baked Snack Crackers. Original 5.2 10.0 goldfish 1.4 28.31 Crackers. flavored, fish-shaped 5.2 10.0 goldfish 1.4 14.1 Potatoes, french fried, all types, salt not added in processing, frozen, as purchased 6.50 0.75 cup (1 NLFA serving) 1.4 42.26.5 Cercals ready-to-ear, POST, GREAT GRAINS, Raisin, Date & mapp. Pecan 5.50 0.75 cup (1 NLFA serving) 1.4 28.28.5 Bread, chapari or roi, whole wheat, commercially prepared, frozen 4.30 1.0 cookie 1.4 18.20.2 Crockies, vanilla sandwich with creme filling 28.35 1.0 co 1.4 18.20.1 Cookies, vanilla sandwich with creme filling 28.35 1.0 co 1.4 18.20.2 Crockies, vanilla sandwich with creme filling 28.35 1.0 co 1.0 co 18.20.1 Cookies, vanilla sandwich with creme filling 28.35 1.0 co 1.0 co 18.20.1 Apples, raw, galla, with skin 1.0 co 1.0 co 1.0 co 1.0 co 18.20.1 Cookies, vanilla sandwich with creme filling 2.0 co 1.0 unit (yield from	23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.4
28311 Crackers, flavored, fish-shaped 5.2 100 goldrish 1.4 11842 Petators, freach fried, all types, salt not added in processing, frozen, as purchased 65.0 10.0 strips 1.4 2265 Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Samp, Pecan 55.0 0.75 cup (1 NLEA serving) 1.4 2828.2 Cookies, chocolate chip sandwich, with creme filling 34.0 1.10 coice 1.4 2828.5 Bread, chapati or roit, whole wheat, commercially prepared, frozen 43.0 1.0 pick 1.4 1802.2 Bread, chapati or roit, whole wheat, commercially prepared, frozen 43.0 1.0 pick 1.4 1802.2 Bread, chapati or roit, whole wheat, commercially prepared, frozen 28.35 1.0 pick 1.4 1802.0 Chocks, vanilla sandwich with creme filling 28.35 1.0 pick 1.0 1.4 1905.0 Apples, ruw, gala, whis kin 100 1.0 unit (yield from 1 lb ready-to-cook chickon) 1.4 1906.0 Cartosk, bay, ruw 1.0 1.0 unit (yield from 1 lb ready-to-cook chickon) 1.4 1818.6 Cookies, chocolate chip, commercially prepared, regular,	17182	Game meat, raccoon, cooked, roasted	85.0	3.0 oz	1.4
1842 Potatoes, french fried, all types, salt not added in processing, frozen, as purchased 65.0 10.0 strips 1.4 42.255 Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Aump; Pecan 55.0 0.75 cup (I NLEA serving) 1.4 42.28328 Cookies, chocolate chip sandwich, with creme filling 34.0 1.0 cookie 1.4 42.2835 Bread, chapatio rort, whole wheat, commercially prepared, frozen 43.0 1.0 price 1.4 48.2922 Bread, combread, dry mix, enriched (includes corn muffin mix) 28.35 1.0 oz 1.4 48.2922 Bread, combread, dry mix, enriched (includes corn muffin mix) 28.35 1.0 oz 1.4 48.2923 Apples, raw, gala, with skin 1090 1.0 cups, bice 1.4 49.0934 Apples, raw, gala, with skin 1990 1.0 unit (yield from I lb ready-to-cook chicken) 1.4 49.0946 Chicken, broilers of fyers, back, meat and skin, raw 15.0 1.0 unit (yield from I lb ready-to-cook chicken) 1.4 49.0927 Plantains, cooked 2000 1.0 cup, mashed 1.4 49.0928 Plantains, cooked 2000 1.0 cup, mashed 1.4 49.0938 Lee creams, vanilla, rich 107.0 0.5 cup 1.4 49.0939 Lee creams, vanilla, rich 107.0 0.5 cup 1.4 49.0940 Lee creams, vanilla, rich 10.0 cz 1.4 49.1941 Candies, NESTLE, BABY RUTH Bar 60.0 0.75 cup (1 NLEA serving) 1.4 49.218 Cereals ready-to-eat, ALPEN 1.4 49.219 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw 114.0 0.5 cup 1.4 49.016 Composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw 1.4 40.016 Checken, wheat, low salt 1.4 0.5 cup 1.4 40.016 Checken, wheat, low salt 1.4 0.5 cup 1.4 40.017 Chicken, broilers of fyers, skin only, raw 1.4 40.017 Chicken, broilers of fyers, skin only, raw 1.4 40.017 Chicken, broilers of fyers, skin only, raw 1.4 40.017 Chicken, broilers for plade steak, boneless, separable lean and fat, trimmed to 0" fat, select	28363	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original	5.2	10.0 goldfish	1.4
42256 Creals ready-to-eat, POST, GRAT GRANS, Raisin, Date &t Pecan 55.0 0.75 cup (1N I-A serving) 1.4 28328 Cookies, chocolate chip sandwich, with creme filling 34.0 1.0 cookies 1.4 28328 Bread, chapati or roti, whole wheat, commercially prepared, frozen 43.0 1.0 cookies, parallel and protection of the cookies, parallel flaculdes com muffin mix) 28.3 1.0 cookies, parallel and protection of the cookies, parallel flaculdes com muffin mix) 28.3 1.0 cookies, parallel and protection of the cookies, parallel flaculdes com muffin mix) 28.3 1.0 cookies, parallel and parallel flaculdes com muffin mix) 28.3 1.0 cookies, parallel and parallel flaculdes com muffin mix) 28.3 1.0 cookies, parallel and parallel flaculdes com muffin mix) 28.3 1.0 cookies, parallel parallel flaculdes com muffin mix) 28.0 2.0 1.0 cookies, parallel from the ready-to-cookichken 1.4 19950 Chrostes, choolate chip, commercially prepared, regular, lower fat 3.0 0.0 mit (yield from 1 bready-to-cookichken) 1.0 18185 Cookies, chocolate chip, commercially prepared, regular, lower fat 3.0 1.0 contic, parallel from 1.0 cookies, parallel and parallel flower fat 1.0 1.0 contic, parallel from 1.0 cookies, parallel and parallel flower fat 1.0 1.0 cookies, choc	28331	Crackers, flavored, fish-shaped	5.2	10.0 goldfish	1.4
28328 Cookies, chocolate chip sandwich, with creme filling 340 1.0 cookies 1.4 28285 Bread, chapati or roti, whole wheat, commercially prepared, frozen 43.0 1.0 pice 1.4 18202 Bread, chapati or roti, whole wheat, commercially prepared, frozen 43.0 2.8.35 1.0 oz 1.4 18210 Cookies, vanilla sandwich with creme filling 28.35 1.0 oz 1.4 09503 Apples, raw, gala, with skin 1090 1.0 unit (yield from 11b ready-to-cook chicken) 1.4 19504 Chicken, broilers or fryers, back, meat and skin, raw 59.0 1.0 unit (yield from 11b ready-to-cook chicken) 1.4 1960 Carrosts, baby, raw 1.0 larg 1.4 1972 Plantains, cooked 200.0 1.0 curp, mashed 1.4 1988 Cookies, chocolate chip, commercially prepared, regular, lower fat 34.0 1.0 serving 3 cookies 1.4 1918 Cookies, chocolate chip, commercially prepared, regular, lower fat 28.35 1.0 oz 1.4 1918 Creaks, vanilla, rich 60 1.0 serving 2.1 oz bar 1.4 <th< td=""><td>11842</td><td>Potatoes, french fried, all types, salt not added in processing, frozen, as purchased</td><td>65.0</td><td>10.0 strips</td><td>1.4</td></th<>	11842	Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	65.0	10.0 strips	1.4
2828.5 Bread, chapati or roti, whole wheat, commercially prepared, frozen 430 1.0 piece 1.4 18022 Bread, combread, thy mix, enriched (includes com muffin mix) 28.35 1.0 oz 1.4 18210 Cockies, vanilla sandwich with creme filling 28.35 1.0 unit (yield from 1 lb ready-to-cook chicken) 1.4 18208 Apples, raw, gala, with skin 1.90 1.0 unit (yield from 1 lb ready-to-cook chicken) 1.4 19508 Chicken, broilers or fiyers, back, meat and skin, raw 59.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 1.4 19927 Plantains, cooked 200.0 1.0 serving 2 cookies 1.4 18188 Cockies, chocolate chip, commercially prepared, regular, lower fat 107.0 1.0 serving 2 cookies 1.4 18049 Be ce creans, vanilla, rich 107.0 0.5 cup 1.4 18188 Cere als, wheat 1.0 cup 0.5 cup 1.4 18199 Le creans, vanilla, rich 60 1.0 serving 2 cookies 1.4 18210 Creals, Ready-to-eat, ALPEN 4.0 0.5 cup 1.4 28210	42265	Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & D	55.0	0.75 cup (1 NLEA serving)	1.4
18022 Bread, combread, dry mix, enriched (includes com muffin mix) 28.35 1.0 oz 1.4 18210 Cookies, vanilla sandwich with creme filling 28.35 1.0 oz 1.4 09503 Apples, raw, gala, with skin 109.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 1.4 09508 Chicken, broilers or fryers, back, meat and skin, raw 59.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 1.4 11960 Carrots, baby, raw 1.50 0.1 ol large 1.4 18158 Cookies, chocolate chip, commercially prepared, regular, lower fat 34.0 1.0 serving 3 cookies 1.4 18158 Cookies, chocolate chip, commercially prepared, regular, lower fat 107.0 0.5 cup 1.4 18158 Cookies, chocolate chip, commercially prepared, regular, lower fat 107.0 0.5 cup 1.4 18158 Cookies, chocolate chip, commercially prepared, regular, lower fat 107.0 0.5 cup 1.4 18169 Bread, wheat 6.0 1.0 serving 3 cookies 1.4 19111 Candies, NESTLE, BABY RUTH Bar 60.0 1.0 serving 2 to bar 1.4 </td <td>28328</td> <td>Cookies, chocolate chip sandwich, with creme filling</td> <td>34.0</td> <td>1.0 cookie</td> <td>1.4</td>	28328	Cookies, chocolate chip sandwich, with creme filling	34.0	1.0 cookie	1.4
18210 Cookies, vanilla sandwich with creme filling 28.35 1.0 oz 1.4 09503 Apples, raw, gala, with skin 1090 1.0 unit (yield from 1 lb ready-to-cook chicken) 1.4 1504 Chicken, broilers or fryers, back, meat and skin, raw 59.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 1.4 1960 Carotis, baby, raw 15.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 1.4 18158 Cookies, chocolate chip, commercially prepared, regular, lower fat 34.0 1.0 serving 3 cookies 1.4 18168 Cookies, chocolate chip, commercially prepared, regular, lower fat 34.0 1.0 serving 3 cookies 1.4 18178 Carolis enas, vanilla, rich 107.0 0.5 cup 1.4 18064 Bread, wheat 28.35 1.0 oz 1.4 18106 Bread, wheat 60.0 1.0 serving 2.1 oz bar 1.4 43218 Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN 49.0 0.67 cup (1 NLEA serving) 1.4 08261 Creals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN 49.0 0.75 cup (1 NLEA serving) 1.4 <t< td=""><td>28285</td><td>Bread, chapati or roti, whole wheat, commercially prepared, frozen</td><td>43.0</td><td>1.0 piece</td><td>1.4</td></t<>	28285	Bread, chapati or roti, whole wheat, commercially prepared, frozen	43.0	1.0 piece	1.4
09503 Apples, raw, gala, with skin 109.0 1.0 cup, sliced 1.4 05048 Chicken, broilers or fryers, back, meat and skin, raw 59.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 1.4 11960 Carrots, baby, raw 15.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 1.4 09278 Plantains, cooked 200.0 1.0 cup, mashed 1.4 18158 Cookies, chocolate chip, commercially prepared, regular, lower fat 34.0 1.0 serving 3 cookies 1.4 19089 Lee creams, vanilla, rich 107.0 0.5 cup 1.4 18064 Bread, wheat 28.35 1.0 oz 1.4 19111 Candies, NESTLE, BABY RUTH Bar 60.0 1.0 serving 2.1 oz bar 1.4 43218 Cereals ready-to-eat, GEBRAL MILLS, RAISIN NUT BRAN 49.0 0.67 cup (1 NLEA serving) 1.4 82419 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw 114.0 4.0 oz 1.4 10036 Cheese, ricotta, whole milk 124.0 0.5 cup 1.4 10036 Cheese, ricotta, whole	18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	28.35	1.0 oz	1.4
05048 Chicken, broilers or fryers, back, meat and skin, raw 59.0 1.0 unit (yield from 1 lb ready-to-cool chicken) 1.4 11960 Carrots, baby, raw 15.0 1.0 large 1.4 09278 Plantains, cooked 200.0 1.0 cup, mashed 1.4 18158 Cookies, chocolate chip, commercially prepared, regular, lower fat 34.0 1.0 serving 3 cookies 1.4 19089 Ice creans, vanilla, rich 107.0 0.5 cup 1.4 18164 Bread, wheat 28.35 1.0 oz 1.4 19011 Cardies, NESTLE, BABY RUTH Bar 60.0 1.0 serving 2.1 oz bar 1.4 43218 Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN 49.0 0.67 cup (1 NLEA serving) 1.4 08261 Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN 49.0 0.75 cup (1 NLEA serving) 1.4 08261 Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN 49.0 0.75 cup (1 NLEA serving) 1.4 08261 Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN 49.0 0.75 cup (1 NLEA serving) 1.4 08063 Soup, cre	18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	1.4
1960 Carrots, baby, raw	09503	Apples, raw, gala, with skin	109.0	1.0 cup, sliced	1.4
09278 Plantains, cooked 200.0 1.0 cup, mashed 1.4 18158 Cookies, chocolate chip, commercially prepared, regular, lower fat 34.0 1.0 serving 3 cookies 1.4 19089 Ice creams, vanilla, rich 107.0 0.5 cup 1.4 18064 Bread, wheat 28.35 1.0 oz 1.4 19111 Cardies, NESTLE, BABY RUTH Bar 60.0 1.0 serving 2.1 oz bar 1.4 43218 Cereals ready-to-eat, ALPEN 55.0 0.67 cup (1 NLEA serving) 1.4 98261 Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN 49.0 0.75 cup (1 NLEA serving) 1.4 23499 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw 114.0 4.0 oz 1.4 06053 Soup, cream of potato, canned, condensed 124.0 0.5 cup 1.4 06149 Soup, chicken mushroom, canned, condensed 124.0 0.5 cup 1.4 06149 Soup, chicken mushroom, canned, condensed 124.0 0.5 cup 1.4 05015 Chicken, broilers or fryers, skin only, raw 47.0	05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.4
18158 Cookies, chocolate chip, commercially prepared, regular, lower fat 34.0 1.0 serving 3 cookies 1.4 19089 Ice creams, vanilla, rich 107.0 0.5 cup 1.4 18064 Bread, wheat 28.35 1.0 oz 1.4 19111 Candies, NESTLE, BABY RUTH Bar 60.0 1.0 serving 2.1 oz bar 1.4 43218 Cereals ready-to-eat, ALPEN 55.0 0.67 cup (1 NLEA serving) 1.4 08261 Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN 49.0 0.75 cup (1 NLEA serving) 1.4 23499 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw 114.0 4.0 oz 1.4 10136 Cheese, ricotta, whole milk 124.0 0.5 cup 1.4 06053 Soup, cream of potato, canned, condensed 124.0 0.5 cup 1.4 06149 Soup, chicken mushroom, canned, condensed 124.0 0.5 cup 1.4 05015 Chicken, broilers or fryers, skin only, raw 47.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 1.4 05015 Chicken, broilers or fryer	11960	Carrots, baby, raw	15.0	1.0 large	1.4
19089 Ice creams, vanilla, rich 107.0 0.5 cup 1.4 18064 Bread, wheat 28.35 1.0 oz 1.4 19111 Candies, NESTLE, BABY RUTH Bar 60.0 1.0 serving 2.1 oz bar 1.4 43218 Cereals ready-to-eat, ALPEN 55.0 0.67 cup (1 NLEA serving) 1.4 08261 Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN 49.0 0.75 cup (1 NLEA serving) 1.4 23499 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw 114.0 4.0 oz 1.4 01036 Cheese, ricotta, whole milk 124.0 0.5 cup 1.4 06053 Soup, cream of potato, canned, condensed 124.0 0.5 cup 1.4 06149 Soup, chicken mushroom, canned, condensed 124.0 0.5 cup 1.4 0815 Crackers, wheat, low salt 14.2 0.5 oz 1.4 08015 Chicken, broilers or fryers, skin only, raw 47.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 1.4 0802 Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat,	09278	Plantains, cooked	200.0	1.0 cup, mashed	1.4
18064 Bread, wheat 28.35 1.0 oz 1.4 19111 Candies, NESTLE, BABY RUTH Bar 60.0 1.0 serving 2.1 oz bar 1.4 43218 Cereals ready-to-eat, ALPEN 55.0 0.67 cup (1 NLEA serving) 1.4 08261 Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN 49.0 0.75 cup (1 NLEA serving) 1.4 23499 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw 114.0 4.0 oz 1.4 01036 Cheese, ricotta, whole milk 124.0 0.5 cup 1.4 06053 Soup, cream of potato, canned, condensed 124.0 0.5 cup 1.4 06149 Soup, chicken mushroom, canned, condensed 124.0 0.5 cup 1.4 18428 Crackers, wheat, low salt 14.2 0.5 oz 1.4 05015 Chicken, broilers or fryers, skin only, raw 47.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 1.4 01074 Sour cream, imitation, cultured 28.35 1.0 oz 1.4 23132 Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, praised 85.0 3.0 oz 1.4 </td <td>18158</td> <td>Cookies, chocolate chip, commercially prepared, regular, lower fat</td> <td>34.0</td> <td>1.0 serving 3 cookies</td> <td>1.4</td>	18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	1.4
19111 Candies, NESTLE, BABY RUTH Bar 60.0 1.0 serving 2.1 oz bar 1.4 43218 Cereals ready-to-eat, ALPEN 55.0 0.67 cup (1 NLEA serving) 1.4 08261 Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN 49.0 0.75 cup (1 NLEA serving) 1.4 23499 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw 114.0 4.0 oz 1.4 01036 Cheese, ricotta, whole milk 124.0 0.5 cup 1.4 06053 Soup, cream of potato, canned, condensed 124.0 0.5 cup 1.4 06149 Soup, chicken mushroom, canned, condensed 124.0 0.5 cup 1.4 18428 Crackers, wheat, low salt 14.2 0.5 oz 1.4 05015 Chicken, broilers or fryers, skin only, raw 47.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 1.4 01074 Sour cream, imitation, cultured 28.35 1.0 oz 1.4 13862 Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 85.0 3.0 oz 1.4 23132 Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, co	19089	Ice creams, vanilla, rich	107.0	0.5 cup	1.4
43218 Cereals ready-to-eat, ALPEN 55.0 0.67 cup (1 NLEA serving) 1.4 08261 Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN 49.0 0.75 cup (1 NLEA serving) 1.4 23499 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw 114.0 4.0 oz 1.4 01036 Cheese, ricotta, whole milk 124.0 0.5 cup 1.4 06053 Soup, cream of potato, canned, condensed 124.0 0.5 cup 1.4 06149 Soup, chicken mushroom, canned, condensed 124.0 0.5 cup 1.4 18428 Crackers, wheat, low salt 14.2 0.5 oz 1.4 05015 Chicken, broilers or fryers, skin only, raw 47.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 1.4 01074 Sour cream, imitation, cultured 28.35 1.0 oz 1.4 13862 Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 85.0 3.0 oz 1.4 23132 Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised 85.0 3.0 oz	18064	Bread, wheat	28.35	1.0 oz	1.4
Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw 114.0 Cheese, ricotta, whole milk 124.0 Cheese, ricotta, whole milk 124.0 Council NLEA serving 1.4 Council NLEA serving 1.4 Cheese, ricotta, whole milk 124.0 Council NLEA serving 1.4 Cheese, ricotta, whole milk 124.0 Council NLEA serving 1.4 Cheese, ricotta, whole milk 124.0 Council NLEA serving 1.4 Cheese, ricotta, whole milk 124.0 Council NLEA serving 1.4 Cheese, ricotta, whole milk 124.0 Council NLEA serving 1.4 Cheese, ricotta, whole milk 124.0 Council NLEA serving 1.4 Cheese, ricotta, whole milk 124.0 Council NLEA serving 1.4 Cheese, ricotta, whole milk 124.0 Council NLEA serving 1.4 Cheese, ricotta, whole milk 124.0 Council NLEA serving 1.4 Cheese, ricotta, whole milk 124.0 Council NLEA serving 1.4 Cheese, ricotta, whole milk 124.0 Council NLEA serving 1.4 Cheese, ricotta, whole milk 124.0 Council NLEA serving 1.4 Cheese, ricotta, whole milk 124.0 Council NLEA serving 1.4 Cheese, ricotta, whole milk 124.0 Cheese, r	19111	Candies, NESTLE, BABY RUTH Bar	60.0	1.0 serving 2.1 oz bar	1.4
Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw 114.0 4.0 oz 1.4 101036 Cheese, ricotta, whole milk 124.0 124.0 124.0 125.0 cup 1.4 126.1 127.0 128.0 129	43218	Cereals ready-to-eat, ALPEN	55.0	0.67 cup (1 NLEA serving)	1.4
Cheese, ricotta, whole milk Cheese, ricotta, whole milk Soup, cream of potato, canned, condensed 124.0 0.5 cup 1.4 06053 Soup, cream of potato, canned, condensed 124.0 0.5 cup 1.4 06149 Soup, chicken mushroom, canned, condensed 124.0 0.5 cup 1.4 18428 Crackers, wheat, low salt 14.2 0.5 oz 1.4 05015 Chicken, broilers or fryers, skin only, raw 47.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 1.4 13862 Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 28.35 1.0 oz 1.4 23132 Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised 85.0 3.0 oz 1.4 23375 Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted 85.0 3.0 oz 1.4	08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	49.0	0.75 cup (1 NLEA serving)	1.4
Soup, cream of potato, canned, condensed 124.0 0.5 cup 1.4 0.6149 Soup, chicken mushroom, canned, condensed 124.0 0.5 cup 1.4 18428 Crackers, wheat, low salt 14.2 0.5 oz 1.4 05015 Chicken, broilers or fryers, skin only, raw 47.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 1.4 13862 Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 28.35 Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised 85.0 3.0 oz 1.4 23375 Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted 85.0 3.0 oz 1.4	23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	1.4
Soup, chicken mushroom, canned, condensed 124.0 18428 Crackers, wheat, low salt 14.2 0.5 oz 1.4 05015 Chicken, broilers or fryers, skin only, raw 47.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 1.4 01074 Sour cream, imitation, cultured 28.35 1.0 oz 1.4 13862 Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 28.35 Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised 28.35 Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted 85.0 3.0 oz 1.4 23375 Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted 85.0 3.0 oz 1.4	01036	Cheese, ricotta, whole milk	124.0	0.5 cup	1.4
Crackers, wheat, low salt Crackers, wheat, low salt Chicken, broilers or fryers, skin only, raw Chicken, broilers or fryers, skin only, raw Chicken, broilers or fryers, skin only, raw 1.0 unit (yield from 1 lb ready-to-cook chicken) 1.4 Sour cream, imitation, cultured 28.35 1.0 oz 1.4 13862 Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 85.0 3.0 oz 1.4 23375 Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted 85.0 3.0 oz 1.4	06053	Soup, cream of potato, canned, condensed	124.0	0.5 cup	1.4
Chicken, broilers or fryers, skin only, raw 47.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 1.4 Sour cream, imitation, cultured 28.35 1.0 oz 1.4 13862 Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 28.30 23.0 oz 1.4 23375 Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted 85.0 3.0 oz 1.4	06149	Soup, chicken mushroom, canned, condensed	124.0	0.5 cup	1.4
Sour cream, imitation, cultured 28.35 1.0 oz 1.4 13862 Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 85.0 3.0 oz 1.4 23132 Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised 85.0 3.0 oz 1.4 23375 Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted 85.0 3.0 oz 1.4	18428	Crackers, wheat, low salt	14.2	0.5 oz	1.4
Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 85.0 3.0 oz 1.4 23132 Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised 85.0 3.0 oz 1.4 23375 Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted 85.0 3.0 oz 1.4	05015	Chicken, broilers or fryers, skin only, raw	47.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.4
Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised 85.0 3.0 oz 1.4 23375 Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted 85.0 3.0 oz 1.4	01074	Sour cream, imitation, cultured	28.35	1.0 oz	1.4
Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted 85.0 3.0 oz 1.4	13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.4
	23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.4
17176 Game meat, opossum, cooked, roasted 85.0 3.0 oz 1.4	23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.4
	17176	Game meat, opossum, cooked, roasted	85.0	3.0 oz	1.4

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.4
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	1.4
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.4
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.4
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	1.4
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.4
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.4
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	1.4
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.4
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.4
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.4
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.4
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.4
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.4
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	1.4
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	1.4
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	1.4
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	1.4
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.4
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.4
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.4
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.4
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.4
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.4
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.4
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.4
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.4
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.4
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	1.4
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.4
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.4
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.4

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.4
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	85.0	3.0 oz	1.4
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	1.4
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.4
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.4
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.4
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.4
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	1.4
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.4
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz (1 serving)	1.4
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	1.4
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	1.4
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.4
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	1.4
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	1.4
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.4
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.4
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.4
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.4
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.4
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	1.4
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.4
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.4
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	1.4
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.4
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.4
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.4
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.4
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	85.0	3.0 oz	1.4
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	1.4
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.4
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	1.4

Beef, pile ye roas, bone in, lip on, separable lean only, trimmed to 18° fat, choice, cooked, roased	NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
grilled 3393 Becf, loin, top loin steak, boncless, lip-on, separable lean only, trimmed to 1% fat, choice, cooked, grilled 330 Becf, loin, top loin steak, boncless, separable lean and fat, trimmed to 0° fat, choice, cooked, braised 330 oz 33168 Becf, loin, tenderionis steak, boncless, separable lean and fat, trimmed to 0° fat, choice, cooked, grilled 350 360 Becf, chuck, under blade steak, boncless, separable lean and fat, trimmed to 0° fat, choice, cooked, grilled 3510 360 Becf, place steak, boncless, outside kirt, separable lean only, trimmed to 0° fat, all grades, cooked, grilled 3510 360 Becf, chuck, arm pot roast, separable lean only, trimmed to 0° fat, choice, cooked, grilled 3510 360 Becf, chuck, arm pot roast, separable lean only, trimmed to 0° fat, choice, cooked, grilled 3510 360 Becf, chuck, under blade pot roast, boncless, separable lean only, trimmed to 0° fat, choice, cooked, grilled 3510 360 Becf, chuck, under blade pot roast, boncless, separable lean only, trimmed to 0° fat, choice, cooked, grilled 3610 362 Becf, chuck, under blade steak, boncless, separable lean only, trimmed to 0° fat, choice, cooked, braised 362 Becf, rib, back ribs, bone-in, separable lean only, trimmed to 0° fat, choice, cooked, grilled 3630 364 Becf, init, pot poin steak, boncless, separable lean only, trimmed to 0° fat, choice, cooked, grilled 3650 366 Becf, fine, pot poin steak, boncless, separable lean only, trimmed to 18° fat, choice, cooked, grilled 367 Becf, fine, pot poin steak, boncless, peparable lean only, trimmed to 18° fat, choice, cooked, grilled 368 Becf, fine, pot poin steak, boncless, separable lean only, trimmed to 18° fat, choice, cooked, grilled 369 Becf, fine, pot steak, boncless, separable lean only, trimmed to 18° fat, select, cooked, grilled 360 Becf, fine, pot pot steak, boncless, separable lean only, trimmed to 18° fat, select, cooked, grilled 360 Becf, fine, pot pot steak, boncless, separable lean only, trimmed to 18° fat, select, cooked, grilled 361 Becf, fine, pot pot steak, boncless, separable	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	1.4
Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised 3.0 oz 3.117 Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled 85.0 3.0 oz 3.1341 Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled 85.0 3.0 oz 3.0 oz 3.1377 Beef, chuck, arm por roast, separable lean only, trimmed to 0" fat, all grades, cooked, grilled 85.0 3.0 oz 3.0 oz 3.0 oz 3.1388 Beef, chuck, arm por roast, separable lean only, trimmed to 0" fat, all grades, cooked, grilled 85.0 3.0 oz 3.	23278	·	85.0	3.0 oz	1.4
paraised seed, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised seed, boin, tenderbinis steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled seed, boin, tender, sparable lean only, trimmed to 0" fat, all grades, cooked, grilled seed, boin, tender, sparable lean only, trimmed to 0" fat, all grades, cooked, grilled seed, thuck, arm pot roast, sparable lean only, trimmed to 0" fat, all grades, cooked, braised seed, thuck, under blade por roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised seed, thuck, under blade por roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised seed, thuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised seed, thuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised seed, fib. back fibs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised seed, fibs, but fibs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, grilled seed, boneless, boneless, lip-on, separable lean only, trimmed to 18" fat, choice, cooked, grilled seed, boneless, lip-on, separable lean only, trimmed to 18" fat, choice, cooked, grilled seed, boneless, lip-on, separable lean only, trimmed to 18" fat, choice, cooked, grilled seed, boneless, lip-on, separable lean only, trimmed to 18" fat, choice, cooked, grilled seed, boneless, lip-on, separable lean only, trimmed to 18" fat, select, cooked, grilled seed, boneless, lip-on, separable lean only, trimmed to 18" fat, select, cooked, grilled seed, boneless, boneless, boneless, benever Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled seed, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled seed, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled se	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	1.4
Beef, loin, tenderloin steak, boncless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 85.0 3.0 oz 3.0 oz 3.1 oz 3.1 oz 3.1 oz 3.1 oz 3.2 oz 3.2 oz 3.2 oz 3.3 oz 3.3 oz 3.4 oz 3.5 oz 3.5 oz 3.5 oz 3.6 oz 3.7 oz 3.8 ef, plate steak, boncless, outside skirt, separable lean only, trimmed to 0" fat, eloice, cooked, braised 85.0 3.0 oz	23069		85.0	3.0 oz	1.4
Reef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled 85.0 3.0 oz 13377 Beef, chuck, amp ot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised 85.0 3.0 oz 13881 Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised 85.0 3.0 oz 13380 Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised 85.0 3.0 oz 13380 Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised 85.0 3.0 oz 13275 Beef, ribs, bone-ins, separable lean only, trimmed to 0" fat, all grades, cooked, braised 85.0 3.0 oz 13282 Beef, rib, bone-ins, separable lean only, trimmed to 0" fat, choice, cooked, braised 85.0 3.0 oz 13289 Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, praised 85.0 3.0 oz 13240 Beef, rib ey steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled 85.0 3.0 oz 13243 Beef, rib ey steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled 85.0 3.0 oz 13244 Beef, rib ey steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled 85.0 3.0 oz 13245 Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled 85.0 3.0 oz 13246 Beef, chuck, under blade center steak, boneless, penarable lean only, trimmed to 0" fat, choice, cooked, grilled 85.0 3.0 oz 13248 Beef, chuck, cooked, grilled 85.0 3.0 oz 13248 Beef, chuck cye roast, boneless, lip-on, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled 85.0 3.0 oz 13248 Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled 85.0 3.0 oz 13248 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, braised 85.0 3.0 oz 13248 Beef, rib, small end (ribs 10-12), separable lea	23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.4
Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised Beef, rib, pack ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, traised Beef, rib, pack ribs, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, braised Beef, rib, pack price roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 0" fat, select, cooked, braised Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 0" fat, select, cooked, braised Beef, rib, small end (rib) to 1/2, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised Beef, floin, top sirloin petite roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braise	13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.4
Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised Beef, ribs, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised Beef, ribey petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled Beef, nibey estak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Beef, loin, top sirloin cap steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, chuck operoast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, grilled Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted Beef, fib eye roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted Beef, fib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, praised Beef, fib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, roasted Beef, place steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, roasted Beef, place steak, boneless, separable lean and fat, trimmed to	23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.4
Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised 3.0 oz Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised 85.0 3.0 oz Beef, ribs, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, roasted 85.0 3.0 oz Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1.8" fat, choice, cooked, grilled Beef, round, bottom round, steak, separable lean only, trimmed to 1.8" fat, choice, cooked, grilled Beef, loin, top sirloin cap steak, boneless, lip-on, separable lean only, trimmed to 1.8" fat, select, cooked, grilled Beef, chuck, under blade center steak, boneless, separable lean only, trimmed to 1.8" fat, select, cooked, grilled Beef, chuck, under blade center steak, boneless, separable lean only, trimmed to 1.8" fat, select, cooked, grilled Beef, chuck, under blade center steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, ribe ye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, ribe ye roast, boneless, Iip-on, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted Beef, ribe ye roast, boneless, separable lean and fat, trimmed to 1.8" fat, all grades, cooked, troasted Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1.8" fat, select, cooked, braised Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 1.8" fat, all grades, cooked, braised Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all gra	13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.4
braised 23098 Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised 23182 Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised 23275 Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted 23389 Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled 23410 Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled 23243 Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled 23243 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled 23144 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled 23145 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled 23146 Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled 23147 Beef, chuck eye roast, boneless, Eip-on, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled 23148 Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 0" fat, choice, cooked, praised 23198 Beef, rib eye roast, boneless, pearable lean and fat, trimmed to 0" fat, all grades, cooked, praised 232082 Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, praised 23209 Beef, ion, sparable lean and fat, trimmed to 1" fat, select, row 23219 Beef, loin, top iriolin petite roast, boneless, separable lean only, trimmed to 1" fat, all grades, cooked, praised 23221 Beef, loin, top sirloin petite roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, fat, all grades, cooked, fat, all grades, cooked, fat, all grades, cooked,	13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.4
Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised Beef, ribeye petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 0" fat, select, cooked, roasted Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 0" fat, select, cooked, roasted Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 0" fat, select, cooked, braised Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted Beef, rib eye roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, braised Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, fooked, f	13380		85.0	3.0 oz	1.4
Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, chuck eye roast, boneless, lip-on, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted Beef, rib eye roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, praised Beef, rib eye roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Beef, rib eye roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, braised Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.4
Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled Beef, chuck eye roast, boneless, Ip-on, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted Beef, rib eye roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, raw Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, 85.0 Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, 85.0 Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, 85.0	23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.4
grilled Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted Beef, shoulder pot roast, boneless, separable lean and fat, select, cooked, braised Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, 85.0 Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, 85.0 Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, 85.0	23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.4
Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, all grades, coo	23389		85.0	3.0 oz	1.4
Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, 85.0 Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, 85.0 Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, 85.0 Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, 85.0	13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.4
Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades,	23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.4
cooked, grilled Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, select, raw Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, select, select, raw Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, select, select, raw Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, select, select, raw Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, select, select, raw Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, select, select, raw Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, select, select, raw Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, select, select, raw Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, select, raw Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, select, raw	23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.4
cooked, roasted 23198 Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted 23082 Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised 23082 Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised 23082 Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised 23082 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw 23082 Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, raw 23083 Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted 23084 Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, 85.0 23085 Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, 85.0 23086 Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, 85.0 23087 Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, 85.0	13354		85.0	3.0 oz	1.4
Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, separable lean and f	23114		85.0	3.0 oz	1.4
Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, 3.0 oz	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	1.4
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw 85.0 3.0 oz Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, 85.0 3.0 oz	23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.4
Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, 85.0 3.0 oz	13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.4
roasted Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, 3.0 oz	13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.4
23221 85.0 3.0 07	23259		85.0	3.0 oz	1.4
gniied	23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.4
Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 85.0	23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.4
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw 85.0	13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.4
Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled 85.0	23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.4

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
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	1.4
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	1.4
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.4
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.4
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.4
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.4
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.4
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	1.4
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	1.4
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.4
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.4
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.4
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	1.4
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	85.0	3.0 oz	1.4
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.4
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.4
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	1.4
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.4
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	1.4
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.4
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.4
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.4
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.4
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	1.4
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	1.4
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	1.4
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	1.4
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.4
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.4
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.4

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.4
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	1.4
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.4
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.4
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.4
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.4
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	1.4
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	1.4
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	1.4
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.4
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.4
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.4
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.4
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.4
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	1.4
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.4
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	1.4
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	1.4
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.4
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	1.4
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.4
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.4
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.4
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.4
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.4
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.4
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.4

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.4
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.4
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.4
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	1.4
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.4
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	1.4
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	1.4
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	1.4
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.4
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.4
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.4
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.4
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.4
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.4
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.4
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.4
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.4
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.4
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.4
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.4
17151	Game meat, beaver, cooked, roasted	85.0	3.0 oz	1.4
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.4
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	85.0	3.0 oz	1.4
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	1.4
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.4
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.4
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.4
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.4
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	1.4
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.4
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	1.4
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	1.4

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.4
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.4
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.4
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.4
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.4
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.4
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.4
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.4
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.4
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.4
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.4
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.4
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	1.4
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	1.4
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.4
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.4
32008	Pasta mix, classic cheeseburger macaroni, unprepared	123.0	1.0 package	1.4
11353	Potatoes, russet, flesh and skin, raw	75.0	0.5 cup, diced	1.4
21306	Fast foods, griddle cake sandwich, sausage	135.0	1.0 item	1.4
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	1.3
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	122.0	1.0 piece	1.3
18214	Crackers, cheese, regular	14.2	0.5 oz	1.3
18346	Rolls, dinner, rye	43.0	1.0 large (approx 3-1/2" to 4" dia)	1.3
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	1.3
11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	1.3
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	1.3
19069	Candies, NESTLE, BUTTERFINGER Bar	60.0	1.0 serving 2.1 oz bar	1.3
28320	English muffins, whole grain white	57.0	1.0 muffin 1 serving	1.3
17122	Veal, shoulder, arm, separable lean and fat, raw	28.35	1.0 oz	1.3
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	28.35	1.0 oz	1.3
17134	Veal, sirloin, separable lean and fat, raw	28.35	1.0 oz	1.3
17344	Game meat, deer, ground, cooked, pan-broiled	93.0	1.0 patty	1.3

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
19074	Candies, caramels	71.0	1.0 package (2.5 oz)	1.3
11422	Pumpkin, raw	116.0	1.0 cup (1" cubes)	1.3
11643	Squash, winter, all varieties, raw	116.0	1.0 cup, cubes	1.3
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.3
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3
17424	Veal, ground, cooked, pan-fried	85.0	3.0 oz	1.3
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	1.3
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.3
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	1.3
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.3
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	1.3
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.3
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.3
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	1.3
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3
23094	Beef, chuck for stew, separable lean and fat, select, raw	85.0	3.0 oz	1.3
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.3

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3
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	1.3
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	1.3
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	85.0	3.0 oz	1.3
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	1.3
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.3
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3
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	1.3
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3
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	1.3
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.3
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	1.3
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.3
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3
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	1.3
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3
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	1.3

13234 Beef, for the year words, honeless, separable lear and fat, trimmed to IV fat, select, raw 850 3.0 or 1.3	NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
23185 Beaf, rish, back rish, bone-in, separable lean only, trimmed to 0" fat, select, raw 85.0 3.0 oz 1.3 23192 Beef, rish cys staticrosat, bone-in, ip-on, separable lean only, trimmed to 18" fat, select, raw 85.0 3.0 oz 1.3 2326 Beef, to be, cys staticrosat, bone-in, ip-on, separable lean only, trimmed to 0" fat, ebicte, raw 85.0 3.0 oz 1.3 2339 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, ebicte, raw 85.0 3.0 oz 1.3 2330 Beef, fround, cyc of round roast, boneless, Ip-on, separable lean only, trimmed to 0" fat, all grades, raw 85.0 3.0 oz 1.3 2331 Beef, fround, cyc of round roast, boneless, Ip-on, separable lean only, trimmed to 18" fat, all grades, raw 85.0 3.0 oz 1.3 2332 Beef, fround, cyc of round roast, boneless, separable lean and fat, trimmed to 18" fat, all grades, raw 85.0 3.0 oz 1.3 2332 Beef, fround, cyc of fat, choices, separable lean and fat, trimmed to 18" fat, all grades, raw 85.0 3.0 oz 1.3 2333 Beef, chuck, short rish, boneless, separable lean and fat, trimmed to 0" fat, choice, raw 85.0 3.0 oz 1.3 2333 Beef, fath, chack, short rish, boneless, separable lean and fat, trimmed to 0" fat, choice, raw 85.0 3.0 oz 1.3 2334 Beef, places steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw 85.0 3.0 oz 1.3 2334 Beef, places steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw 85.0 3.0 oz 1.3 2335 Beef, places steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw 85.0 3.0 oz 1.3 2336 Beef, loin, topion steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw 85.0 3.0 oz 1.3 2336 Beef, fool, short risk, boneless, separable lean and fat, trimmed to 0" fat, choice, raw 85.0 3.0 oz 1.3 2337 Beef, fool, short risk, boneless, separable lean only, trimmed to 0" fat, choice, raw 85.0 3.0 oz 1.3 2338 Beef, fool, short	23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3
1.0 1.0	23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3
23216 Beef, Ioin, top sirfoin cap steak, honeless, expanable lean only, trimmed to 18" fat, select, raw 85.0 3.0 oz 1.3	23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3
Reaf, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, naw 85.0 3.0 oz 1.3	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	1.3
1.50 1.50	23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.3
Beef, prib eye steak/rooss, honeless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	13359		85.0	3.0 oz	1.3
13904 Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw 85.0 3.0 oz 1.3	23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3
23325 Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw 85.0 3.0 oz 1.3	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	1.3
23130 Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw 85.0 3.0 oz 1.3	13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3
Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw 85.0 3.0 oz 1.3	23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3
Beef, plate steak, boncless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw 85.0 3.0 oz 1.3	23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3
15244 Mollusks, oyster, castern, wild, cooked, dry heat 85.0 3.0 oz 1.3	23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3
23338 Beef, Ioin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw 85.0 3.0 oz 1.3 23341 Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw 85.0 3.0 oz 1.3 23341 Beef, Ioin, top Ioin steak, boneless, Euparable lean and fat, trimmed to 0" fat, select, raw 85.0 3.0 oz 1.3 23066 Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw 85.0 3.0 oz 1.3 23357 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw 85.0 3.0 oz 1.3 23291 Beef, top loin petitic roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw 85.0 3.0 oz 1.3 23165 Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw 85.0 3.0 oz 1.3 23353 Beef, round, cyc of round, steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw 85.0 3.0 oz 1.3 23995 Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw 85.0 3.0 oz 1.3 23995 Beef, top sirioin, steak, separable lean and fat, trimmed to 0" fat, select, raw 85.0 3.0 oz 1.3 23965 Beef, top sirioin, steak, separable lean and fat, trimmed to 0" fat, select, raw 85.0 3.0 oz 1.3 23966 Beef, loin, top loin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw 85.0 3.0 oz 1.3 23976 Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, raw 85.0 3.0 oz 1.3 23111 Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw 85.0 3.0 oz 1.3 23111 Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw 85.0 3.0 oz 1.3 23111 Beef, found, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw 85.0 3.0 oz 1.3 23354 Beef, roun	23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3
Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	1.3
23341 Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw 85.0 3.0 oz 1.3 23066 Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw 85.0 3.0 oz 1.3 23357 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw 85.0 3.0 oz 1.3 23291 Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw 85.0 3.0 oz 1.3 13156 Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled 85.0 3.0 oz 1.3 23165 Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw 85.0 3.0 oz 1.3 23335 Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw 85.0 3.0 oz 1.3 13597 Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw 85.0 3.0 oz 1.3 23386 Beef, loin, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled 85.0 3.0 oz 1.3 23240 Beef, loin, top pinoin pettic roast/filet, boneless, separable lean only, trimmed to 0" fat,	23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3
Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw 85.0 3.0 oz 1.3	13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3
23357 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw 85.0 3.0 oz 1.3 23291 Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw 85.0 3.0 oz 1.3 13156 Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled 85.0 3.0 oz 1.3 23165 Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw 85.0 3.0 oz 1.3 23335 Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw 85.0 3.0 oz 1.3 13597 Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw 85.0 3.0 oz 1.3 23095 Beef, chuck for stew, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled 85.0 3.0 oz 1.3 13451 Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw 85.0 3.0 oz 1.3 23386 Beef, loin, top loin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw 85.0 3.0 oz 1.3 13950 Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, raw 85.0	23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3
Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw 85.0 3.0 oz 1.3 13156 Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled 85.0 3.0 oz 1.3 23165 Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw 85.0 3.0 oz 1.3 23335 Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw 85.0 3.0 oz 1.3 13597 Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw 85.0 3.0 oz 1.3 23095 Beef, chuck for stew, separable lean and fat, choice, raw 85.0 3.0 oz 1.3 13451 Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled 85.0 3.0 oz 1.3 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 1.3 23240 Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw 85.0 3.0 oz 1.3 13950 Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, raw 85.0 3.0 oz 1.3 13950 Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, raw 85.0 3.0 oz 1.3 13950 Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, raw 85.0 3.0 oz 1.3 13098 Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, broiled 85.0 3.0 oz 1.3 13098 Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled 85.0 3.0 oz 1.3 13098 Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, broiled 85.0 3.0 oz 1.3	23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3
Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw Beef, chuck for stew, separable lean and fat, choice, raw Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, raw Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, raw Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, raw Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, raw Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, raw Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, raw Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, raw Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, raw Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, raw Beef, chuck eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled Beef, chuck eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled Beef, chuck eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3
Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw 85.0 3.0 oz 1.3 23335 Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw 85.0 3.0 oz 1.3 13597 Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw 85.0 3.0 oz 1.3 23095 Beef, chuck for stew, separable lean and fat, choice, raw 85.0 3.0 oz 1.3 13451 Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled 85.0 3.0 oz 1.3 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 1.3 23240 Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw 85.0 3.0 oz 1.3 13950 Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised 85.0 3.0 oz 1.3 23111 Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw 85.0 3.0 oz 1.3 23354 Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw 85.0 3.0 oz 1.3 23359 Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled 85.0 3.0 oz 1.3	23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.3
Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw 85.0 3.0 oz 1.3 13597 Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw 85.0 3.0 oz 1.3 23095 Beef, chuck for stew, separable lean and fat, choice, raw 85.0 3.0 oz 1.3 13451 Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled 85.0 3.0 oz 1.3 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 1.3 23240 Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw 85.0 3.0 oz 1.3 13950 Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, raw 85.0 3.0 oz 1.3 23111 Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw 85.0 3.0 oz 1.3 23354 Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw 85.0 3.0 oz 1.3 23359 Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled 85.0 3.0 oz 1.3	13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.3
Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw 85.0 3.0 oz 1.3 23095 Beef, chuck for stew, separable lean and fat, choice, raw 85.0 3.0 oz 1.3 13451 Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled 85.0 3.0 oz 1.3 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 1.3 23240 Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw 85.0 3.0 oz 1.3 13950 Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, raw 85.0 3.0 oz 1.3 23111 Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw 85.0 3.0 oz 1.3 23354 Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw 85.0 3.0 oz 1.3 23354 Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw 85.0 3.0 oz 1.3 2300 oz 1.3	23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3
Beef, chuck for stew, separable lean and fat, choice, raw 85.0 3.0 oz 1.3 13451 Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled 85.0 3.0 oz 1.3 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 1.3 23240 Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw 85.0 3.0 oz 1.3 13950 Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised 85.0 3.0 oz 1.3 23111 Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw 85.0 3.0 oz 1.3 23354 Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw 85.0 3.0 oz 1.3 13098 Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled 85.0 3.0 oz 1.3 3.0 oz 1.3 3.0 oz 1.3 3.0 oz 1.3	23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3
Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled 85.0 3.0 oz 1.3 86.0 86.0 87.0 87.0 88.	13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3
Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw 85.0 Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw 85.0 Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised 85.0 Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw 85.0 3.0 oz 1.3 Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw 85.0 3.0 oz 1.3 Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw 85.0 3.0 oz 1.3 Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled 85.0 3.0 oz 1.3 Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled 85.0 3.0 oz 1.3 1.3 1.3 1.3 1.3 1.3 1.3 1.	23095	Beef, chuck for stew, separable lean and fat, choice, raw	85.0	3.0 oz	1.3
Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw 85.0 3.0 oz 1.3 13950 Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised 85.0 3.0 oz 1.3 23111 Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw 85.0 3.0 oz 1.3 23354 Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw 85.0 3.0 oz 1.3 13098 Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled 85.0 3.0 oz 1.3 13098 Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw 85.0 3.0 oz 1.3	13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.3
Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised 85.0 3.0 oz 1.3 Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw 85.0 3.0 oz 1.3 23354 Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw 85.0 3.0 oz 1.3 13098 Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled 85.0 3.0 oz 1.3 23079 Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw 85.0 3.0 oz 1.3 3.0 oz 1.3	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	1.3
Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw 85.0 3.0 oz 1.3 23354 Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw 85.0 3.0 oz 1.3 13098 Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled 85.0 3.0 oz 1.3 23079 Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw 85.0 3.0 oz 1.3	23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3
Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw 85.0 3.0 oz 1.3 13098 Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled 85.0 3.0 oz 1.3 23079 Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw 85.0 3.0 oz 1.3	13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.3
Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled 85.0 3.0 oz 1.3 23079 Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw 85.0 3.0 oz 1.3	23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3
Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw 85.0 3.0 oz 1.3	23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3
	13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.3
Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised 85.0	23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3
	13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.3

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.3
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3
13347	Beef, cured, corned beef, brisket, cooked	85.0	3.0 oz	1.3
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	1.3
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.3
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	1.3
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.3
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.3
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3
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	1.3
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.3
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	85.0	3.0 oz	1.3
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	1.3
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.3
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0 " fat, select, raw	85.0	3.0 oz	1.3
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3
17181	Game meat, rabbit, wild, cooked, stewed	85.0	3.0 oz	1.3

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
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	1.3
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3
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	1.3
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.3
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	1.3
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	1.3
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3
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	1.3
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.3
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.3
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3
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	1.3
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	1.3
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	1.3
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.3
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	1.3
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.3
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.3
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3
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	1.3
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	1.3
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	85.0	3.0 oz	1.3
05006	Chicken, broilers or fryers, meat and skin, raw	85.0	3.0 oz	1.3

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	85.0	3.0 oz	1.3
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	85.0	3.0 oz	1.3
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.3
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.3
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3
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	1.3
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	1.3
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.3
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	1.3
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3
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	1.3
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.3
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.3
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.3
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.3
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	1.3
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	85.0	3.0 oz	1.3
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.3
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	1.3
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	1.3
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.3
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3
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	1.3
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3
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	1.3
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.3
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	1.3
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.3
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	1.3
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	1.3
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3
20124	Pasta, whole-wheat, dry	91.0	1.0 cup spaghetti	1.3
08390	Cereals ready-to-eat, KASHI GOOD FRIENDS	53.0	1.0 cup (1 NLEA serving)	1.3
09354	Pineapple, canned, juice pack, drained	181.0	1.0 cup, chunks	1.3
42231	Oil, flaxseed, cold pressed	13.6	1.0 tbsp	1.3
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	1.3
20006	Barley, pearled, cooked	157.0	1.0 cup	1.3
11656	Corn pudding, home prepared	250.0	1.0 cup	1.2
28352	Cookies, vanilla sandwich with creme filling, reduced fat	48.0	1.0 serving cookie	1.2
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.2
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	1.2
18147	Cheesecake commercially prepared	28.35	1.0 oz	1.2
18356	Sweet rolls, cinnamon, commercially prepared with raisins	28.35	1.0 oz	1.2
18144	Cake, yellow, enriched, dry mix	43.0	1.0 serving	1.2
03184	Babyfood, cereal, whole wheat, with apples, dry fortified	15.0	0.5 oz	1.2
44259	Puddings, all flavors except chocolate, low calorie, regular, dry mix	113.0	1.0 serving	1.2
08245	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin	62.0	1.0 cup (1 NLEA serving)	1.2
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	155.0	1.0 cup	1.2

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	155.0	1.0 cup	1.2
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup (1 NLEA serving)	1.2
14119	Beverages, Mixed vegetable and fruit juice drink, with added nutrients	247.0	8.0 fl oz	1.2
16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	1.2
09161	Lime juice, canned or bottled, unsweetened	246.0	1.0 cup	1.2
09008	Apples, canned, sweetened, sliced, drained, heated	204.0	1.0 cup slices	1.2
09007	Apples, canned, sweetened, sliced, drained, unheated	204.0	1.0 cup slices	1.2
20086	Wheat flour, white, tortilla mix, enriched	111.0	1.0 cup	1.2
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244.0	1.0 cup	1.2
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	1.2
09401	Applesauce, canned, unsweetened, with added ascorbic acid	244.0	1.0 cup	1.2
01228	Cheese, fresh, queso fresco	122.0	1.0 cup, crumbled	1.2
35142	Frybread, made with lard (Navajo)	152.0	1.0 piece	1.2
28303	Crackers, cheese, whole grain	31.0	1.0 serving 55 pieces	1.2
08129	Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	240.0	1.0 cup	1.2
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	1.2
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	240.0	1.0 cup	1.2
08216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	57.0	1.25 cup (1 NLEA serving)	1.2
01263	Ice cream, light, soft serve, chocolate	298.0	1.0 medium	1.2
43282	Quail, cooked, total edible	28.35	1.0 oz	1.2
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.2
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.2
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.2
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.2
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.2
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.2
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	85.0	3.0 oz	1.2
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	1.2
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	85.0	3.0 oz	1.2
17184	Game meat, squirrel, cooked, roasted	85.0	3.0 oz	1.2
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	85.0	3.0 oz	1.2
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.2
17142	Veal, ground, raw	85.0	3.0 oz	1.2
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.2
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	1.2

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
09006	Apples, raw, without skin, cooked, microwave	170.0	1.0 cup slices	1.2
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	85.0	3.0 oz	1.2
17159	Game meat, boar, wild, cooked, roasted	85.0	3.0 oz	1.2
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.2
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	85.0	3.0 oz	1.2
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.2
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.2
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	85.0	3.0 oz	1.2
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.2
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.2
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.2
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.2
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.2
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.2
17163	Game meat, caribou, cooked, roasted	85.0	3.0 oz	1.2
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.2
13490	Beef, rib, eye, small end (ribs 10-12) separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.2
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.2
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	1.2
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.2
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.2
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.2
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.2
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.2
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	1.2
14035	Beverages, ABBOTT, EAS soy protein powder	44.0	1.0 scoop	1.2
35211	Caribou, hind quarter, meat, cooked (Alaska Native)	66.0	0.5 cup	1.2
43393	Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	59.0	1.25 cup (1 NLEA serving)	1.2
18429	Crackers, whole-wheat, low salt	14.2	0.5 oz	1.2
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	1.2
28290	Cookie, with peanut butter filling, chocolate-coated	25.0	2.0 cookies	1.2
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	1.2
18319	Pie, fried pies, fruit	28.35	1.0 oz	1.2
18135	Cake, pudding-type, white, enriched, dry mix	28.35	1.0 oz	1.2
18102	Cake, white, prepared from recipe with coconut frosting	28.35	1.0 oz	1.2

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08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	58.0	0.5 cup (1 NLEA serving)	1.2
09430	Pineapple, raw, extra sweet variety	165.0	1.0 cup, chunks	1.2
09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	1.2
09429	Pineapple, raw, traditional varieties	165.0	1.0 cup, chunks	1.2
07038	Knackwurst, knockwurst, pork, beef	72.0	1.0 link	1.2
42261	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	52.0	0.75 cup (1 NLEA serving)	1.1
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	1.1
18965	Crackers, cheese, reduced fat	30.0	1.0 serving	1.1
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	1.1
03141	Babyfood, pears, dices, toddler	28.35	1.0 oz	1.1
18198	Cookies, chocolate chip, commercially prepared, special dietary	28.35	1.0 oz	1.1
08084	Cereals ready-to-eat, wheat germ, toasted, plain	28.35	1.0 oz	1.1
14311	Beverages, Malted drink mix, natural, powder, dairy based.	21.0	1.0 serving (3 heaping tsp or 1 envelope)	1.1
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	1.1
09040	Bananas, raw	225.0	1.0 cup, mashed	1.1
03131	Babyfood, fruit, peaches, junior	17.0	1.0 tbsp	1.1
03130	Babyfood, fruit, peaches, strained	17.0	1.0 tbsp	1.1
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	1.1
17203	Veal, variety meats and by-products, liver, cooked, braised	80.0	1.0 slice	1.1
01271	Cheese, mozzarella, low moisture, part-skim, shredded	86.0	1.0 cup	1.1
03860	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed	31.0	1.0 fl oz	1.1
21422	KFC, Popcorn Chicken	6.4	1.0 piece	1.1
04038	Oil, wheat germ	4.5	1.0 tsp	1.1
03290	Babyfood, carrots and beef, strained	15.0	1.0 tbsp	1.1
20036	Rice, brown, long-grain, raw	185.0	1.0 cup	1.1
18360	Taco shells, baked	12.9	1.0 shell	1.1
08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	27.0	0.75 cup (1 NLEA serving)	1.1
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	1.1
17094	Veal, leg (top round), separable lean and fat, raw	28.35	1.0 oz	1.1
18191	Cookies, raisin, soft-type	28.35	1.0 oz	1.1
19038	Snacks, popcorn, caramel-coated, with peanuts	28.35	1.0 oz (approx 2/3 cup)	1.1
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.1
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.1
17157	Game meat, bison, separable lean only, cooked, roasted	85.0	3.0 oz	1.1
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.1

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.1
17148	Bison, ground, grass-fed, cooked	85.0	3.0 oz	1.1
23567	Beef, ground, 85% lean meat / 15% fat, raw	85.0	3.0 oz	1.1
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.1
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	1.1
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.1
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.1
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	85.0	3.0 oz	1.1
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.1
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.1
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.1
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	85.0	3.0 oz	1.1
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	85.0	3.0 oz	1.1
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.1
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.1
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.1
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	1.1
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.1
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.1
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.1
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.1
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	1.1
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.1
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.1
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.1
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.1
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.1
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	85.0	3.0 oz	1.1
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.1
17104	Veal, loin, separable lean and fat, raw	85.0	3.0 oz	1.1
17427	Veal, loin, chop, separable lean only, cooked, grilled	85.0	3.0 oz	1.1
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.1

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.1
20077	Wheat bran, crude	58.0	1.0 cup	1.1
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	58.0	1.0 serving 1 biscuit	1.1
01003	Butter oil, anhydrous	12.8	1.0 tbsp	1.1
09059	Breadfruit, raw	220.0	1.0 cup	1.1
16338	Beans, navy, mature seeds, cooked, boiled, with salt	182.0	1.0 cup	1.1
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	1.1
01206	Cream substitute, flavored, powdered	12.0	4.0 tsp	1.1
09504	Apples, raw, fuji, with skin	109.0	1.0 cup, sliced	1.1
04055	Oil, palm	13.6	1.0 tbsp	1.1
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57.0	1.0 bar (2 oz)	1.1
08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins	60.0	0.667 cup (1 NLEA serving)	1.1
28314	Crackers, sandwich-type, peanut butter filled, reduced fat	36.0	1.0 package	1.1
18243	Croutons, seasoned	14.2	0.5 oz	1.1
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	67.0	1.0 slice	1.1
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	1.1
03045	Babyfood, dinner, macaroni and tomato and beef, junior	16.0	1.0 tbsp	1.1
32031	Salisbury steak with gravy, frozen	63.0	1.0 patty	1.1
36615	DENNY'S, top sirloin steak	107.0	1.0 steak	1.1
01239	Ice cream cookie sandwich	82.0	1.0 serving	1.1
06962	Sauce, chili, peppers, hot, immature green, canned	15.0	1.0 tbsp	1.1
28351	Cookies, Marie biscuit	28.0	5.0 cookie	1.1
43408	Babyfood, juice, pear	31.2	1.0 fl oz	1.1
14310	Beverages, Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	1.1
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	96.0	1.0 unit	1.1
22901	Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased	81.0	0.75 cup	1.1
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	1.0
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	1.0
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	1.0
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	262.0	1.0 cup	1.0
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	1.0
08538	Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Dueberry Clusters	55.0	1.0 cup (1 NLEA serving)	1.0
08599	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS	55.0	1.0 cup (1 NLEA serving)	1.0
21521	Fast foods, strawberry banana smoothie made with ice and low-fat yogurt	347.0	12.0 fl oz	1.0
11446	Seaweed, laver, raw	26.0	10.0 sheets	1.0

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
11518	Taro, raw	104.0	1.0 cup, sliced	1.0
25045	Formulated bar, high fiber, chewy, oats and chocolate	40.0	1.0 bar	1.0
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	61.0	0.167 loaf 1/6 of the loaf	1.0
09277	Plantains, raw	148.0	1.0 cup, sliced	1.0
42179	Frankfurter, beef, low fat	57.0	1.0 frankfurter	1.0
07905	Frankfurter, beef, pork, and turkey, fat free	57.0	1.0 frank 1 NLEA serving	1.0
09005	Apples, raw, without skin, cooked, boiled	171.0	1.0 cup slices	1.0
17224	Lamb, ground, raw	28.35	1.0 oz	1.0
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	1.0
13335	Beef, variety meats and by-products, suet, raw	28.35	1.0 oz	1.0
01133	Egg, whole, dried	85.0	1.0 cup, sifted	1.0
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.0
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.0
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	85.0	3.0 oz	1.0
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.0
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	1.0
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.0
17169	Game meat, goat, cooked, roasted	85.0	3.0 oz	1.0
17128	Veal, shoulder, blade chop, separable lean and fat, raw	85.0	3.0 oz	1.0
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.0
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.0
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.0
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.0
17149	Bison, ground, grass-fed, raw	85.0	1.0 patty (cooked from 4 oz raw)	1.0
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85.0	3.0 oz	1.0
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	85.0	3.0 oz	1.0
17143	Veal, ground, cooked, broiled	85.0	3.0 oz	1.0
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.0
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.0
17173	Game meat, moose, cooked, roasted	85.0	3.0 oz	1.0
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	85.0	3.0 oz	1.0
17343	Game meat, deer, ground, raw	85.0	1.0 patty (cooked from 4 oz raw)	1.0
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.0
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.0
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.0

1368 Beef, short loin, portenbous steak, separable lean only, trimmed to 1/8" fat, solect raw 850 3.0 oz 1.0 o	NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
23656 Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw 85.0 3.0 az 1.6 13958 Beef, bottom strifon, tricip roots, separable lean and fat, trimmed to 0" fat, select, raw 85.0 3.0 az 3.1 23575 HOF DOCKETS Ham Onchees Stuffed Sandwich, frozen 127.0 1.0 serving (1 hot pocket) 1.0 23555 HOT POCKETS AND FOCKETS Chicken. Broccoli, and Cheddar Stuffed Sandwich, frozen 127.0 1.0 serving (1 hot pocket) 1.0 44074 Prozen novelites, lee cream type, vanilis lee cream, light, no sugar added, chrooline coused 253.0 1.0 serving (1 hot pocket) 1.0 99312 Grape juice, caused or bottled, unswertened, with added ascorbic acid 253.0 1.0 cup 1.0 9130 Grape juice, caused or bottled, unswertened, with added ascorbic acid 253.0 1.0 cup 1.0 9131 Grape juice, caused or bottled, unswertened, with added ascorbic acid 253.0 1.0 cup, and places 1.0 9130 Grape juice, caused or bottled, unswertened, with added ascorbic acid 253.0 1.0 cup, and places 1.0 9130 Grape juice, caused or bottled, unswertened, with added ascorbic acid 253.0	13340	Beef, variety meats and by-products, tongue, cooked, simmered	85.0	3.0 oz	1.0
13958 Becf. bottom sirioin, ri-lip roset, separable lean and far, trimmed to 0" fat, select, raw 85.0 1.0 serving (1 hog packet) 1.0 c. 25575 HOT FOCKETS Ham N Cheeses Staffed Standwick, frozon 127.0 1.0 serving (1 hog packet) 1.0 42074 Frozen novelities, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated 78.0 1.0 serving (1 hog packet) 1.0 69152 Grape jaice, canned or bottled, unsweezened, without added accorbic acid and calcium 253.0 1.0 c. up 1.0 c. up 69120 Grape jaice, canned or bottled, unsweezened, with added accorbic acid and calcium 253.0 1.0 c. up 1.0 69130 Grape jaice, canned or bottled, unsweezened, with added accorbic acid 253.0 1.0 c. up 1.0 48112 Beans, chili, Sanbecner, ranch style, cooked 253.0 1.0 c. up 1.0 48112 Beans, chili, Sanbecner, ranch style, cooked 253.0 1.0 c. up 1.0 68130 Creats, cansi, instant, fortified, with rasins and spice, dry 44.0 1.0 c. up 1.0 68140 Sough, clamar chowder, new england, canned, condensed 126.0 1.0 size (swerage weight of 1 sizes) <t< td=""><td>13468</td><td>Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw</td><td>85.0</td><td>3.0 oz</td><td>1.0</td></t<>	13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.0
10 10 10 10 10 10 10 10	23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.0
2255 HOT POCKETS, CROISSANT POCKETS Chicken, Brocoli, and Cheddar Stuffed Sandwich, frozen 127.0 1.0 serving (1 hot pocket) 1.0 decreased 42074 Florzen novelites, ice cream type, vanilia ice cream, light, no sugar added, chocolate coated 783.0 1.0 lugh per 1.0 c. 1.0 c. 9912 Grape juice, canned or bottled, unsweetened, with added accroic acid and calcium 253.0 1.0 c. 1.0 c. 9913 Grape juice, canned or bottled, unsweetened, with added accroic acid and calcium 253.0 1.0 c. 1.0 c. 9914 Braad, stills, plane, canned, or bottled, unsweetened, with added accroic acid and calcium 253.0 1.0 c. 1.0 c. 1808 Bread stills, plane, canned, style, cocked 253.0 1.0 c. 1.0 c. 1808 Bread stills, plani 460 1.0 c. 1.0 c. 1809 Song, clam chowder, acc england, canned, condensed 1260 1.0 c. 1.0 c. 18095 Beef susage, pre-coniced 480 1.0 serving the pre-coniced 1.0 c. 18095 Beef susage, pre-coniced 480 1.0 serving the pre-coniced 1.0 c. 18095 Peacal, pand thice, weet yeast brea	13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.0
42074 Frozen novelties, ice vreum type, vanilla ice creum, light, no sugar added, chocolate coated 78.0 1.0 bar 1.0 cup 1.0	22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	1.0
6913 Grape juice, camed or bottled, unsweetened, with added acorbic acid 253.0 1.0 cup 1.0 cup 69512 Grape juice, canned or bottled, unsweetened, with added acorbic acid and calcium 253.0 1.0 cup 1.0 cup 69130 Grape juice, canned or bottled, unsweetened, with added acorbic acid 253.0 1.0 cup 1.0 cup 48112 Beans, chill, batbeau, ranch style, cooked 253.0 1.0 cup, small pieces 1.0 cup 18080 Bread sticks, plain 46.0 1.0 cup, small pieces 1.0 cup 08132 Cereals, cast, instant, fortified, with raisis and spice, dry 44.0 1.0 cup, small pieces 1.0 cup 081935 Beef sausage, pre-cooked 48.0 1.0 stero, dry 1.0 cup 18955 Beef sausage, pre-cooked 48.0 1.0 stero pre-cooked 1.0 cup 18955 Beef sausage, pre-cooked 48.0 1.0 stero pre-cooked 1.0 cup 18966 Calcials, REESEF sterbas, milk chocolate, peanut butter, soft nougats, cardy bar 50.0 1.0 stero pre-pre-pre-pre-pre-pre-pre-pre-pre-pre-	22535	HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	1.0
99512 Gispe juice, canned or boutled, unsweetened, with added ascorbic acid and calcium 2530 1.0 cup 1.0 cup 9130 Grape juice, canned or boutled, unsweetened, with added ascorbic acid 2530 1.0 cup 1.0 cup 1808 Beans, chill, barbecue, ranch style, cooked 2530 1.0 cup 1.0 cup 8132 Cereals, oats, instant, fortified, with raisins and spice, dry 440 1.0 packet 1.0 cup 9034 Beed sunsage, pre-cooked 480 1.0 spice 1.0 cup 1895 Bread, pan dule, sweet yeast bread 610 1.0 slice (average weight of 1 slice) 1.0 cup 1996 Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar 50 1.0 serving 1 br 1.0 cup 2021 Fast foods, english muffin, with egg, cheese, and camadian bacon 12c0 1.0 cup (1 NLEA serving) 1.0 cup 1996 Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar 50 1.0 cup (1 NLEA serving) 1.0 cup 0691 Suce, peppers, hot, chili, mature red, canned 150 1.0 cup (1 NLEA serving) 1.0 cup 01137 Egg, yolk, dri	42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	78.0	1.0 bar	1.0
09130 Grape Juice, canned or bortled, unsweetened, with added ascorbic acid 2530 1.0 cup 1.0 cup 43112 Beans, chili, barbecue, ranch style, cooked 2530 1.0 cup 1.0 cup 18080 Bread sticks, plain 460 1.0 cup small pieces 1.0 cup 18082 Cercals, cast, instant, fortified, with raisins and spice, dry 440 1.0 cup 1.0 cup 18083 Soup, clain chowder, new england, canned, condensed 1260 0.5 cup 1.0 cup 18084 Beef sausage, pre-cooked 480 1.0 slice (average weight of 1 slice) 1.0 cup 18055 Beaf, and nucle, sweet yeast bread 630 1.0 slice (average weight of 1 slice) 1.0 cup 18051 Fast foods, english muffin, with egg, cheese, and canadian bacon 1260 1.0 sandwich 1.0 cup 19864 Carcals ready-to-cart, GENERAL MILLS, TOTAL Raisin Bran 530 1.0 cup (1 NLBA serving) 1.0 cup 19875 Egg, yolk, dried 60 0.1 cup (1 NLBA serving) 1.0 cup 19876 Carcals ready-to-cart, GENERAL MILLS, TOTAL Raisin Bran 530 1.0 cup 1.0 cup </td <td>09135</td> <td>Grape juice, canned or bottled, unsweetened, without added ascorbic acid</td> <td>253.0</td> <td>1.0 cup</td> <td>1.0</td>	09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253.0	1.0 cup	1.0
43112 Beans, chili, barbeeue, ranch style, cooked 2530 1.0 cup 1.0 cup 18080 Bread sticks, plain 460 1.0 cup, small pieces 1.0 08132 Cereals, oast, instant, fortified, with raisins and spice, dry 440 1.0 placete 1.0 08132 Cereals, oast, instant, fortified, with raisins and spice, dry 440 0 1.0 slow 1.0 08132 Cereals, oast, instant, fortified, with raisins and spice, dry 440 0 0.0	09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	253.0	1.0 cup	1.0
18080 Bread sticks, plain 46.0 1.0 cup, small pieces 1.0 cup, small pieces 08132 Cercals, coats, instant, fortified, with raisins and spice, dry 44.0 1.0 packet 1.0 cup 06030 Soup, clam chowder, new england, canned, condensed 126.0 0.5 cup 1.0 cup 18955 Bread, pan duke, sweet yeast bread 63.0 1.0 stice (average weight of 1 slice) 1.0 cup 18955 Bread, pan duke, sweet yeast bread 63.0 1.0 stice (average weight of 1 slice) 1.0 cup 18955 Bread, pan duke, sweet yeast bread 63.0 1.0 stice (average weight of 1 slice) 1.0 cup 18956 Candies, RETSE'S Fast Break, milk chocolate, peanut butter, soft nougats, candy bar 56.0 1.0 serving 1 bar 1.0 cup 18964 Cercals ready-to-cat, GENERAL MILLS, TOTAL Raisin Bran 53.0 1.0 cup (1 NLEA serving) 1.0 cup 06961 Sauce, peppers, bot, chili, mature red, canned 15.0 1.0 cup (1 NLEA serving) 1.0 cup 06182 Soup, cream of mushroom, canned 25.0 1.0 cup 1.0 cup 06183 Pimento, canned 1.0 cup 1.0 cup<	09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	253.0	1.0 cup	1.0
08132 Cereals, oats, instant, fortified, with raisins and spice, dry 440 1.0 packed 1.0 06030 Soup, clam chowder, new england, canned, condensed 1260 0.5 cup 1.0 07954 Beef sausage, pre-cooked 480 1.0 slice (average weight of 1 slice) 1.0 18955 Brad, pan dulce, sweet yeast bread 630 1.0 slice (average weight of 1 slice) 1.0 1996 Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar 560 1.0 serving 1 bar 1.0 08247 Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran 530 1.0 cup (1 NLEA serving) 1.0 08610 Sauce, peppers, bot, chili, mature red, canned 150 1.0 cup (1 NLEA serving) 1.0 08137 Egg, yolk, dried 670 1.0 cup (1 NLEA serving) 1.0 01137 Egg, yolk, dried 10 1.0 1.0 1.0 01812 Soup, cream of mushroom, canned, condensed, reduced sodium 251.0 1.0 1.0 1.0 18010 Beans, baked, canned, with pork and sweet sauce 249.0 1.0 cup 1 1.0	43112	Beans, chili, barbecue, ranch style, cooked	253.0	1.0 cup	1.0
06030 Soup, clam chowder, new england, canned, condensed 126.0 0.5 cup 1.0 07954 Beef sausage, pre-cooked 48.0 1.0 serving 1.0 18955 Bread, pan dulce, sweet yeast bread 63.0 1.0 slice (average weight of 1 slice) 1.0 21021 Fast foods, english muffin, with egg, cheese, and canadian bacon 126.0 1.0 sandwich 1.0 18966 Candies, REESE's Fas Break, milk chocolate, peanut butter, soft nougats, candy bar 50.0 1.0 cup (1 NLEA serving) 1.0 08247 Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran 53.0 1.0 cup (1 NLEA serving) 1.0 06961 Sauce, peppers, hot, chili, mature red, canned 15.0 1.0 cup (1 NLEA serving) 1.0 01137 Egg, yolk, dried 67.0 1.0 cup, sifted 1.0 0182 Soup, cream of mushroom, canned, condensed, reduced sodium 251.0 1.0 cup 1.0 16010 Beans, baked, canned, with pork and sweet sauce 249.0 1.0 cup 1.0 18301 Pic, apple, commercially prepared, enriched flour 28.3 1.0 cup 1.0	18080	Bread sticks, plain	46.0	1.0 cup, small pieces	1.0
07954 Bef sausage, pre-cooked 48.0 1.0 serving 1.0 18955 Bread, pan dulce, sweet yeast bread 63.0 1.0 slice (average weight of 1 slice) 1.0 21021 Fast foods, english muffin, with egg, cheese, and canadian bacon 126.0 1.0 serving 1 bar 1.0 19896 Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar 56.0 1.0 serving 1 bar 1.0 8247 Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran 33.0 1.0 cup (1 NLEA serving) 1.0 80247 Sauce, peppers, hot, chili, mature etd, canned 15.0 1.0 cup (1 NLEA serving) 1.0 90137 Egg, yolk, dried 67.0 1.0 cup (1 NLEA serving) 1.0 11943 Pimento, canned 120 1.0 cup (1 NLEA serving) 1.0 16102 Soup, cream of mushroom, canned, condensed, reduced sodium 251.0 1.0 cup (1 NLEA serving) 1.0 16103 Beans, baked, canned, with pork and sweet sauce 249.0 1.0 cup (1 NLEA serving) 1.0 3164 Babyfood, fruit, apple and blueberry, strained 28.3 1.0 cup 1.0	08132	Cereals, oats, instant, fortified, with raisins and spice, dry	44.0	1.0 packet	1.0
18955 Bread, pan dulce, sweet yeast bread 63.0 1.0 slice (average weight of 1 slice) 1.0 21021 Fast foods, english muffin, with egg, cheese, and canadian bacon 126.0 1.0 sandwich 1.0 1896 Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar 56.0 1.0 serving 1 bar 1.0 08247 Cercals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran 53.0 1.0 cup (1 NLEA serving) 1.0 06961 Sauce, peppers, hot, chili, mature red, canned 15.0 1.0 cup (1 NLEA serving) 1.0 06182 Soup, cream of mushroom, canned, condensed, reduced sodium 251.0 1.0 cup sitted 1.0 06182 Soup, cream of mushroom, canned, condensed, reduced sodium 251.0 1.0 cup in the canned 1.0 11943 Pimento, canned 12.0 1.0 cup in the canned 1.0 1.0 16010 Beans, baked, canned, with pork and sweet sauce 249.0 1.0 cup in the canned 1.0 18301 Pic, apple, commercially prepared, enriched flour 28.35 1.0 cup in the canned 1.0 18302 Pic, apple, commercially prepared, enriched	06030	Soup, clam chowder, new england, canned, condensed	126.0	0.5 cup	1.0
21021 Fast foods, english muffin, with egg, cheese, and canadian bacon 126.0 1.0 sandwich 1.0 19896 Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar 56.0 1.0 cup (1 NLEA serving) 1.0 08247 Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran 53.0 1.0 cup (1 NLEA serving) 1.0 06961 Sauce, peppers, hot, chili, mature red, canned 15.0 1.0 cup, 10 NLEA serving) 1.0 01137 Egg, yolk, dried 67.0 1.0 cup, sifted 1.0 06182 Soup, cream of mushroom, canned, condensed, reduced sodium 251.0 1.0 cup, sifted 1.0 06183 Pimento, canned 12.0 1.0 tubsp 1.0 16010 Beans, baked, canned, with pork and sweet sauce 249.0 1.0 cup 1.0 03164 Babyfood, fruit, apple and blueberry, strained 28.35 1.0 oz 1.0 18301 Pie, apple, commercially prepared, enriched flour 28.35 1.0 oz 1.0 06430 Soup, clam chowder, new england, canned, prepared with equal volume water 248.0 1.0 serving 1 cup 1.0 </td <td>07954</td> <td>Beef sausage, pre-cooked</td> <td>48.0</td> <td>1.0 serving</td> <td>1.0</td>	07954	Beef sausage, pre-cooked	48.0	1.0 serving	1.0
19896 Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar 56.0 1.0 serving 1 bar 1.0 08247 Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran 53.0 1.0 cup (1 NLEA serving) 1.0 06961 Sauce, peppers, hot, chili, mature red, canned 15.0 1.0 cup, sifted 1.0 01137 Egg, yolk, dried 67.0 1.0 cup, sifted 1.0 06182 Soup, cream of mushroom, canned, condensed, reduced sodium 251.0 1.0 cup 1.0 11943 Pimento, canned 12.0 1.0 tbsp 1.0 16010 Beans, baked, canned, with pork and sweet sauce 249.0 1.0 cup 1.0 3164 Babyfood, fruit, apple and blueberry, strained 28.35 1.0 oz 1.0 18301 Pie, apple, commercially prepared, enriched flour 28.35 1.0 oz 1.0 06430 Soup, clam chowder, new england, canned, prepared with equal volume water 248.0 1.0 serving 1 cup 1.0 08435 Cereals ready-to-eat, UNCLE SAM CEREAL 55.0 0.75 cup (1 NLEA serving) 1.0 08436	18955	Bread, pan dulce, sweet yeast bread	63.0	1.0 slice (average weight of 1 slice)	1.0
08247 Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran 53.0 1.0 cup (1 NLEA serving) 1.0 cup 06961 Sauce, peppers, hot, chili, mature red, canned 15.0 1.0 tubsp 1.0 01137 Egg, yolk, dried 67.0 1.0 cup, sifted 1.0 06182 Soup, cream of mushroom, canned, condensed, reduced sodium 251.0 1.0 cup 1.0 11943 Pimento, canned 12.0 1.0 tubsp 1.0 16010 Beans, baked, canned, with pork and sweet sauce 249.0 1.0 cup 1.0 3164 Babyfood, fruit, apple and blueberry, strained 28.35 1.0 oz 1.0 18301 Pie, apple, commercially prepared, enriched flour 28.35 1.0 oz 1.0 06430 Soup, clam chowder, new england, canned, prepared with equal volume water 248.0 1.0 serving 1 cup 1.0 42240 Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds 32.0 0.75 cup (1 NLEA serving) 1.0 8435 Cereals ready-to-eat, UNCLE SAM CEREAL 55.0 0.75 cup (1 NLEA serving) 1.0 25016 Formula	21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	126.0	1.0 sandwich	1.0
06961 Sauce, peppers, hot, chili, mature red, canned 15.0 1.0 tbsp 1.0 01137 Egg, yolk, dried 67.0 1.0 cup, sifted 1.0 06182 Soup, cream of mushroom, canned, condensed, reduced sodium 251.0 1.0 cup 1.0 11943 Pimento, canned 12.0 1.0 tbsp 1.0 16010 Beans, baked, canned, with pork and sweet sauce 249.0 1.0 cup 1.0 03164 Babyfood, fruit, apple and blueberry, strained 28.35 1.0 oz 1.0 18301 Pie, apple, commercially prepared, enriched flour 28.35 1.0 oz 1.0 06430 Soup, clam chowder, new england, canned, prepared with equal volume water 248.0 1.0 serving 1 cup 1.0 42240 Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds 32.0 0.75 cup (1 NLEA serving) 1.0 08435 Cereals ready-to-eat, UNCLE SAM CEREAL 55.0 0.75 cup (1 NLEA serving) 1.0 25016 Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors 55.0 1.0 packet (1 NLEA serving) 1.0 09232 Passion-fruit juice, purple, raw 247.0 1.0 cup <t< td=""><td>19896</td><td>Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar</td><td>56.0</td><td>1.0 serving 1 bar</td><td>1.0</td></t<>	19896	Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	56.0	1.0 serving 1 bar	1.0
01137 Egg, yolk, dried 67.0 1.0 cup, sifted 1.0 cup 1.	08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	53.0	1.0 cup (1 NLEA serving)	1.0
06182 Soup, cream of mushroom, canned, condensed, reduced sodium 251.0 1.0 cup 1.0 11943 Pimento, canned 12.0 1.0 tbsp 1.0 16010 Beans, baked, canned, with pork and sweet sauce 249.0 1.0 cup 1.0 03164 Babyfood, fruit, apple and blueberry, strained 28.35 1.0 oz 1.0 18301 Pie, apple, commercially prepared, enriched flour 28.35 1.0 oz 1.0 06430 Soup, clam chowder, new england, canned, prepared with equal volume water 248.0 1.0 serving 1 cup 1.0 42240 Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds 32.0 0.75 cup (1 NLEA serving) 1.0 08435 Cereals ready-to-eat, UNCLE SAM CEREAL 55.0 0.75 cup (1 NLEA serving) 1.0 25016 Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors 55.0 1.0 bar 1.0 08436 Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry 43.0 1.0 packet (1 NLEA serving) 1.0 09232 Passion-fruit juice, purple, raw 247.0 1.0 cup 1.0	06961	Sauce, peppers, hot, chili, mature red, canned	15.0	1.0 tbsp	1.0
11943 Pimento, canned 12.0 1.0 tbsp 1.0 16010 Beans, baked, canned, with pork and sweet sauce 249.0 1.0 cup 1.0 03164 Babyfood, fruit, apple and blueberry, strained 28.35 1.0 oz 1.0 18301 Pie, apple, commercially prepared, enriched flour 28.35 1.0 oz 1.0 06430 Soup, clam chowder, new england, canned, prepared with equal volume water 248.0 1.0 serving 1 cup 1.0 42240 Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds 32.0 0.75 cup (1 NLEA serving) 1.0 08435 Cereals ready-to-eat, UNCLE SAM CEREAL 55.0 0.75 cup (1 NLEA serving) 1.0 25016 Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors 55.0 1.0 bar 1.0 08436 Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry 43.0 1.0 packet (1 NLEA serving) 1.0 09232 Passion-fruit juice, purple, raw 247.0 1.0 cup 1.0 09233 Passion-fruit juice, yellow, raw 247.0 1.0 cup 1.0 11830	01137	Egg, yolk, dried	67.0	1.0 cup, sifted	1.0
16010 Beans, baked, canned, with pork and sweet sauce 249.0 1.0 cup 1.0 03164 Babyfood, fruit, apple and blueberry, strained 28.35 1.0 oz 1.0 18301 Pie, apple, commercially prepared, enriched flour 28.35 1.0 oz 1.0 06430 Soup, clam chowder, new england, canned, prepared with equal volume water 248.0 1.0 serving 1 cup 1.0 42240 Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds 32.0 0.75 cup (1 NLEA serving) 1.0 08435 Cereals ready-to-eat, UNCLE SAM CEREAL 55.0 0.75 cup (1 NLEA serving) 1.0 25016 Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors 55.0 1.0 bar 1.0 08436 Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry 43.0 1.0 packet (1 NLEA serving) 1.0 09232 Passion-fruit juice, purple, raw 247.0 1.0 cup 1.0 09233 Passion-fruit juice, yellow, raw 247.0 1.0 cup 1.0 11830 Potatoes, baked, skin only, with salt 58.0 1.0 skin 1.0	06182	Soup, cream of mushroom, canned, condensed, reduced sodium	251.0	1.0 cup	1.0
03164 Babyfood, fruit, apple and blueberry, strained 28.35 1.0 oz 1.0 18301 Pie, apple, commercially prepared, enriched flour 28.35 1.0 oz 1.0 06430 Soup, clam chowder, new england, canned, prepared with equal volume water 248.0 1.0 serving 1 cup 1.0 42240 Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds 32.0 0.75 cup (1 NLEA serving) 1.0 08435 Cereals ready-to-eat, UNCLE SAM CEREAL 55.0 0.75 cup (1 NLEA serving) 1.0 25016 Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors 55.0 1.0 bar 1.0 08436 Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry 43.0 1.0 packet (1 NLEA serving) 1.0 09232 Passion-fruit juice, purple, raw 247.0 1.0 cup 1.0 09233 Passion-fruit juice, yellow, raw 247.0 1.0 cup 1.0 11830 Potatoes, baked, skin only, with salt 58.0 1.0 skin 1.0	11943	Pimento, canned	12.0	1.0 tbsp	1.0
Pie, apple, commercially prepared, enriched flour 28.35 1.0 oz 1.0 06430 Soup, clam chowder, new england, canned, prepared with equal volume water 248.0 1.0 serving 1 cup 1.0 2240 Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds 32.0 0.75 cup (1 NLEA serving) 1.0 25016 Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors 55.0 1.0 packet (1 NLEA serving) 1.0 28.35 1.0 oz 1.0 28.35 1.0 29.35 1.0 20.35 20.35 20.37 20.47 20.75 cup (1 NLEA serving) 20.75 cup (1 NLEA servin	16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	1.0
Soup, clam chowder, new england, canned, prepared with equal volume water 248.0 1.0 serving 1 cup 1.0 42240 Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds 32.0 0.75 cup (1 NLEA serving) 1.0 8435 Cereals ready-to-eat, UNCLE SAM CEREAL 55.0 0.75 cup (1 NLEA serving) 1.0 25016 Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors 55.0 1.0 bar 1.0 8436 Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry 43.0 1.0 packet (1 NLEA serving) 1.0 9232 Passion-fruit juice, purple, raw 247.0 1.0 cup 1.0 9233 Passion-fruit juice, yellow, raw 247.0 1.0 cup 1.0 1.0 1.0 cup 1.0 9231 Potatoes, baked, skin only, with salt 58.0 1.0 skin 1.0	03164	Babyfood, fruit, apple and blueberry, strained	28.35	1.0 oz	1.0
42240Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds32.00.75 cup (1 NLEA serving)1.008435Cereals ready-to-eat, UNCLE SAM CEREAL55.00.75 cup (1 NLEA serving)1.025016Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors55.01.0 bar1.008436Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry43.01.0 packet (1 NLEA serving)1.009232Passion-fruit juice, purple, raw247.01.0 cup1.009233Passion-fruit juice, yellow, raw247.01.0 cup1.011830Potatoes, baked, skin only, with salt58.01.0 skin1.0	18301	Pie, apple, commercially prepared, enriched flour	28.35	1.0 oz	1.0
Cereals ready-to-eat, UNCLE SAM CEREAL 55.0 0.75 cup (1 NLEA serving) 1.0 25016 Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors 55.0 1.0 bar 1.0 25016 Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry 43.0 1.0 packet (1 NLEA serving) 1.0 247.0 1.0 cup 1.0 247.0 1.0 cup 1.0 11830 Potatoes, baked, skin only, with salt 58.0 1.0 skin 1.0	06430	Soup, clam chowder, new england, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	1.0
Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors 55.0 1.0 bar 1.0 bar 1.0 bar 1.0 bar 1.0 packet (1 NLEA serving) 1.0 cup 1.0 cup 1.0 cup 1.10 cup 1.0 cup	42240	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	32.0	0.75 cup (1 NLEA serving)	1.0
08436Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry43.01.0 packet (1 NLEA serving)1.0 cup09232Passion-fruit juice, purple, raw247.01.0 cup1.0 cup09233Passion-fruit juice, yellow, raw247.01.0 cup1.0 cup11830Potatoes, baked, skin only, with salt58.01.0 skin1.0 cup	08435	Cereals ready-to-eat, UNCLE SAM CEREAL	55.0	0.75 cup (1 NLEA serving)	1.0
09232 Passion-fruit juice, purple, raw 247.0 1.0 cup 1.0 09233 Passion-fruit juice, yellow, raw 247.0 1.0 cup 1.0 11830 Potatoes, baked, skin only, with salt 58.0 1.0 skin 1.0	25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	55.0	1.0 bar	1.0
09233 Passion-fruit juice, yellow, raw 247.0 1.0 cup 1.0 11830 Potatoes, baked, skin only, with salt 58.0 1.0 skin 1.0	08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	43.0	1.0 packet (1 NLEA serving)	1.0
11830 Potatoes, baked, skin only, with salt 58.0 1.0 skin 1.0	09232	Passion-fruit juice, purple, raw	247.0	1.0 cup	1.0
11830 Potatoes, baked, skin only, with salt 58.0 1.0 skin 1.0	09233	Passion-fruit juice, yellow, raw	247.0	1.0 cup	1.0
·	11830		58.0		1.0
	11364	Potatoes, baked, skin, without salt	58.0	1.0 skin	1.0

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
08462	Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat	54.0	29.0 biscuits (1 NLEA serving)	1.0
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	18.0	1.0 piece (1/8 of 9" crust)	1.0
08182	Cereals, WHEATENA, cooked with water, with salt	243.0	1.0 cup	1.0
08145	Cereals, whole wheat hot natural cereal, cooked with water, without salt	242.0	1.0 cup	1.0
08183	Cereals, whole wheat hot natural cereal, cooked with water, with salt	242.0	1.0 cup	1.0
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1.0 tablespoon	1.0
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	13.6	1.0 tbsp	1.0
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	1.0
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	1.0
13019	Beef, retail cuts, separable fat, raw	28.35	1.0 oz	1.0
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	1.0
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond	60.0	1.0 cup (1 NLEA serving)	1.0
08544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	48.0	0.75 cup (1 NLEA serving)	1.0
07051	Olive loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	1.0
20647	Millet flour	119.0	1.0 cup	1.0
07034	Headcheese, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	1.0
04529	Oil, almond	13.6	1.0 tablespoon	1.0
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	1.0
13345	Beef, cured, breakfast strips, cooked	34.0	3.0 slices	1.0
05284	Turkey, canned, meat only, with broth	135.0	1.0 cup, drained	0.9
25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	35.0	1.0 bar	0.9
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	234.0	1.0 cup, cooked	0.9
18323	Pie, peach	28.35	1.0 oz	0.9
19049	Snacks, M& M MARS, COMBOS Snacks Cheddar Cheese Pretzel	28.35	1.0 oz	0.9
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	0.9
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.9
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.9
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.9
15232	Fish, roughy, orange, cooked, dry heat	85.0	3.0 oz	0.9
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.9
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.9
13047	Beef, grass-fed, ground, raw	85.0	1.0 serving	0.9
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	85.0	3.0 oz	0.9
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.9
17107	Veal, loin, separable lean only, raw	85.0	3.0 oz	0.9

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.9
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	85.0	3.0 oz	0.9
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55.0	1.0 cup (1 NLEA serving)	0.9
43245	Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	55.0	1.0 cup (1 NLEA serving)	0.9
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30.0	0.75 cup (1 NLEA serving)	0.9
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	58.0	7.0 biscuit (1 NLEA serving)	0.9
12157	Nuts, walnuts, dry roasted, with salt added	28.0	1.0 oz	0.9
08142	Cereals, WHEATENA, dry	40.0	0.33 cup (1 NLEA serving)	0.9
20013	Bulgur, cooked	182.0	1.0 cup	0.9
01238	Ice cream sandwich	70.0	1.0 serving	0.9
11492	Squash, winter, spaghetti, raw	101.0	1.0 cup, cubes	0.9
18317	Pie, egg custard, commercially prepared	28.35	1.0 oz	0.9
06633	Sauce, hot chile, sriracha, TUONG OT SRIRACHA	6.2	1.0 tsp	0.9
03154	Babyfood, fruit and vegetable, apple and sweet potato	113.0	1.0 jar, Gerber (4 oz)	0.9
23562	Beef, ground, 90% lean meat / 10% fat, raw	113.0	4.0 oz	0.9
19083	Candies, sweet chocolate coated fondant	43.0	1.0 patty, large	0.9
19040	Snacks, popcorn, cheese-flavor	11.0	1.0 cup	0.9
08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax	53.0	0.67 Cup (1 NLEA serving)	0.9
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	30.0	0.75 cup (1 NLEA serving)	0.9
09315	Soursop, raw	225.0	1.0 cup, pulp	0.9
07022	Frankfurter, beef, unheated	50.0	1.0 frankfurter	0.9
43495	Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	50.0	1.0 cup (1 NLEA serving)	0.9
08215	Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon	56.0	1.0 cup (1 NLEA serving)	0.9
05332	Chicken, ground, raw	112.0	4.0 oz crumbled	0.9
07931	Beerwurst, pork and beef	56.0	1.0 serving 2 oz	0.9
07919	Sausage, turkey, breakfast links, mild	56.0	2.0 oz, 2 links	0.9
08214	Cereals ready-to-eat, QUAKER, Oatmeal Squares	56.0	1.0 cup (1 NLEA serving)	0.9
18042	Bread, pita, whole-wheat	64.0	1.0 pita, large (6-1/2" dia)	0.9
18427	Crackers, standard snack-type, regular, low salt	14.2	0.5 oz	0.9
08081	Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	59.0	1.0 cup (1 NLEA serving)	0.9
06029	CAMPBELL'S, HEALTHY REQUEST, chicken with rice, condensed	126.0	0.5 cup	0.9
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	55.0	0.67 cup (1 NLEA serving)	0.9
08500	Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	0.9
13020	Beef, retail cuts, separable fat, cooked	28.35	1.0 oz	0.9
18351	Rolls, hamburger or hotdog, mixed-grain	28.35	1.0 oz	0.9

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
18090	Cake, boston cream pie, commercially prepared	28.35	1.0 oz	0.9
18352	Rolls, hamburger or hotdog, reduced-calorie	28.35	1.0 oz	0.9
18416	Bread, white, commercially prepared, low sodium, no salt	28.35	1.0 oz	0.9
28302	Cookies, graham crackers, plain or honey, lowfat	35.0	1.0 serving	0.9
07953	Pork sausage, link/patty, fully cooked, microwaved	30.0	1.0 patty	0.9
06955	Soup, cream of chicken, canned, condensed, reduced sodium	124.0	0.5 cup	0.9
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	0.9
07945	Frankfurter, beef, heated	48.0	1.0 frankfurter	0.9
07958	Turkey sausage, fresh, cooked	57.0	1.0 serving	0.9
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	45.0	1.0 packet	0.9
03302	Babyfood, snack, GERBER GRADUATE YOGURT MELTS	7.0	1.0 serving	0.9
18216	Crackers, crispbread, rye	14.2	0.5 oz	0.9
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	0.9
01156	Cheese, goat, hard type	28.35	1.0 oz	0.9
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	0.9
17131	Veal, shoulder, blade chop, separable lean only, raw	85.0	3.0 oz	0.8
17435	Veal, shank, separable lean and fat, raw	85.0	3.0 oz	0.8
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85.0	3.0 oz	0.8
07963	Frankfurter, meat and poultry, cooked, boiled	50.0	1.0 frankfurter	0.8
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	47.0	0.75 cup (1 NLEA serving)	0.8
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	40.0	1.0 serving fun size (8 chews)	0.8
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	0.8
03994	Babyfood, fruit, banana and strawberry, junior	140.0	1.0 bottle	0.8
28345	Crackers, gluten-free, multi-seeded and multigrain	6.1	3.0 crackers	0.8
08393	Cereals ready-to-eat, KASHI GOLEAN	52.0	1.0 cup (1 NLEA serving)	0.8
27062	Soup, beef barley, ready to serve	208.0	1.0 cup	0.8
08709	Cereals ready-to-eat, MOM'S BEST, Sweetened WHEAT-FULS	55.0	1.0 cup (1 NLEA serving)	0.8
03161	Babyfood, peaches, dices, toddler	28.35	1.0 oz	0.8
18354	Strudel, apple	28.35	1.0 oz	0.8
20089	Wild rice, cooked	164.0	1.0 cup	0.8
20135	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry	91.0	1.0 cup spaghetti	0.8
20653	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry	91.0	1.0 cup spaghetti	0.8
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	43.0	1.0 packet (1 NLEA serving)	0.8
05018	Chicken, broilers or fryers, skin only, cooked, roasted	34.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.8
19080	Candies, semisweet chocolate	14.5	1.0 serving	0.8

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
02010	Spices, cinnamon, ground	2.6	1.0 tsp	0.8
43020	Salad dressing, blue or roquefort cheese, low calorie	15.0	1.0 tbsp	0.8
08582	Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER	27.0	0.75 cup (1 NLEA serving)	0.8
18226	Crackers, rye, wafers, plain	14.2	0.5 oz	0.8
08402	Cereals, QUAKER, Quick Oats, Dry	40.0	0.5 cup	0.8
25031	Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	50.0	1.0 bar	0.8
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	47.0	1.0 bar	0.8
09257	Pears, canned, heavy syrup pack, solids and liquids	266.0	1.0 cup	0.8
14558	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	266.0	1.0 serving	0.8
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	0.8
08380	Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH	53.0	1.0 cup (1 NLEA serving)	0.8
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.8
14316	Beverages, Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.8
18117	Cake, pudding-type, marble, dry mix	28.35	1.0 oz	0.8
19047	Snacks, pretzels, hard, plain, salted	28.35	1.0 oz	0.8
08387	Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat	33.0	0.75 cup (1 NLEA serving)	0.8
18946	Pie crust, refrigerated, regular, baked	198.0	1.0 pie crust	0.8
01168	Cheese, low fat, cheddar or colby	132.0	1.0 cup, diced	0.8
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	197.0	1.0 serving	0.8
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	29.0	1.0 serving (NLEA serving size = 0.75 cup)	0.8
15262	Fish, tilapia, cooked, dry heat	87.0	1.0 fillet	0.8
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	0.8
11299	Parsnips, cooked, boiled, drained, without salt	78.0	0.5 cup slices	0.8
11808	Parsnips, cooked, boiled, drained, with salt	78.0	0.5 cup slices	0.8
03964	Babyfood, fortified cereal bar, fruit filling	19.0	1.0 bar	0.8
01236	Ice cream, soft serve, chocolate	86.0	0.5 cup	0.8
19090	Ice creams, french vanilla, soft-serve	86.0	0.5 cup (4 fl oz)	0.8
11907	Corn, sweet, white, canned, cream style, no salt added	256.0	1.0 cup	0.8
42171	Salad dressing, french dressing, reduced calorie	16.0	1.0 tbsp	0.8
04142	Salad dressing, french dressing, reduced fat, without salt	16.0	1.0 tablespoon	0.8
01023	Cheese, gruyere	28.35	1.0 oz	0.8
43585	Babyfood, fruit supreme dessert	15.0	1.0 tbsp	0.8
17428	Veal, shank, separable lean only, raw	85.0	3.0 oz	0.8
13000	Beef, grass-fed, strip steaks, lean only, raw	85.0	3.0 oz	0.8

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
23060	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0.8
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)	0.8
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)	0.8
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	0.8
01057	Eggnog	254.0	1.0 cup	0.8
09164	Litchis, raw	190.0	1.0 cup	0.8
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	0.8
18347	Rolls, dinner, wheat	28.0	1.0 roll (1 oz)	0.8
04584	Oil, sunflower, high oleic (70% and over)	14.0	1.0 tbsp	0.8
42258	Cheese product, pasteurized process, cheddar, reduced fat	28.0	1.0 slice 1 oz	0.8
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	27.0	0.75 cup (1 NLEA serving)	0.8
09269	Pineapple, canned, light syrup pack, solids and liquids	252.0	1.0 cup, crushed, sliced, or chunks	0.8
08039	Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	29.0	0.75 cup (1 NLEA serving)	0.8
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	0.8
03104	Babyfood, vegetables, squash, strained	16.0	1.0 tbsp	0.8
03105	Babyfood, vegetables, squash, junior	16.0	1.0 tbsp	0.8
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	250.0	1.0 cup	0.8
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	0.8
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	250.0	1.0 cup	0.8
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	250.0	1.0 cup	0.8
43142	Radishes, hawaiian style, pickled	150.0	1.0 cup	0.8
03169	Babyfood, apple-cranberry juice	31.2	1.0 fl oz	0.7
25017	Formulated bar, POWER BAR, chocolate	68.0	1.0 bar	0.7
27048	Sauce, steak, tomato based	34.0	2.0 Tbsp	0.7
21129	Fast foods, hush puppies	22.0	1.0 piece	0.7
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	0.7
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.7
09254	Pears, canned, juice pack, solids and liquids	248.0	1.0 cup, halves	0.7
42227	Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies	37.0	1.0 serving 1.31 oz bag	0.7
08228	Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry	37.0	1.0 packet	0.7
09267	Pineapple, canned, water pack, solids and liquids	246.0	1.0 cup, crushed, sliced, or chunks	0.7
01253	Cheese, pasteurized process, American, without added vitamin D	28.35	1.0 oz	0.7

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
18202	Cookies, sugar wafer, with creme filling, sugar free	28.35	1.0 oz	0.7
03287	Babyfood, dinner, beef noodle, junior	16.0	1.0 tbsp	0.7
18457	Crackers, saltines, fat-free, low-sodium	15.0	3.0 saltines	0.7
01230	Milk, buttermilk, fluid, whole	245.0	1.0 cup	0.7
08225	Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	35.0	1.0 packet	0.7
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	49.0	1.0 cup (1 NLEA serving)	0.7
04642	Oil, industrial, mid-oleic, sunflower	13.6	1.0 tablespoon	0.7
04506	Oil, sunflower, linoleic, (approx. 65%)	13.6	1.0 tbsp	0.7
04545	Oil, sunflower, linoleic, (partially hydrogenated)	13.6	1.0 tbsp	0.7
04060	Oil, sunflower, linoleic (less than 60%)	13.6	1.0 tbsp	0.7
09253	Pears, canned, water pack, solids and liquids	244.0	1.0 cup, halves	0.7
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244.0	1.0 cup	0.7
01089	Milk, low sodium, fluid	244.0	1.0 cup	0.7
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	244.0	1.0 cup	0.7
07002	Beerwurst, beer salami, pork and beef	56.0	2.0 oz	0.7
07078	Thuringer, cervelat, summer sausage, beef, pork	56.0	2.0 oz 1 serving	0.7
19138	Candies, truffles, prepared-from-recipe	12.0	1.0 piece	0.7
08610	Cereals ready-to-eat, KASHI Honey Sunshine	30.0	0.75 cup (1 NLEA serving)	0.7
07007	Bologna, beef	30.0	1.0 slice	0.7
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	0.7
08277	Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA	55.0	0.667 cup (1 NLEA serving)	0.7
18172	Cookies, gingersnaps	28.35	1.0 oz	0.7
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	28.35	1.0 oz	0.7
03052	Babyfood, dinner, beef stew, toddler	28.35	1.0 oz	0.7
01027	Cheese, mozzarella, whole milk, low moisture	28.35	1.0 oz	0.7
01157	Cheese, goat, semisoft type	28.35	1.0 oz	0.7
18338	Phyllo dough	28.35	1.0 oz	0.7
18142	Cake, pudding-type, yellow, dry mix	28.35	1.0 oz	0.7
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	28.35	1.0 oz	0.7
18021	Bread, boston brown, canned	28.35	1.0 oz	0.7
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	28.35	1.0 oz	0.7
06631	Sauce, hot chile, sriracha	6.5	1.0 tsp	0.7
01090	Milk, dry, whole, with added vitamin D	32.0	0.25 cup	0.7
19125	Chocolate-flavored hazelnut spread	37.0	1.0 serving 2 TBSP	0.7

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	234.0	1.0 cup	0.7
43506	Frozen novelties, ice cream type, chocolate or caramel covered, with nuts	54.0	1.0 bar	0.7
20125	Pasta, whole-wheat, cooked	117.0	1.0 cup spaghetti not packed	0.7
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234.0	1.0 cup	0.7
43379	Cheese, pasteurized process, swiss, low fat	140.0	1.0 cup, diced	0.7
01251	Cheese, Mexican blend	28.0	0.25 cup shredded	0.7
19263	Frozen novelties, fruit and juice bars	77.0	1.0 bar (2.5 fl oz)	0.7
08588	Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal	30.0	1.0 cup (1 NLEA serving)	0.7
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	7.0	18.0 piece	0.7
19118	Candies, NESTLE, OH HENRY! Bar	57.0	1.0 bar 2 oz	0.7
08290	Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	31.0	0.75 cup (1 NLEA serving)	0.7
19370	Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies	62.0	1.0 serving 2.17 oz pack	0.7
11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	0.7
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	0.7
01004	Cheese, blue	28.35	1.0 oz	0.7
19301	Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	28.35	1.0 oz	0.7
18157	Cookies, chocolate wafers	28.35	1.0 oz	0.7
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	0.7
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	28.35	1.0 oz	0.7
43276	Cheese spread, cream cheese base	28.35	1.0 oz	0.7
28350	Cookies, chocolate cream covered biscuit sticks	40.0	1.0 serving	0.7
36017	Restaurant, family style, macaroni & properties, from kids' menu	136.0	1.0 cup	0.7
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	85.0	3.0 oz	0.7
19366	Toppings, pineapple	340.0	1.0 cup	0.7
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	0.7
04601	Butter, light, stick, with salt	14.0	1.0 tablespoon	0.7
04602	Butter, light, stick, without salt	14.0	1.0 tablespoon	0.7
43405	Cheese, swiss, low sodium	28.0	1.0 slice	0.7
25052	Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	24.0	1.0 bar	0.7
11220	Gourd, dishcloth (towelgourd), raw	95.0	1.0 cup (1" pieces)	0.7
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	0.7
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	0.7
09004				

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	0.7
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	47.0	2.0 biscuits (1 NLEA serving)	0.7
18279	Muffins, corn, commercially prepared	28.35	1.0 oz	0.7
01006	Cheese, brie	28.35	1.0 oz	0.7
01022	Cheese, gouda	28.35	1.0 oz	0.7
01018	Cheese, edam	28.35	1.0 oz	0.7
19002	Snacks, beef jerky, chopped and formed	28.35	1.0 oz	0.7
01237	Ice cream, bar or stick, chocolate covered	50.0	1.0 bar	0.6
09421	Dates, medjool	24.0	1.0 date, pitted	0.6
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	0.6
05311	Chicken, canned, no broth	28.0	1.0 oz	0.6
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	28.0	0.75 cup (1 NLEA serving)	0.6
11282	Onions, raw	160.0	1.0 cup, chopped	0.6
08189	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	49.0	0.5 cup (1 NLEA serving)	0.6
31021	Potatoes, hash brown, refrigerated, unprepared	159.0	1.0 cup unprepared	0.6
19076	Candies, caramels, chocolate-flavor roll	6.6	1.0 piece	0.6
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)	0.6
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	0.6
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	210.0	1.0 cup	0.6
42237	Cereals ready-to-eat, WEETABIX whole grain cereal	35.0	2.0 biscuits (1 NLEA serving)	0.6
05326	Chicken breast tenders, breaded, cooked, microwaved	15.0	1.0 piece	0.6
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	57.0	1.0 cup (1 NLEA serving)	0.6
08510	Milk and cereal bar	25.0	1.0 bar	0.6
08598	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS	52.0	1.0 cup (1 NLEA serving)	0.6
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	26.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.6
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	28.35	1.0 oz	0.6
18097	Cake, pudding-type, chocolate, dry mix	28.35	1.0 oz	0.6
01038	Cheese, romano	28.35	1.0 oz	0.6
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	28.35	1.0 oz	0.6
20651	Rice, brown, parboiled, cooked, UNCLE BENS	155.0	1.0 cup	0.6
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	31.0	0.75 cup (1 NLEA serving)	0.6
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	31.0	1.0 bar	0.6
27064	Wasabi	20.0	1.0 tablespoon	0.6
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	12.0	1.0 tbsp	0.6

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
27065	Dip, bean, original flavor	36.0	2.0 tbsp	0.6
25062	Snack, Mixed Berry Bar	38.0	1.0 bar	0.6
09374	Pears, canned, heavy syrup, drained	201.0	1.0 cup	0.6
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	43.0	1.0 packet	0.6
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	120.0	1.0 item	0.6
08389	Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs	30.0	1.0 cup (1 NLEA serving)	0.6
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	23.0	1.0 Roll	0.6
18344	Rolls, dinner, egg	28.35	1.0 oz	0.6
18320	Pie, lemon meringue, commercially prepared	28.35	1.0 oz	0.6
15073	Fish, roughy, orange, raw	85.0	3.0 oz	0.6
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	0.6
03072	Babyfood, dinner, chicken stew, toddler	16.0	1.0 tbsp	0.6
04635	Salad dressing, thousand island dressing, fat-free	16.0	1.0 tbsp	0.6
01252	Cheese product, pasteurized process, American, vitamin D fortified	19.0	1.0 slice (2/3 oz)	0.6
04676	Margarine-like spread, SMART BEAT Smart Squeeze	14.0	1.0 tablespoon	0.6
25059	Snacks, brown rice chips	9.0	1.0 cake	0.6
07951	Scrapple, pork	17.0	1.0 cubic inch	0.6
01139	Egg, goose, whole, fresh, raw	144.0	1.0 egg	0.6
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.6
03144	Babyfood, fruit, applesauce and cherries, strained	28.35	1.0 oz	0.6
43278	Cheese, american cheddar, imitation	21.0	1.0 slice	0.6
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	28.35	1.0 oz	0.6
18050	Bread, reduced-calorie, oat bran, toasted	28.35	1.0 oz	0.6
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	0.6
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	27.0	0.75 cup (1 NLEA serving)	0.6
01007	Cheese, camembert	28.35	1.0 oz	0.6
23472	Beef, ground, 93% lean meat / 7% fat, raw	113.0	4.0 oz	0.6
14182	Beverages, chocolate syrup, prepared with whole milk	282.0	1.0 cup (8 fl oz)	0.6
11182	Corn, yellow, whole kernel, frozen, microwaved	141.0	1.0 cup	0.6
07971	Bologna, meat and poultry	33.0	1.0 slice	0.6
18348	Rolls, dinner, whole-wheat	28.0	1.0 roll (1 oz)	0.6
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight	31.0	0.75 cup (1 NLEA serving)	0.6
42185	Frozen yogurts, chocolate, nonfat milk, sweetened without sugar	186.0	1.0 cup	0.6
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	24.0	1.0 bar	0.6
35198	Prickly pears, raw (Northern Plains Indians)	19.0	1.0 pad peeled	0.6

3011 Girge mont, pickled, camend, with artificial soenemer 58 8818 Cercals ready-to-ear, KELLOGGS SELLOGGS SMART START Strong Heart Antioxidant Cercal 500 1.0 cm/cl NLEA serving 66 91215 Checie product, passervined process, American, reduced far, fortified with virania D 21.0 1.0 call of 34 cg 0.2 21026 Fast foods, potatoes, hash browns, road pieces or patry 5.5 1.0 cound piece 0.5 23131 Hubyfound, fruit, pears, junior 16.0 1.0 medium (2.12° dis) 0.8 23441 Rost, promperiodel 45.0 1.0 medium (2.12° dis) 0.8 23432 Check, mail 1.1 2.0 medium (2.12° dis) 0.5 25898 Ref, found, cyc of cround, roat, separable lean only, trimuted to 1.8° fat, all grades, cooled, roasted 23.3 1.0 cg 0.5 25898 Ref, found, cyc of cround, roat, separable lean only, trimuted to 1.8° fat, all grades, cooled, roasted 23.3 1.0 cg 1.0 cg 0.5 25898 Ref, found, cyc of cround, roat, separable lean only, trimuted to 1.8° fat, all grades, cooled, roasted 23.3 1.0 cg 1.0 cg 0.5 25898 Ref, fo	NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
0115 Cheese product, pateurized process, American, reduced fat, fortified with vitamin D 21,0 Fat foods, potators, hash browns, round pieces or patry 5.5 1.0 mund piece 0.3 41245 Beverages, Eggange flavor mile, powder, prepared with whole milk 2720 1.0 on glob floor 0.0 6133 Biblytood, fruit, peus, junior 16.0 1.0 medium C-1/25 dual 0.5 43441 Rose, milk 14.2 0.05 0.0 25898 Ref, found, gevel frozend, ross, spenable lean only, trimmed to 18° fat, all grathes, croked, rosseld 28.3 1.0 no 0.5 18048 Broad, rainis, carriched, troaste, expanable lean only, trimmed to 18° fat, all grathes, croked, rosseld 28.3 1.0 no 0.5 18048 Broad, rainis, carriched, troaste, deparable lean only, trimmed to 18° fat, all grathes, croked, rosseld 28.3 1.0 no 0.5 18049 Secretal seady-to-cat, GENERAL MILLS, BOO BERRY 330 1.0 cpt 10 LEA serving 0.5 43373 Shayfood, dirace, chicken and model with vegrables, toddler 16.0 1.0 tpt 10 LEA serving 0.5 43314 Babyfood, dirace, chicken and model with vegrables, toddler 16.0	31033	Ginger root, pickled, canned, with artificial sweetener	25.0	2.0 tablespoon	0.6
21026 Fast foods, potatoes, hash browns, round pieces or patry 5.5 1.0 round pieces 0.8 14215 Beverages, Eggong-flavor mix, powder, prepared with whole milk 272.0 L.D cap (8 fl. oz) 0.5 4841 Rolls, pumpernickel 360 1.0 mestiant (2-1/2" data) 0.8 18223 Crackers, milk 14.2 5.5 oz 0.0 18283 Bred, crack, controlled, controlled to anoly, trimmed to 18" flat, all grades, cooked, coasted 2.8.35 1.0 no. 0.0 1848 Bread, traisin, carriched, toasted 2.8.35 1.0 packed 0.8 68122 Cercals, costs, instant, fortified, plain, dry 2.8.0 1.0 packed 0.8 1860 Sexeed, wakaam, care 1.0 2.0 they flat, dry 0.0 9823 Cercals, costs, instant, fortified, plain, dry 2.8 1.0 packed 0.8 48373 Raly food, furit, circle und moodle with vegetables, trailled 1.5 1.0 packed 0.5 43373 Raly food, frout, plums with tapioca, without secrotic acid, strained 1.5 1.0 they (1.0 lass) 0.5 43384 Ba	08318	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal	50.0	1.0 cup (1 NLEA serving)	0.6
March Marc	01215	Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	21.0	1.0 slice 3/4 oz	0.5
81313 Balty food, fruit, pears, jurnior 16.0 L.O thop 0.5 43411 ROILs, pumpernickel 36.0 L.O mediam (2-1/2" dia) 0.5 23236 Cheener, milk 1.2 0.5 0.5 2398 Beef, round, eye of round, rosst, separable lean only, trimmed to 1.8" fat, all grades, cooked, rossted 28.35 1.0 co 0.5 18018 Road, risin, enriched, toasted 28.03 1.0 co 0.5 18022 Cereals, cats, instant, fortified, plain, dry 280 1.0 packet 0.5 18073 Cereals ceaty, to-cat, GENERAL MILLS, BOO BERRY 30.0 1.0 cup (1 NLE) serving 0.5 82373 Baly food, dimor, chicken and moodle with vegstables, nodler 16.0 1.0 thap (1 hbsp.) 0.5 25088 Snacks, granols bars, soft, almond, confectioners conting 35.0 1.0 thap 0.5 3134 Baly food, dimor, chicken and moodle with vegstables, nodler 16.0 1.0 thap 0.5 2508 Snacks, granols bars, soft, almond, confectioners conting 35.0 1.0 thap 0.5 3134 Baly food, first, plams wit	21026	Fast foods, potatoes, hash browns, round pieces or patty	5.5	1.0 round piece	0.5
4341 Rolls, pampernickel 360 1.0 medium (2-12" dia) 0.5 18223 Crackers, milk 14.2 0.5 oz 0.5 25988 Beef, round, eye of round, roast, separable lean only, trimmed to 18" fat, all grades, cooked, mosted 28.35 1.0 oz 0.5 18028 Bread, raish, meriched, coasted 28.35 1.0 oz 0.5 18129 Cereals, coast, instant, fortified, plain, dry 28.0 1.0 opcted 1.0 packet 0.5 18169 Seawed, wakame, row 100 2.0 they fil8 cup 0.5 43373 Baby food, dinner, chicken and noodle with vegetables, toddler 16.0 1.0 they fil8 cup 0.5 43373 Baby food, dinner, chicken and noodle with vegetables, toddler 16.0 1.0 they fil8 cup 0.5 43373 Baby food, dinner, chicken and noodle with vegetables, toddler 15.0 1.0 they 0.5 43373 Baby food, dinner, chicken and noodle with vegetables, toddler 15.0 1.0 they 0.5 43374 Beeverages, maled drink mix, chocolate 15.0 1.0 they 0.5 43374 Cereals ready-to-e	14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	272.0	1.0 cup (8 fl oz)	0.5
18223 Crackers, milk 14.2 0.5 oz 0.5 23598 Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted 28.35 1.0 oz 0.5 18028 Bead, raisin, enriched, tossed 28.35 1.0 oz 0.5 8122 Cereals, oast, instant, fortified, plain, dry 28.0 1.0 packed 0.5 11609 Seawced, wakarme, raw 10.0 2.0 thept (1/8 cup) 0.5 82737 Cereals ready-to-eat, GENERAL MILLS, BOO BERRY 33.0 1.0 cup (1 NLEA serving) 0.5 43373 Babyfood, dirner, chicken and noodle with vegerables, toddler 16.0 1.0 typ (1 NLEA serving) 0.5 25088 Snacks, granola kurs, soft, almond, confectioners coating 35.0 1.0 typ (1 NLEA serving) 0.5 3134 Babyfood, firit, plums with taptica, without accorbic acid, strained 15.0 1.0 typ (1 NLEA serving) 0.5 4216 Cereal ready-to-eat, differRAL MILLS, Multi-Ginn CHFERTOS 29.0 1.0 cup (1 NLEA serving) 0.5 40819 Cereals ready-to-eat, GENERAL MILLS, Multi-Ginn CHFERTOS 29.0 0.75 cup (1 NLEA serving)<	03133	Babyfood, fruit, pears, junior	16.0	1.0 tbsp	0.5
2598/8 Recf, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, conked, roasted 28.35 1.0 or 0.5 18048 Bread, raisia, enriched, toasted 28.35 1.0 oz 0.5 8122 Cereals, oats, instant, fortified, plain, dry 28.0 1.0 packet 0.5 1169 Seawed, wakam, raw 10.0 2.0 they (18. cup) 0.5 08273 Cereals ready-to-eat, GENERAL MILLS, BOO BERRY 33.0 1.0 cup (1 NLEA serving) 0.5 43373 Babyfood, dimer, chicken and moodle with vegetables, toddler 16.0 1.0 they of 1.0 they 0.5 9314 Babyfood, fruit, pluns with tapica, without ascorbic acid, strained 15.0 1.0 they 0.5 4216 Creany dressing, made with sour cream and/or butternilk and oil, reduced calorie 15.0 1.0 serving (3 beaping top or Lowclope) 0.5 4216 Cereals ready-to-eat, GENERAL MILLS, Malti-Grain CHEERIOS 29.0 1.0 cup (1 NLEA serving) 0.5 4817 Berca ready-to-eat, GENERAL MILLS, Malti-Grain CHEERIOS 29.0 0.75 cup (1 NLEA serving) 0.5 4818 Frozen yoguris, chovolate 17.0 <td>43441</td> <td>Rolls, pumpernickel</td> <td>36.0</td> <td>1.0 medium (2-1/2" dia)</td> <td>0.5</td>	43441	Rolls, pumpernickel	36.0	1.0 medium (2-1/2" dia)	0.5
18018 Bread, raisin, enriched, toasted 28.35 1.0 or 0.5 18122 Cereals, coast, instant, fortified, plain, dry 28.0 1.0 packet 0.5 11669 Seaweed, wakame, raw 10.0 2.0 they (1/8 cup) 0.5 68273 Cereals ready-to-eat, CENERAL MILLS, BOO BERRY 33.0 1.0 cup (1 NEA serving) 0.5 43373 Babyfood, dinner, chicken and noodle with vegetables, toddler 16.0 1.0 tup (1 NEA serving) 0.5 25088 Snacks, granola bars, soft, almond, confectioners coating 35.0 1.0 tup (1 NEA serving) 0.5 33134 Babyfood, frint, plums with tapione, without ascerbic acid, strained 15.0 1.0 tup (1 NEA serving) 0.5 42161 Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CIIEERIOS 29.0 1.0 serving (3 heaping tsp or 1 envelope) 0.5 81940 Cereals ready-to-eat, GENERAL MILLS, RESES PUFFS 29.0 0.75 cup (1 NEA serving) 0.5 81941 Cereals ready-to-eat, GENERAL MILLS, ARESES PUFFS 29.0 0.75 cup (1 NEA serving) 0.5 81942 Frozen yogurs, chocolate 11.0 cup (1 NEA serving) 0.5 </td <td>18223</td> <td>Crackers, milk</td> <td>14.2</td> <td>0.5 oz</td> <td>0.5</td>	18223	Crackers, milk	14.2	0.5 oz	0.5
08122 Cereals, oats, instant, fortified, plain, dry 28.0 1.0 packet 0.5 11669 Seaweed, wakame, raw 10.0 2.0 tsp (1/8 ctp) 0.5 08273 Cereals ready-to-cat, GENERAL MILLS, BOO BERRY 33.0 1.0 cup (1/1 MLze) 0.5 82373 Baby food, finite, chicken and noodle with vegetables, toddler 16.0 0.10 tsp 0.5 25038 Snacks, granola bars, soft, almond, confectioners coating 35.0 1.0 tsp 0.5 9314 Baby food, finite, plums with tapicca, without ascorbic acid, strained 15.0 1.0 tsp 0.5 42116 Creany dressing, made with sour cream and/or butternills and oil, reduced calorie 15.0 1.0 serving (3 heaping tsp or 1 envelope) 0.5 4216 Creany dressing, made with sour cream and/or butternills and oil, reduced calorie 15.0 1.0 serving (3 heaping tsp or 1 envelope) 0.5 4216 Cereals ready-to-cat, GENERAL MILLS, Multi-Grain CHEERIOS 29.0 0.75 cup (1 NLEA serving) 0.5 8087 Cereals ready-to-cat, GENERAL MILLS, Multi-Grain CHEERIOS 29.0 0.75 cup (1 NLEA serving) 0.5 8189 Fozea yogutts, chaco	23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	28.35	1.0 oz	0.5
11669 Seaweed, wakame, raw 10.0 2.0 tbsp (1/8 cup) 0.5 108273 Cereals ready-to-eat, GENERAL MILLS, BOO BERRY 33.0 1.0 cup (1 NLEA serving) 0.5 143373 Babyfood, dinner, chicken and noodle with vegetables, toddler 16.0 1.0 tbsp 0.5 1508 Snacks, granola bars, soft, almond, confectioners coating 35.0 1.0 tbsp 0.5 1508 Babyfood, fruit, plums with tapioca, without ascorbic acid, strained 15.0 1.0 tbsp 0.5 14317 Beverages, malted drink mix, chocolate, powder 21.0 1.0 serving (3 heaping tap or 1 envelope) 0.5 14317 Beverages, malted drink mix, chocolate, powder 22.0 1.0 serving (3 heaping tap or 1 envelope) 0.5 14317 Beverages, malted drink mix, chocolate, powder 22.0 1.0 serving (3 heaping tap or 1 envelope) 0.5 14318 Cereals ready-to-eat, GENERAL MILLS, MILLS, MILLS, GRIESE'S PUFFS 29.0 0.75 cup (1 NLEA serving) 0.5 14218 Frozen yogusts, chocolate 174.0 1.0 cup 0.5 14218 Frozen yogusts, chocolate 174.0 1.0 cup 0.5 14218 Frozen yogusts, chocolate 174.0 1.0 cup 0.5 14218 Frozen yogusts, flavors other than chocolate 174.0 1.0 cup 0.5 14218 Frozen yogusts, flavors other than chocolate 174.0 1.0 cup 0.5 14218 Frozen yogusts, flavors other than chocolate 174.0 1.0 cup 0.5 14218 Frozen yogusts, flavors other than chocolate 174.0 1.0 cup 0.5 14218 Frozen yogusts, flavors other than chocolate 174.0 1.0 cup 0.5 14218 Fozen yogusts, flavors other than chocolate 174.0 1.0 cup 0.5 14218 Fozen yogusts, flavors other than chocolate 174.0 1.0 cup 1.0 cup 0.5 14218 Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size 52.0 1.0 cup (1 NLEA serving) 0.5 14218 Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size 52.0 1.0 cup (1 NLEA serving) 0.5 14218 Fozen, post, post, green, canned, prepared with equal volume water 25.0 1.0 cup (1 NLEA servi	18048	Bread, raisin, enriched, toasted	28.35	1.0 oz	0.5
08273 Cereals ready-to-eat, GENERAL MILLS, BOO BERRY 33.0 1.0 cup (1 NLEA serving) 0.5 43373 Babyfood, dinner, chicken and noodle with vegetables, toddler 16.0 1.0 thsp 0.5 25088 Snacks, granola burs, soft, almond, confectioners coating 35.0 1.0 bur 0.5 03134 Babyfood, fruit, plums with tapioca, without ascorbic acid, strained 15.0 1.0 thsp 0.5 14317 Beverages, made with sour cream and/or butternilk and oil, reduced calorie 15.0 1.0 serving (3 heaping tsp or 1 envelope) 0.5 14317 Beverages, malted drink mix, chocolate, powder 21.0 1.0 serving (3 heaping tsp or 1 envelope) 0.5 08087 Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS 29.0 0.75 cup (1 NLEA serving) 0.5 08194 Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS 29.0 0.75 cup (1 NLEA serving) 0.5 42186 Frozen yogurts, chocolate 174.0 1.0 cup (1 NLEA serving) 0.5 42187 Frozen yogurts, chocolate 174.0 1.0 cup (1 NLEA serving) 0.5 08191 Cereals ready-to-eat, POST, Shredded Wheat, lightly	08122	Cereals, oats, instant, fortified, plain, dry	28.0	1.0 packet	0.5
4373 Babyfood, dinner, chicken and noodle with vegetables, toddler 16.0 1.0 tosp 0.5 25088 Snacks, granola bars, soft, almond, confectioners coating 35.0 1.0 bar 0.5 03134 Babyfood, fruit, plums with tapioca, without ascorbic acid, strained 15.0 1.0 tosp 0.5 42116 Creamy dressing, made with sour cream and/or butternilk and oil, reduced calorie 15.0 1.0 serving (3 heaping tsp or 1 envelope) 0.5 48141 Beverages, malted drink mix, chocolate, powder 21.0 1.0 serving (3 heaping tsp or 1 envelope) 0.5 08087 Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS 29.0 0.75 cup (1 NLEA serving) 0.5 08194 Cereals ready-to-eat, GENERAL MILLS, RESES PUFFS 29.0 0.75 cup (1 NLEA serving) 0.5 42186 Frozen yoguts, chocolate 174.0 1.0 cup 0.5 42187 Frozen yoguts, slavors other than chocolate 174.0 1.0 cup (1 NLEA serving) 0.5 48191 Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size 52.0 1.0 cup (1 NLEA serving) 0.5 66449 Soup, pea, green, canned	11669	Seaweed, wakame, raw	10.0	2.0 tbsp (1/8 cup)	0.5
25038 Snacks, granola bars, soft, almond, confectioners coating 35.0 1.0 bar 0.5 03134 Babyfood, fruit, plums with tapioca, without ascorbic acid, strained 15.0 1.0 tbsp 0.5 42116 Creamy dressing, made with sour cream and/or butternilk and oil, reduced calorie 15.0 1.0 terving (3 heaping top or 1 envelope) 0.5 14317 Beverages, malted drink mix, chocolate, powder 21.0 1.0 serving (3 heaping top or 1 envelope) 0.5 08087 Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS 29.0 1.0 cup (1 NLEA serving) 0.5 42186 Frozen yogurts, chocolate 174.0 1.0 cup (1 NLEA serving) 0.5 42186 Frozen yogurts, chocolate 174.0 1.0 cup 0.5 42187 Frozen yogurts, chocolate 174.0 1.0 cup 0.5 42188 Frozen yogurts, flavors other than chocolate 174.0 1.0 cup (1 NLEA serving) 0.5 42189 Frozen yogurts, flavors other than chocolate 174.0 1.0 cup (1 NLEA serving) 0.5 6819 Cereals ready-to-eat, pST, Shredded Wheat, lightly frosted, spoon-size 52.0 <t< td=""><td>08273</td><td>Cereals ready-to-eat, GENERAL MILLS, BOO BERRY</td><td>33.0</td><td>1.0 cup (1 NLEA serving)</td><td>0.5</td></t<>	08273	Cereals ready-to-eat, GENERAL MILLS, BOO BERRY	33.0	1.0 cup (1 NLEA serving)	0.5
03134 Babyfood, fruit, plums with tapioca, without ascorbic acid, strained 15.0 1.0 tbsp 0.5 42116 Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie 15.0 1.0 serving (3 heaping tsp or 1 envelope) 0.5 14317 Beverages, malted drink mix, chocolate, powder 21.0 1.0 serving (3 heaping tsp or 1 envelope) 0.5 08087 Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS 29.0 0.75 cup (1 NLEA serving) 0.5 08194 Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS 29.0 0.75 cup (1 NLEA serving) 0.5 42186 Frozen yogurts, chocolate 174.0 1.0 cup 0.5 20032 Millet, cooked 174.0 1.0 cup 0.5 42187 Frozen yogurts, flavors other than chocolate 174.0 1.0 cup 0.5 08191 Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size 52.0 1.0 cup (1 NLEA serving) 0.5 08194 Soup, pea, green, canned, croper with equal volume water 25.0 1.0 cup (1 NLEA serving) 0.5 06049 Soup, pea, green, canned, condensed 128.0	43373	Babyfood, dinner, chicken and noodle with vegetables, toddler	16.0	1.0 tbsp	0.5
42116 Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie 15.0 1.0 tbsp 0.5 14317 Beverages, malted drink mix, chocolate, powder 21.0 1.0 serving (3 heaping tsp or 1 envelope) 0.5 08087 Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS 29.0 1.0 cup (1 NLEA serving) 0.5 08194 Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS 29.0 0.75 cup (1 NLEA serving) 0.5 42186 Frozen yogutts, chocolate 174.0 1.0 cup 0.5 20032 Millet, cooked 174.0 1.0 cup 0.5 42187 Frozen yogutts, flavors other than chocolate 174.0 1.0 cup (1 NLEA serving) 0.5 08191 Cercals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size 52.0 1.0 cup (1 NLEA serving) 0.5 06449 Soup, pea, green, canned, prepared with equal volume water 259.0 1.0 cup (1 NLEA serving) 0.5 0649 Soup, pea, green, canned, condensed 128.0 0.5 cup 0.5 08121 Babyfood, fruit, pears, strained 16.0 1.0 tup 0.5	25038	Snacks, granola bars, soft, almond, confectioners coating	35.0	1.0 bar	0.5
14317 Beverages, malted drink mix, chocolate, powder 21.0 1.0 serving (3 heaping tsp or 1 envelope) 0.5 08087 Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS 29.0 1.0 cup (1 NLEA serving) 0.5 08194 Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS 29.0 0.75 cup (1 NLEA serving) 0.5 42186 Frozen yogurts, chocolate 174.0 1.0 cup 0.5 42187 Frozen yogurts, flavors other than chocolate 174.0 1.0 cup (1 NLEA serving) 0.5 08191 Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size 5.0 1.0 cup (1 NLEA serving) 0.5 06449 Soup, pea, green, canned, prepared with equal volume water 259.0 1.0 cup (1 NLEA serving) 0.5 06649 Soup, pea, green, canned, condensed 259.0 1.0 cup (1 NLEA serving) 0.5 06049 Soup, pea, green, canned, condensed 128.0 0.5 cup 0.5 06132 Babyfood, fruit, pears, strained 16.0 1.0 tbsp 0.5 18271 Ice cream cones, cake or wafer-type 28.35 1.0 oz 0.5 <t< td=""><td>03134</td><td>Babyfood, fruit, plums with tapioca, without ascorbic acid, strained</td><td>15.0</td><td>1.0 tbsp</td><td>0.5</td></t<>	03134	Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	0.5
08087 Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS 29.0 1.0 cup (1 NLEA serving) 0.5 08194 Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS 29.0 0.75 cup (1 NLEA serving) 0.5 42186 Frozen yogurts, chocolate 174.0 1.0 cup 0.5 20032 Millet, cooked 174.0 1.0 cup 0.5 42187 Frozen yogurts, flavors other than chocolate 174.0 1.0 cup 0.5 08191 Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size 52.0 1.0 cup (1 NLEA serving) 0.5 06449 Soup, pea, green, canned, prepared with equal volume water 259.0 1.0 serving 1 cup 0.5 06965 Soup, pea, low sodium, prepared with equal volume water 259.0 1.0 cup (1 NLEA serving) 0.5 06049 Soup, pea, green, canned, condensed 128.0 0.5 cup 0.5 081312 Babyfood, fruit, pears, strained 16.0 1.0 tup 0.5 18271 Ice cream cones, cake or wafer-type 28.35 1.0 oz 0.5 43285 Eggs, scrambled, frozen mixtur	42116	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie	15.0	1.0 tbsp	0.5
08194 Cereals ready-to-eat, GENERAL MILLS, REESES PUFFS 29.0 0.75 cup (1 NLEA serving) 0.5 42186 Frozen yogurts, chocolate 174.0 1.0 cup 0.5 20032 Millet, cooked 174.0 1.0 cup 0.5 42187 Frozen yogurts, flavors other than chocolate 174.0 1.0 cup (1 NLEA serving) 0.5 08191 Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size 52.0 1.0 cup (1 NLEA serving) 0.5 06449 Soup, pea, green, canned, prepared with equal volume water 259.0 1.0 serving 1 cup 0.5 06965 Soup, pea, jow sodium, prepared with equal volume water 259.0 1.0 cup 0.5 06049 Soup, pea, green, canned, condensed 128.0 0.5 cup 0.5 03132 Babyfood, fruit, pears, strained 16.0 1.0 tbsp 0.5 18271 Ice cream cones, cake or wafer-type 28.35 1.0 oz 0.5 42285 Eggs, scrambled, frozen mixture 28.35 1.0 oz 0.5 1829 Croissants, butter 28.35 1.0 oz	14317	Beverages, malted drink mix, chocolate, powder	21.0	1.0 serving (3 heaping tsp or 1 envelope)	0.5
42186 Frozen yogurts, chocolate 174.0 1.0 cup 0.5 20032 Millet, cooked 174.0 1.0 cup 0.5 42187 Frozen yogurts, flavors other than chocolate 174.0 1.0 cup (1 NLEA serving) 0.5 08191 Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size 52.0 1.0 cup (1 NLEA serving) 0.5 06449 Soup, pea, green, canned, prepared with equal volume water 259.0 1.0 serving 1 cup 0.5 06965 Soup, pea, low sodium, prepared with equal volume water 259.0 1.0 cup (1 NLEA serving) 0.5 06049 Soup, pea, green, canned, condensed 128.0 0.5 cup 0.5 03132 Babyfood, fruit, pears, strained 16.0 1.0 tbsp 0.5 18271 Ice cream cones, cake or wafer-type 28.35 1.0 oz 0.5 43285 Eggs, scrambled, frozen mixture 28.35 1.0 oz 0.5 18239 Croissants, butter 28.35 1.0 oz 0.5 01159 Cheese, goat, soft type 28.35 1.0 oz 0.5 18349 Rolls, french 28.35 1.0 oz <	08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS	29.0	1.0 cup (1 NLEA serving)	0.5
20032 Millet, cooked 174.0 1.0 cup 0.5 42187 Frozen yogurts, flavors other than chocolate 174.0 1.0 cup 0.5 08191 Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size 52.0 1.0 cup (1 NLEA serving) 0.5 06449 Soup, pea, green, canned, prepared with equal volume water 259.0 1.0 serving 1 cup 0.5 06965 Soup, pea, low sodium, prepared with equal volume water 259.0 1.0 cup 0.5 06049 Soup, pea, green, canned, condensed 128.0 0.5 cup 0.5 03132 Babyfood, fruit, pears, strained 16.0 1.0 tbsp 0.5 18271 Ice cream cones, cake or wafer-type 28.35 1.0 oz 0.5 43285 Eggs, scrambled, frozen mixture 28.35 1.0 oz 0.5 18239 Croissants, butter 28.35 1.0 oz 0.5 18349 Rolls, french 28.35 1.0 oz 0.5 18349 Rolls, french 28.35 1.0 oz 0.5 2835 1.0 oz	08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	29.0	0.75 cup (1 NLEA serving)	0.5
42187 Frozen yogurts, flavors other than chocolate 174.0 1.0 cup 0.5 08191 Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size 52.0 1.0 cup (1 NLEA serving) 0.5 06449 Soup, pea, green, canned, prepared with equal volume water 259.0 1.0 serving 1 cup 0.5 06965 Soup, pea, low sodium, prepared with equal volume water 259.0 1.0 cup 0.5 06049 Soup, pea, green, canned, condensed 128.0 0.5 cup 0.5 03132 Babyfood, fruit, pears, strained 16.0 1.0 tbsp 0.5 18271 Ice cream cones, cake or wafer-type 28.35 1.0 oz 0.5 43285 Eggs, scrambled, frozen mixture 28.35 1.0 oz 0.5 18239 Croissants, butter 28.35 1.0 oz 0.5 01159 Cheese, goat, soft type 28.35 1.0 oz 0.5 18349 Rolls, french 28.35 1.0 oz 0.5 28365 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised 28.35 1.0 oz	42186	Frozen yogurts, chocolate	174.0	1.0 cup	0.5
08191 Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size 52.0 1.0 cup (1 NLEA serving) 0.5 06449 Soup, pea, green, canned, prepared with equal volume water 259.0 1.0 serving 1 cup 0.5 06965 Soup, pea, low sodium, prepared with equal volume water 259.0 1.0 cup 0.5 06049 Soup, pea, green, canned, condensed 128.0 0.5 cup 0.5 03132 Babyfood, fruit, pears, strained 16.0 1.0 tbsp 0.5 18271 Ice cream cones, cake or wafer-type 28.35 1.0 oz 0.5 43285 Eggs, scrambled, frozen mixture 28.35 1.0 oz 0.5 18239 Croissants, butter 28.35 1.0 oz 0.5 01159 Cheese, goat, soft type 28.35 1.0 oz 0.5 18349 Rolls, french 28.35 1.0 oz 0.5 2836 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised 28.35 1.0 oz 0.5	20032	Millet, cooked	174.0	1.0 cup	0.5
06449 Soup, pea, green, canned, prepared with equal volume water 259.0 1.0 serving 1 cup 0.5 06965 Soup, pea, low sodium, prepared with equal volume water 259.0 1.0 cup 0.5 06049 Soup, pea, green, canned, condensed 128.0 0.5 cup 0.5 03132 Babyfood, fruit, pears, strained 16.0 1.0 tbsp 0.5 18271 Ice cream cones, cake or wafer-type 28.35 1.0 oz 0.5 43285 Eggs, scrambled, frozen mixture 28.35 1.0 oz 0.5 18239 Croissants, butter 28.35 1.0 oz 0.5 01159 Cheese, goat, soft type 28.35 1.0 oz 0.5 18349 Rolls, french 28.35 1.0 oz 0.5 28361 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised 28.35 1.0 oz 0.5	42187	Frozen yogurts, flavors other than chocolate	174.0	1.0 cup	0.5
06965 Soup, pea, low sodium, prepared with equal volume water 259.0 1.0 cup 0.5 06049 Soup, pea, green, canned, condensed 128.0 0.5 cup 0.5 03132 Babyfood, fruit, pears, strained 16.0 1.0 tbsp 0.5 18271 Ice cream cones, cake or wafer-type 28.35 1.0 oz 0.5 43285 Eggs, scrambled, frozen mixture 28.35 1.0 oz 0.5 18239 Croissants, butter 28.35 1.0 oz 0.5 01159 Cheese, goat, soft type 28.35 1.0 oz 0.5 18349 Rolls, french 28.35 1.0 oz 0.5 2815 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised 28.35 1.0 oz 0.5	08191	Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	52.0	1.0 cup (1 NLEA serving)	0.5
06049 Soup, pea, green, canned, condensed 128.0 0.5 cup 0.5 03132 Babyfood, fruit, pears, strained 16.0 1.0 tbsp 0.5 18271 Ice cream cones, cake or wafer-type 28.35 1.0 oz 0.5 43285 Eggs, scrambled, frozen mixture 28.35 1.0 oz 0.5 18239 Croissants, butter 28.35 1.0 oz 0.5 01159 Cheese, goat, soft type 28.35 1.0 oz 0.5 18349 Rolls, french 28.35 1.0 oz 0.5 28015 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised 28.35 1.0 oz 0.5	06449	Soup, pea, green, canned, prepared with equal volume water	259.0	1.0 serving 1 cup	0.5
03132 Babyfood, fruit, pears, strained 16.0 1.0 tbsp 0.5 18271 Ice cream cones, cake or wafer-type 28.35 1.0 oz 0.5 43285 Eggs, scrambled, frozen mixture 28.35 1.0 oz 0.5 18239 Croissants, butter 28.35 1.0 oz 0.5 01159 Cheese, goat, soft type 28.35 1.0 oz 0.5 18349 Rolls, french 28.35 1.0 oz 0.5 23615 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised 28.35 1.0 oz 0.5	06965	Soup, pea, low sodium, prepared with equal volume water	259.0	1.0 cup	0.5
18271 Ice cream cones, cake or wafer-type 28.35 1.0 oz 0.5 43285 Eggs, scrambled, frozen mixture 28.35 1.0 oz 0.5 18239 Croissants, butter 28.35 1.0 oz 0.5 01159 Cheese, goat, soft type 28.35 1.0 oz 0.5 18349 Rolls, french 28.35 1.0 oz 0.5 23615 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised 28.35 1.0 oz 0.5	06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	0.5
43285 Eggs, scrambled, frozen mixture 28.35 1.0 oz 0.5 18239 Croissants, butter 28.35 1.0 oz 0.5 01159 Cheese, goat, soft type 28.35 1.0 oz 0.5 18349 Rolls, french 28.35 1.0 oz 0.5 23615 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised 28.35 1.0 oz 0.5	03132	Babyfood, fruit, pears, strained	16.0	1.0 tbsp	0.5
18239 Croissants, butter 28.35 1.0 oz 0.5 01159 Cheese, goat, soft type 28.35 1.0 oz 0.5 18349 Rolls, french 28.35 1.0 oz 0.5 23615 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised 28.35 1.0 oz 0.5	18271	Ice cream cones, cake or wafer-type	28.35	1.0 oz	0.5
01159 Cheese, goat, soft type 28.35 1.0 oz 0.5 18349 Rolls, french 28.35 1.0 oz 0.5 23615 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised 28.35 1.0 oz 0.5	43285	Eggs, scrambled, frozen mixture	28.35	1.0 oz	0.5
Rolls, french 28.35 1.0 oz 0.5 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised 28.35 1.0 oz 0.5	18239	Croissants, butter	28.35	1.0 oz	0.5
Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised 28.35 1.0 oz 0.5	01159	Cheese, goat, soft type	28.35	1.0 oz	0.5
	18349	Rolls, french	28.35	1.0 oz	0.5
11949 Catsup, low sodium 17.0 1.0 tbsp 0.5	23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.5
	11949	Catsup, low sodium	17.0	1.0 tbsp	0.5

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.5
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.5
11935	Catsup	17.0	1.0 tbsp	0.5
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	0.5
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.5
03135	Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	15.0	1.0 tbsp	0.5
08553	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry	30.0	0.75 cup (1 NLEA serving)	0.5
19216	Candies, praline, prepared-from-recipe	39.0	1.0 piece	0.5
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	169.0	1.0 cup spaghetti not packed	0.5
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	252.0	1.0 cup	0.5
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	0.5
08085	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ	14.0	2.0 tbsp (1 NLEA serving)	0.5
01105	Milk, chocolate beverage, hot cocoa, homemade	250.0	1.0 cup	0.5
14048	Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6	500.0	1.0 bottle	0.5
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	250.0	1.0 cup	0.5
09443	Juice, apple and grape blend, with added ascorbic acid	250.0	8.0 fl oz	0.5
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	0.5
11444	Seaweed, irishmoss, raw	10.0	2.0 tbsp (1/8 cup)	0.5
20014	Corn grain, yellow	166.0	1.0 cup	0.5
13355	Beef, cured, pastrami	71.0	1.0 package, 2.5 oz	0.5
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.5
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.5
01205	Cream substitute, flavored, liquid	15.0	1.0 tbsp	0.5
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	165.0	1.0 cup	0.5
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.5
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.5
08388	Cereals ready-to-eat, KASHI 7 Whole Grain Puffs	19.0	1.0 cup (1 NLEA serving)	0.5
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup	0.5
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	0.5
06045	Soup, onion, canned, condensed	123.0	0.5 cup (4 fl oz)	0.5
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	0.5
22247	Macaroni and Cheese, canned entree	244.0	1.0 serving	0.5
14634	Beverages, milk beverage, reduced fat, flavored and sweetened, Ready-to-drink, added calcium, vitamin A and vitamin D	244.0	1.0 cup	0.5
06963	Fish broth	244.0	1.0 cup	0.5

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.5
28322	Bagels, multigrain	81.0	1.0 piece bagel	0.5
08593	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate	27.0	0.75 cup (1 NLEA serving)	0.5
02035	Spices, pumpkin pie spice	1.7	1.0 tsp	0.5
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.5
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	0.5
01033	Cheese, parmesan, hard	28.35	1.0 oz	0.5
18049	Bread, reduced-calorie, oat bran	28.35	1.0 oz	0.5
01031	Cheese, neufchatel	28.35	1.0 oz	0.5
18047	Bread, raisin, enriched	28.35	1.0 oz	0.5
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.5
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.5
18040	Bread, oatmeal, toasted	28.35	1.0 oz	0.5
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.5
18155	Cookies, butter, commercially prepared, enriched	28.35	1.0 oz	0.5
08635	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar	30.0	1.0 cup (1 NLEA serving)	0.5
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30.0	0.75 cup (1 NLEA serving)	0.5
08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	30.0	0.75 cup (1 NLEA serving)	0.5
06172	Soup, stock, chicken, home-prepared	240.0	1.0 cup	0.5
08487	Cereals ready-to-eat, MALT-O-MEAL, Blueberry MUFFIN TOPS Cereal	30.0	0.75 cup (1 NLEA serving)	0.5
14639	Beverages, rice milk, unsweetened	240.0	8.0 fl oz (approximate weight, 1 serving)	0.5
03083	Babyfood, dinner, turkey and rice, junior	16.0	1.0 tbsp	0.5
03159	Babyfood, fruit, pears and pineapple, junior	16.0	1.0 tbsp	0.5
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	0.5
14644	Beverages, PEPSICO QUAKER, Gatorade G2, low calorie	237.0	8.0 fl oz	0.5
14599	Beverages, Powerade Zero Ion4, calorie-free, assorted flavors	237.0	8.0 fl oz	0.5
07956	Beef sausage, fresh, cooked	43.0	1.0 serving	0.5
27061	Gravy, HEINZ Home Style, classic chicken	58.0	0.25 cup	0.5
42267	Babyfood, juice, orange-carrot	30.8	1.0 fl oz	0.5
19379	Candies, fudge, chocolate marshmallow, prepared-from-recipe	20.0	1.0 piece	0.5
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	27.0	0.75 cup (1 NLEA serving)	0.5
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	27.0	0.75 cup (1 NLEA serving)	0.5
11931	Peppers, sweet, red, freeze-dried	0.4	1.0 tbsp	0.5
07021	Dutch brand loaf, chicken, pork and beef	38.0	1.0 slice	0.5
01270	Cheese, cheddar, sharp, sliced	19.0	1.0 slice (2/3 oz)	0.5

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
28317	Bread, wheat, sprouted, toasted	38.0	1.0 slice 1 serving	0.5
35236	Stew, pinto bean and hominy, badufsuki (Hopi)	227.0	8.0 oz	0.5
07019	Chorizo, pork and beef	28.35	1.0 oz	0.5
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.5
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.5
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	0.5
01209	Cheese, Mexican, blend, reduced fat	28.35	1.0 oz	0.5
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	28.35	1.0 oz	0.5
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.5
01028	Cheese, mozzarella, part skim milk	28.35	1.0 oz	0.5
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.5
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.5
13348	Beef, cured, corned beef, canned	28.35	1.0 oz	0.5
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.5
07050	Mortadella, beef, pork	28.35	1.0 oz	0.5
04707	Oil, flaxseed, contains added sliced flaxseed	13.7	1.0 tablespoon	0.5
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	0.5
21248	WENDY'S, Frosty Dairy Dessert	113.0	1.0 junior 6 oz. cup	0.5
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	11.0	1.0 cup	0.5
27054	Dip, TOSTITOS, salsa con queso, medium	30.0	2.0 tbsp	0.4
16137	Hummus, home prepared	15.0	1.0 tablespoon	0.4
07921	Bacon and beef sticks	28.0	1.0 oz	0.4
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	0.4
43031	Candies, chocolate covered, caramel with nuts	14.0	1.0 piece	0.4
03098	Babyfood, vegetables, beets, strained	224.0	1.0 cup	0.4
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	0.4
12220	Seeds, flaxseed	10.3	1.0 tbsp, whole	0.4
11431	Radishes, oriental, cooked, boiled, drained, without salt	147.0	1.0 cup, sliced	0.4
11850	Radishes, oriental, cooked, boiled, drained, with salt	147.0	1.0 cup slices	0.4
43566	Snacks, tortilla chips, light (baked with less oil)	63.0	1.0 cup, crushed	0.4
19124	Baking chocolate, mexican, squares	20.0	1.0 tablet	0.4
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	0.4
20042	Rice, brown, parboiled, dry, UNCLE BEN'S	48.0	0.25 cup	0.4
42205	Cheese, pasteurized process, cheddar or American, fat-free	16.0	1.0 cubic inch	0.4
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.4

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
42280	Frankfurter, meat and poultry, low fat	143.0	1.0 cup, sliced	0.4
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	142.0	0.5 cup	0.4
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.4
18039	Bread, oatmeal	28.35	1.0 oz	0.4
18272	Ice cream cones, sugar, rolled-type	28.35	1.0 oz	0.4
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	28.35	1.0 oz	0.4
18036	Bread, multi-grain, toasted (includes whole-grain)	28.35	1.0 oz	0.4
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.4
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.4
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.4
25001	Snacks, popcorn, microwave, low fat	28.35	1.0 oz	0.4
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.4
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.4
18110	Cake, fruitcake, commercially prepared	28.35	1.0 oz	0.4
15236	Fish, salmon, Atlantic, farmed, raw	85.0	3.0 oz	0.4
15084	Fish, salmon, pink, canned, total can contents	85.0	3.0 oz	0.4
13322	Beef, variety meats and by-products, heart, cooked, simmered	85.0	3.0 oz	0.4
15212	Fish, salmon, pink, cooked, dry heat	85.0	3.0 oz	0.4
05118	Chicken, roasting, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.4
11435	Rutabagas, raw	140.0	1.0 cup, cubes	0.4
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.4
08513	Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS	28.0	0.75 cup (1 NLEA serving)	0.4
42236	Cereals ready-to-eat, frosted oat cereal with marshmallows	30.0	0.75 cup (1 NLEA serving)	0.4
08029	Cereals ready-to-eat, POST Bran Flakes	30.0	0.75 cup (1 NLEA serving)	0.4
08002	Cereals ready-to-eat, POST, ALPHA-BITS	30.0	1.0 cup (1 NLEA serving for adults)	0.4
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.4
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.4
28324	Pancakes, whole wheat, dry mix, incomplete	38.0	0.25 cup mix 1 serving	0.4
28316	Bread, wheat, sprouted	38.0	1.0 slice 1 serving	0.4
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	32.0	1.0 cup (1 NLEA serving)	0.4
42129	Bologna, beef and pork, low fat	138.0	1.0 cup pieces	0.4
43384	Beef, bologna, reduced sodium	138.0	1.0 cup pieces	0.4
28310	Cookies, shortbread, reduced fat	11.8	1.0 cookie	0.4
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	0.4
20129	Wheat flours, bread, unenriched	137.0	1.0 cup unsifted, dipped	0.4

20084 When flour, white, rake, mriched 0.176 1.0 cup unsfined, tipped 0.4 19114 Lee creams, choodale, light 68 1.0 serving 0.4 1178 Com, sweet, yellow, frozen, kemela eart off oob, ungespared 1360 1.0 cup, chopped 0.4 01129 Egg, whole, coaclack, hard-holled 1360 1.0 cup, chopped 0.4 08124 Milk Gween Har, frames, malle form towdat milk 680 1.0 hur chop 0.4 08028 Cereals ready-on-ear, PERT, HONEY BUNCHES OF OATS, pecan bunches 290 0.75 cup 1 NLEA serving 0.4 08028 Cereals ready-on-ear, PERT, HONEY BUNCHES OF OATS, pecan bunches 290 0.75 cup 1 NLEA serving 0.4 11822 Salady, cooked, boiled, drimact, whice aim 1350 1.0 cup, sines 0.4 11825 Salady, cooked, boiled, drimact, whice aim 1350 1.0 cup, sines 0.4 11848 Salady, cooked, boiled, drimed, without sale 1350 0.75 cup 1 NLEA serving 0.4 11848 Salady, cooked, boiled, drimed, without sale 1350 0.75 cup 1 NLEA serving 0.4 1	NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
11178 Com. sweet, yellow, frozen, kernels cut off cob, unprepared 1360 1.0 cup, chopped 0.4 01124 Alge, whole, coxled, hard-botled 1860 1.0 cup, chopped 0.4 04244 Mild (sears tar, frunch, male front loxofat milk 880 0.1 cup, chopped 0.4 08685 Cercals ready to sea, POST, HONFY RINGHES OF CATS, pecan burches 29.0 0.75 cup (INEA serving) 0.4 18628 Cercular ready to sea, POST, HONFY RINGHES OF CATS, pecan burches 31.2 1.0 cup 0.0 18717 Balshood, juice, apple and prune 31.2 1.0 cup slices 0.4 18828 Sality, cooked, boiled, drianed, with salt 135.0 1.0 cup slices 0.4 18141 Crostic ready-to-cer, GENERAL MILES, FROSTED CHEERIOS 270 0.75 cup to NEEA serving 0.4 14445 Alcohotic beverage, liqueur, coffee with creum, 34 proof 313.0 1.0 cup, sliced 0.4 21073 Alcohotic beverage, liqueur, coffee with creum, 34 proof 33.0 1.0 cup, sliced 0.4 21046 Alcohotic beverage, liqueur, coffee with creum, 34 proof 33.0 1.0 cup, sliced	20084	Wheat flour, white, cake, enriched	137.0	1.0 cup unsifted, dipped	0.4
01129 Figg. whole, cooked, bard-boiled 1360 1.0 cap, clopped 01244 Miki, desert Ear, Trozen, made from lowfat milk 681 1.0 bar 0.4 6855 Cercals ready-sear, EAPT, HONEY BUNCHES OF CATS, pecan burches 290 0.75 cpt (INLEA serving) 0.4 6802 Cercals ready-sear, KELLOGG, KELLOGGS ALL-BRAN COMPLETE Whear Flakes 290 0.75 cpt (INLEA serving) 0.4 03171 Babyfond, juice, apple and prince 31.2 1.0 ft or 0.4 15141 Crostaceurus, crub, blue, camed 1350 1.0 cup 0.4 15141 Crostaceurus, crub, blue, camed 1350 0.75 cpt INLEA serving) 0.4 16826 Cercals ready-to-cat, GENERAL MILLS, FROSTED CHEERIOS 271 0.75 cpt INLEA serving) 0.4 14145 Alcoholic beverage, liqueur, coffee with cream, 34 proof 311 1.0 ft or 0.4 1415 Alcoholic beverage, liqueur, coffee with cream, 34 proof 314 1.0 cup 0.0 20037 Rice, brown, long-grain, cooked 313 1.0 cup 0.0 2014 Macronia, vegetable, enriched, cooked	19114	Ice creams, chocolate, light	68.0	1.0 serving	0.4
01244 Mik desser har, frozen, made from lowfat milk 6.86 1.0 har 0.4 08655 Cereals ready-to-ea, NOST, IONEY BUNCHES OF OATS, pecan bunches 290 0.75 cup (I NLEA serving) 0.4 08028 Cereals ready-to-ea, RELLOGG, KELLOGGS ALL-BRAN COMPLETE Weat Flakes 290 0.75 cup (I NLEA serving) 0.4 0117 Baby food, juice, apple and prone 31.2 1.0 floor 0.4 01182 Salisfy, cooked, boiled, drained, with salt 185.0 1.0 cup sites 0.4 11843 Creats ready-to-ea, GENERAL MILLS, FROSTED CHEERIOS 270 0.75 cup (I NLEA serving) 0.4 14148 Salsify, cooked, boiled, drained, without salt 133.0 1.0 cup, sired 0.4 14145 Alcoholic beverage, liqueur, coffee with cream, 34 proof 31.1 1.0 floor 0.4 14145 Alcoholic beverage, liqueur, coffee with cream, 34 proof 31.1 1.0 cup sired 0.4 1405 Alcoholic beverage, liqueur, coffee with cream, 34 proof 30.0 1.0 cup sired 0.4 12016 Macroni, vegability, enriched, crooked 270.0 3.0 1.0 cup <t< td=""><td>11178</td><td>Corn, sweet, yellow, frozen, kernels cut off cob, unprepared</td><td>136.0</td><td>1.0 cup</td><td>0.4</td></t<>	11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	0.4
8655 Cereals ready-to- eat, POST, HONEY BUNCHES OF OATS, pecan bunches 29.0 0.75 cup (1 NLEA serving) 0.4 08028 Cecala ready-to- eat, NELL/OGG, NELL/OGGS ALL-BRAN COMPLETE Wheat Flakes 20.0 0.75 cup (1 NLEA serving) 0.4 08171 Balyrodo, Juica, rapid and prune 31.2 1.0 cup slices 0.0 15141 Crostaceans, crab, blue, canned 135.0 1.0 cup slices 0.4 15141 Crostaceans, crab, blue, canned 135.0 1.0 cup slices 0.4 80267 Centals ready-to-eat, GENERAL MILLS, PROSTED CHEERIOS 2.0 0.75 cup (1 NLEA serving) 0.4 14143 Sklefty, cooked, boiled, drained, without salt 135.0 1.0 cup, sliced 0.4 14415 Alcoholic beverage, liqueur, corbe with cram, 34 proof 31.1 1.0 cup, sliced 0.4 03037 Rice, brown, long-grain, cooked 32.0 1.0 cup 0.4 04143 Spices, turmeric, ground 31.4 1.0 cup spiral shape 0.4 04159 Limes, raw 67.0 1.0 cup spiral shape 0.4 04159 Limes, raw <	01129	Egg, whole, cooked, hard-boiled	136.0	1.0 cup, chopped	0.4
88028 Cercals ready-no-ear, KFILOGG, KFILOGGS ALI-BRAN COMPLETE Wheat Flakes 290 0.75 cup (I NIEA serving) 0.4 03171 Baby food, juice, apple and prune 31.2 1.0 ft or 0.4 1852 Salsity, cooked, boiled, frained, with salt 135.0 1.0 cup slices 0.4 1514 Crostaceuns, crub, blue, counced 135.0 0.75 cup (I NIEA serving) 0.4 06267 Cereals ready-to-ear, GENERAL MILLS, FROSTED CHEERIOS 270 0.75 cup (I NIEA serving) 0.4 11438 Salsity, cooked, boiled, drained, without salt 135.0 1.0 cup, sliced 0.4 14415 Alcoholic between, Liqueur, coffee with cream, 34 proof 31.1 1.0 cup, sliced 0.4 2037 Rice, brown, long-grain, cooked 30 1.0 cup, sliced 0.4 2046 Association, seepathle, enriched, cooked 340 1.0 cup spiral shape 0.4 9159 Limes, raw 67 0.10 cup spiral shape 0.4 9120 Candies, milk chocolate 20 1.0 cup spiral shape 0.4 19120 Babylood, datimed, every black in an and	01244	Milk dessert bar, frozen, made from lowfat milk	68.0	1.0 bar	0.4
03171 Babyfood, juice, apple and prune 31.2 10.0 mg 0.0 mg 11852 Salsify, cooked, boiled, drained, with salt 135.0 1.0 cup sites 0.4 15141 Crusaceans, crab, blue, canned 135.0 0.75 cup (INLEA serving) 0.0 08267 Cereals ready-to ead, GENRAL MILLS, FROSTED CHEERIOS 207.0 0.75 cup (INLEA serving) 0.0 14415 Alcoholic beverage, liqueur, coffee with cream, 34 proof 31.1 1.0 cup side 0.0 14415 Alcoholic beverage, liqueur, coffee with cream, 34 proof 31.1 1.0 cup side 0.0 03037 Rice, brown, long-grain, cooked 20.0 1.0 cup 0.0 03043 Spices, tumeric, ground 30.1 1.0 rup 0.0 0315 Jimes, raw 60.1 1.0 cup sip in shaped 0.0 0316 Macaroni, vegetable, eariched, cooked 1.0 1.0 cup sip in shaped 0.0 1017 Jimes, raw 60.1 1.0 cup sip in shaped 0.0 1018 Daylord, Carek, link nocolate 2.0 1.0 cup tin shaped 0.0 </td <td>08655</td> <td>Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches</td> <td>29.0</td> <td>0.75 cup (1 NLEA serving)</td> <td>0.4</td>	08655	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	29.0	0.75 cup (1 NLEA serving)	0.4
1852 Salsify, cooked, boiled, drained, with salt 1350 1.0 cup sinces 0.6 15141 Crustaceans, crab, blue, canned 1350 0.75 cup (1 NLEA serving) 0.4 08267 Cereals ready-to-ear, GENERAL MILLS, FROSTED CHEERIOS 270 0.75 cup (1 NLEA serving) 0.4 11438 Salsify, cooked, boiled, drained, without salt 1315 1.0 cup, sinced 0.4 14415 Alcoholic beverage, liqueur, coffee with cream, 34 proof 311 1.0 cup 0.4 20037 Rice, brown, long-grain, cooked 2020 1.0 cup 0.4 20103 Spices, turneric, ground 303 1.0 cup 0.4 20104 Macaroni, vegetable, cariched, cooked 313 1.0 cup spiral shaped 0.0 20105 Macaroni, vegetable, cariched, cooked 360 1.0 cup spiral shaped 0.0 20107 Vogart, Greek, plain, lowfat 200 1.0 cup spiral shaped 0.0 20128 Vogart, Greek, plain, lowfat 20 1.0 cup spiral shaped 0.0 32807 Babyfood, cauteal cereal with fruit, dry, instant, toddler fortified	08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29.0	0.75 cup (1 NLEA serving)	0.4
15141 Crustaceans, crab, bue, camed 1350 1.0 cup 0.4 08267 Cercals ready-to-cat, GENERAL MILLS, FROSTED CHEERIOS 27.0 0.75 cup (1 NLEA serving) 0.4 11438 Salsify, cooked, boiled, drained, without stl 13.0 1.0 cup, sliced 0.4 14145 Alcoholic beverage, liqueur, coffee with cream, 34 proof 31.1 1.0 cup, sliced 0.04 2007 Rice, brown, long-grain, cooked 3.0 1.0 cup, sliced 0.4 2008 Spices, turmeric, ground 3.0 1.0 cup spiral-shaped 0.4 2010 Macaroni, vegetable, enriched, cooked 6.0 1.0 cup spiral-shaped 0.4 2010 Macaroni, vegetable, enriched, cooked 6.0 1.0 cup spiral-shaped 0.4 1019 Candies, milk chocolate 6.0 1.0 cup spiral-shaped 0.4 1020 Candies, milk chocolate 7.0 1.0 cup spiral-shaped 0.4 2020 Balyfood, attend cereal with fruit, dry, instant, todller forified 2.83 1.0 cup spiral-shaped 0.4 2030 Beef, shan loin, top loin, steak, separable lean and fa	03171	Babyfood, juice, apple and prune	31.2	1.0 fl oz	0.4
08267 Cercals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS 27.0 0.75 cup (1 NLEA serving) 0.8 11438 Salsify, cooked, boiled, drained, without salt 135.0 1.0 cup, sliced 0.4 14415 Alcoholic beverage, liquear, coffee with cream, 34 proof 31.1 1.0 cup, on 0.0 02037 Rice, brown, long-grain, cooked 202.0 1.0 cup spiral shaped 0.4 02043 Spices, turmeric, ground 3.0 1.0 cup spiral shaped 0.4 041959 Lines, raw 67.0 1.0 cup spiral shaped 0.4 09159 Lines, raw 67.0 1.0 cup spiral shaped 0.4 09170 Candies, milk chocolate 7.0 1.0 container (7 oz) 0.4 01205 Balyfood, autmeal cereal with fruit, dry, instant, toddler fortified 5.3 1.0 bar, milniture 0.4 03205 Balyfood, autmeal cereal with fruit, dry, instant, toddler fortified 28.35 1.0 bar, milniture 0.4 13871 Becf, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled 28.35 1.0 oz 0.4	11852	Salsify, cooked, boiled, drained, with salt	135.0	1.0 cup slices	0.4
11438 Salsify, cooked, boiled, drained, without salt 135.0 1.0 cup, sliced 0.4 14415 Alcoholic beverage, liqueur, coffee with cream, 34 proof 31.1 1.0 fl α 0.4 20037 Rice, brown, long-grain, cooked 20.0 1.0 cup 0.4 20043 Spiese, turmeric, ground 30 1.0 cup spiral shaped 0.4 2016 Macaroni, vegetable, enriched, cooked 134.0 1.0 cup spiral shaped 0.4 01287 Vogurt, Greek, plain, lowfat 200.0 1.0 cunt psiral shaped 0.4 01287 Vogurt, Greek, plain, lowfat 200.0 1.0 cunt psiral shaped 0.4 01287 Vogurt, Greek, plain, lowfat 200.0 1.0 cunt psiral shaped 0.4 19120 Caldies, milk chocolate 7.0 1.0 than innitive 0.4 2305 Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified 5.3 1.0 than 0.4 2360 Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled 28.35 1.0 oz 0.4 23587 Beef, enderfoin, steak, sep	15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	0.4
14415 Alcoholic beverage, liqueur, coffee with cream, 34 proof 31.1 1.0 flot oz 0.4 20037 Rice, brown, long-grain, cooked 202.0 1.0 cup 0.4 02043 Spices, turmeric, ground 3.0 1.0 cup spiral shaped 0.4 02106 Macaroni, vegetable, enriched, cooked 67.0 1.0 fmit (2° dia) 0.4 09159 Limes, raw 67.0 1.0 fmit (2° dia) 0.4 01287 Yogurt, Greek, plain, lowfat 2000 1.0 container (7 oz) 0.4 19120 Candies, milk chocolate 7.0 1.0 bar, miniature 0.4 03205 Babyfood, oatmeal cereal with ffuit, dry, instant, toddler fortified 5.3 1.0 tbsp 0.4 13871 Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8° fat, choice, raw 28.35 1.0 oz 0.4 23587 Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8° fat, all grades, cooked, broiled 28.35 1.0 oz 0.4 13808 Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8° fat, all grades, cooked, broiled 28.35 1.0 oz 0.4	08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS	27.0	0.75 cup (1 NLEA serving)	0.4
20037 Rice, brown, long-grain, cooked 202.0 1.0 cup 0.4 02043 Spices, turmeric, ground 3.0 1.0 tup spiral shaped 0.4 20106 Macaroni, vegetable, enriched, cooked 134.0 1.0 cup spiral shaped 0.4 09159 Limes, raw 67.0 1.0 fruit (2 dia) 0.4 01287 Yogurt, Greek, plain, lowfat 200.0 1.0 cantainer (7 oz) 0.4 19120 Candies, milk chocolate 7.0 1.0 bar, miniature 0.4 03205 Babyfood, oatmeal cercal with fruit, dry, instant, toddler fortified 5.3 1.0 tubs 0.4 23606 Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled 28.35 1.0 oz 0.4 23618 Beef, rund, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled 28.35 1.0 oz 0.4 23879 Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled 28.35 1.0 oz 0.4 23880 Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled 28.35 1	11438	Salsify, cooked, boiled, drained, without salt	135.0	1.0 cup, sliced	0.4
02043 Spices, turmeric, ground 3.0 1.0 tsp 0.4 20106 Macaroni, vegetable, enriched, cooked 134.0 1.0 cup spiral shaped 0.4 09159 Limes, raw 67.0 1.0 fruit (2° dia) 0.4 01287 Yogurt, Greek, plain, lowfat 2000 1.0 container (7 ου) 0.4 19120 Candies, milk chocolate 7.0 1.0 bar, miniature 0.4 23606 Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8° fat, all grades, cooked, broiled 28.35 1.0 oz 0.4 13871 Beef, round, bottom round, steak, separable lean only, trimmed to 1/8° fat, all grades, cooked, broiled 28.35 1.0 oz 0.4 23688 Beef, its, swall end (ribs 10-12), separable lean only, trimmed to 1/8° fat, all grades, cooked, broiled 28.35 1.0 oz 0.4 23860 Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8° fat, all grades, cooked, broiled 28.35 1.0 oz 0.4 23878 Beef, tenderloin, steak, separable lean only, trimmed to 1/8° fat, all grades, cooked, broiled 28.35 1.0 oz 0.4 23800 Beef, tenderloin, steak, separable lean only, t	14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	31.1	1.0 fl oz	0.4
20106 Macaroni, vegetable, enriched, cooked 134.0 1.0 cup spiral shaped 0.4 09159 Limes, raw 67.0 1.0 fruit (2" dia) 0.4 01287 Yogurt, Greek, plain, lowfat 200.0 1.0 container (7 oz) 0.4 19120 Candies, milk chocolate 7.0 1.0 bar, miniature 0.4 03205 Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified 5.3 1.0 tbsp 0.4 23606 Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled 28.35 1.0 oz 0.4 23871 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled 28.35 1.0 oz 0.4 23587 Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled 28.35 1.0 oz 0.4 23588 Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled 28.35 1.0 oz 0.4 23587 Breef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled 28.35 1.0 oz 0.4 23600 Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	20037	Rice, brown, long-grain, cooked	202.0	1.0 cup	0.4
Dept. Limes, raw Cardies, plain, lowfat Cardies, plain, lowfat Cardies, milk chocolate Cardies, milk chocolate	02043	Spices, turmeric, ground	3.0	1.0 tsp	0.4
01287 Yogurt, Greek, plain, lowfat 200.0 1.0 container (7 oz) 0.4 19120 Candies, milk chocolate 7.0 1.0 bar, miniature 0.4 03205 Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified 5.3 1.0 tbsp 0.4 23606 Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw 28.35 1.0 oz 0.4 13871 Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw 28.35 1.0 oz 0.4 23688 Beef, fib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled 28.35 1.0 oz 0.4 13868 Beef, cunderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw 28.35 1.0 oz 0.4 23600 Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw 28.35 1.0 oz 0.4 28397 Bread, multi-grain (includes whole-grain) 28.35 1.0 oz 0.4 28399 Bread, multi-grain (includes whole-grain) 28.35 1.0 oz 0.4 23610 Beef, top sirloin, steak, separable lean on	20106	Macaroni, vegetable, enriched, cooked	134.0	1.0 cup spiral shaped	0.4
19120 Candies, milk chocolate 7.0 1.0 bar, miniature 0.4	09159	Limes, raw	67.0	1.0 fruit (2" dia)	0.4
03205 Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified 5.3 1.0 tbsp 0.4 23606 Beef, short Ioin, top Ioin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled 28.35 1.0 oz 0.4 13871 Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled 28.35 1.0 oz 0.4 23638 Beef, rib, small end (fibs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled 28.35 1.0 oz 0.4 23587 Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, row 28.35 1.0 oz 0.4 13868 Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw 28.35 1.0 oz 0.4 23600 Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled 28.35 1.0 oz 0.4 28397 Bread, multi-grain (includes whole-grain) 28.35 1.0 oz 0.4 23610 Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled 28.35 1.0 oz 0.4 23630 Beef, short loin, top loin, steak, separable lean only, trimmed	01287	Yogurt, Greek, plain, lowfat	200.0	1.0 container (7 oz)	0.4
23606 Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled 28.35 1.0 oz 0.4 13871 Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw 28.35 1.0 oz 0.4 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 0.4 23587 Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, row 28.35 1.0 oz 0.4 13868 Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw 28.35 1.0 oz 0.4 23600 Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled 28.35 1.0 oz 0.4 23629 Bread, multi-grain (includes whole-grain) 28.35 1.0 oz 0.4 23629 Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled 28.35 1.0 oz 0.4 23630 Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled 28.35 1.0 oz 0.4 23630 Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled 28.35 1.0 oz 0.4 23630 Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled 28.35 1.0 oz 0.4 23630 Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled 28.35 1.0 oz 0.4 23630 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled 28.35 1.0 oz 0.4 23636 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled 28.35 1.0 oz 0.4 23630 Beef, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled 28.35 1.0 oz 0.4 23630 Beef, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled 28.35 1.0	19120	Candies, milk chocolate	7.0	1.0 bar, miniature	0.4
13871 Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw 28.35 1.0 oz 0.4 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 0.4 23587 Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled 28.35 1.0 oz 0.4 13868 Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw 28.35 1.0 oz 0.4 23600 Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled 28.35 1.0 oz 0.4 28397 Bread, multi-grain (includes whole-grain) 28.35 1.0 oz 0.4 23629 Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled 28.35 1.0 oz 0.4 23610 Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled 28.35 1.0 oz 0.4 23630 Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled 28.35 1.0 oz 0.4 19058 Snacks, tortilla chips, ranch-flavor 28.35 1.0 oz 0.4 2359	03205	Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified	5.3	1.0 tbsp	0.4
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 0.4 23587 Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled 28.35 1.0 oz 0.4 13868 Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw 28.35 1.0 oz 0.4 23600 Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled 28.35 1.0 oz 0.4 28397 Bread, multi-grain (includes whole-grain) 28.35 1.0 oz 0.4 23629 Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled 28.35 1.0 oz 0.4 23610 Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled 28.35 1.0 oz 0.4 23630 Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled 28.35 1.0 oz 0.4 19058 Snacks, tortilla chips, ranch-flavor 28.35 1.0 oz 0.4 23560 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled 28.35 1.0 oz 0.4	23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.4
23587 Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled 28.35 1.0 oz 0.4 13868 Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw 28.35 1.0 oz 0.4 23600 Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled 28.35 1.0 oz 0.4 28397 Bread, multi-grain (includes whole-grain) 28.35 1.0 oz 0.4 23629 Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled 28.35 1.0 oz 0.4 23610 Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled 28.35 1.0 oz 0.4 23630 Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled 28.35 1.0 oz 0.4 19058 Snacks, tortilla chips, ranch-flavor 28.35 1.0 oz 0.4 2356 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled 28.35 1.0 oz 0.4 18259 English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough) 28.35 1.0 oz 0.4 42272 <td>13871</td> <td>Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw</td> <td>28.35</td> <td>1.0 oz</td> <td>0.4</td>	13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.4
13868 Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw 28.35 1.0 oz 0.4 23600 Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled 28.35 1.0 oz 0.4 28397 Bread, multi-grain (includes whole-grain) 28.35 1.0 oz 0.4 23629 Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled 28.35 1.0 oz 0.4 23610 Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled 28.35 1.0 oz 0.4 23630 Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled 28.35 1.0 oz 0.4 19058 Snacks, tortilla chips, ranch-flavor 28.35 1.0 oz 0.4 23586 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled 28.35 1.0 oz 0.4 18259 English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough) 28.35 1.0 oz 0.4 4272 Snacks, granola bar, with coconut, chocolate coated 28.35 1.0 oz 0.4	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	0.4
Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled 28.35 Bread, multi-grain (includes whole-grain) 28.35 Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled 28.35 Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled 28.35 Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled 28.35 Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled 28.35 Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled 28.35 1.0 oz 0.4 23586 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled 28.35 1.0 oz 0.4 28.35 1.0 oz 0.4 28.35 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled 28.35 1.0 oz 0.4 28.35 Denglish muffins, plain, toasted, enriched, with calcium propionate (includes sourdough) 28.35 1.0 oz 0.4 28.35 1.0 oz 0.4	23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.4
Bread, multi-grain (includes whole-grain) Bread, multi-grain (includes whole-grain) Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled 28.35 1.0 oz 0.4 23610 Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled 28.35 1.0 oz 0.4 23630 Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled 28.35 1.0 oz 0.4 19058 Snacks, tortilla chips, ranch-flavor 28.35 1.0 oz 0.4 23586 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled 28.35 1.0 oz 0.4	13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.4
Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled 28.35 Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled 28.35 1.0 oz 0.4 23630 Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled 28.35 1.0 oz 0.4 19058 Snacks, tortilla chips, ranch-flavor 28.35 1.0 oz 0.4 23586 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled 28.35 1.0 oz 0.4	23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.4
Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled 28.35 Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled 28.35 1.0 oz 0.4 19058 Snacks, tortilla chips, ranch-flavor 28.35 1.0 oz 0.4	28397	Bread, multi-grain (includes whole-grain)	28.35	1.0 oz	0.4
Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled 28.35 1.0 oz 0.4 28.35 1.0 oz 0.4 28.35 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled 28.35 1.0 oz 0.4	23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.4
Snacks, tortilla chips, ranch-flavor 28.35 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled 28.35 English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough) 28.35 1.0 oz 0.4 28.35 1.0 oz 0.4 28.35 1.0 oz 0.4	23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.4
Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled 28.35 1.0 oz 0.4 English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough) 28.35 1.0 oz 0.4 Snacks, granola bar, with coconut, chocolate coated 28.35 1.0 oz 0.4	23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.4
English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough) 28.35 1.0 oz 0.4 42272 Snacks, granola bar, with coconut, chocolate coated 28.35 1.0 oz 0.4	19058	Snacks, tortilla chips, ranch-flavor	28.35	1.0 oz	0.4
Snacks, granola bar, with coconut, chocolate coated 28.35 1.0 oz 0.4	23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.4
	18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0.4
08268 Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY 33.0 1.0 cup (1 NLEA serving) 0.4	42272	Snacks, granola bar, with coconut, chocolate coated	28.35	1.0 oz	0.4
	08268	Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	33.0	1.0 cup (1 NLEA serving)	0.4

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
28309	Cookies, coconut macaroon	36.0	2.0 cookie 1 serving	0.4
07069	Salami, cooked, beef and pork	12.3	1.0 slice round	0.4
01049	Cream, fluid, half and half	30.2	1.0 fl oz	0.4
08586	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIX	28.0	1.0 cup	0.4
20113	Noodles, chinese, chow mein	28.0	0.5 cup dry	0.4
42157	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free	17.0	1.0 tbsp	0.4
08481	Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES	30.0	0.75 cup (1 NLEA serving)	0.4
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	26.0	0.75 cup (1 NLEA serving)	0.4
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	32.0	1.0 bar	0.4
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Digurt	32.0	0.75 cup (1 NLEA serving)	0.4
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32.0	0.75 cup (1 NLEA serving)	0.4
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	0.4
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	27.0	0.75 cup (1 NLEA serving)	0.4
20018	Corn flour, yellow, degermed, unenriched	126.0	1.0 cup	0.4
08637	Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch	27.0	0.75 cup (1 NLEA serving)	0.4
06023	Soup, chicken with rice, canned, condensed	126.0	0.5 cup	0.4
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	29.0	0.75 cup (1 NLEA serving)	0.4
20082	Wheat flour, white, all-purpose, self-rising, enriched	125.0	1.0 cup	0.4
20581	Wheat flour, white, all-purpose, enriched, unbleached	125.0	1.0 cup	0.4
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15.0	1.0 container, individual	0.4
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	0.4
03140	Babyfood, fruit dessert, mango with tapioca	15.0	1.0 tbsp	0.4
20081	Wheat flour, white, all-purpose, enriched, bleached	125.0	1.0 cup	0.4
08383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries	31.0	1.0 cup (1 NLEA serving)	0.4
19312	Pie fillings, apple, canned	74.0	0.125 can	0.4
18383	Bread, protein, (includes gluten), toasted	28.35	1.0 oz	0.4
18038	Bread, oat bran, toasted	28.35	1.0 oz	0.4
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.4
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.4
23590	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.4
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.4
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.4
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.4
13023	Beef, brisket, whole, separable lean only, all grades, raw	28.35	1.0 oz	0.4
18066	Bread, wheat bran	28.35	1.0 oz	0.4

1900 Sancis, Indianachips 2335 1.0 oz 0.4	NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
9057 Sinucks, torilla chips, metho chocse 28.35 1.0 oz 0.4 23291 Becf. round, top yound, roans, separable lean only, trimmed to 18° fat, choice, raw 28.35 1.0 oz 0.4 2323 Berf. ribs, small end (ribs 10-12), separable lean only, trimmed to 18° fat, choice, raw 28.35 1.0 oz 0.4 2323 Berf. ribs, small end (ribs 10-12), separable lean only, trimmed to 18° fat, choice, raw 28.35 1.0 oz 0.4 23240 Berf. round, top yound, steak, separable lean only, trimmed to 18° fat, choice, raw 28.35 1.0 oz 0.4 23258 Berf. (round, eye of round, roans, separable lean only, trimmed to 18° fat, choice, cooked, masked 28.35 1.0 oz 0.4 23258 Berf. (round, eye of round, roans, separable lean only, trimmed to 18° fat, choice, raw 28.35 1.0 oz 0.4 23260 Berf. (round-ribin, steak, separable lean only, trimmed to 18° fat, choice, raw 28.35 1.0 oz 0.4 23261 Berf. (round-ribin, steak, separable lean only, trimmed to 18° fat, choice, raw 28.35 1.0 oz 0.4 23261 Berf. (round-ribin, steak, separable lean only, trimmed to 18° fat, choice, raw 28.35 1.0 oz 0.4 23261 Berf. (round-ribin, steak, separable lean only, trimmed to 18° fat, choice, raw 28.35 1.0 oz 0.4 23262 Berf. (round-ribin, steak, separable lean only, trimmed to 18° fat, choice, raw 28.35 1.0 oz 0.4 23263 Berf. (round-ribin, steak, separable lean only, trimmed to 18° fat, select, conked, grilled 28.35 1.0 oz 0.4 23264 Berf. (round-ribin, steak, separable lean only, trimmed to 18° fat, select, conked, grilled 28.35 1.0 oz 0.4 23269 Berf. (round-ribin, steak, separable lean only, trimmed to 18° fat, select, conked, grilled 28.35 1.0 oz 0.4 23260 Berf. (round-ribin, steak, separable lean only, trimmed to 18° fat, select, conked, grilled 28.35 1.0 oz 0.4 23260 Berf. (round-ribin, steak, separable lean only, trimmed to 18° fat, select, conked, grilled 28.35 1.0 oz 0.4 23260 Berf. (round-r	19400	Snacks, banana chips	28.35	1.0 oz	0.4
2351 Beef, mond, eye of round, rost, separable lean only, trimmed to 18" fat, sebect, cooked, massed 28.35 1.0 o. 0.4 13894 Beef, mond, depround, steak, separable lean and fat, trimmed to 18" fat, choice, raw 28.35 1.0 o. 0.4 2362 Beef, this smill ed rich to 12.12, separable lean and fat, trimmed to 18" fat, all grades, raw 28.35 1.0 o. 0.4 23620 Beef, round, top round, teak, separable lean only, trimmed to 18" fat, all grades, raw 28.35 1.0 o. 0.4 23630 Beef, round, eye of cound, roas, separable lean only, trimmed to 18" fat, all grades, raw 28.35 1.0 o. 0.4 23640 Reef, tenderbrim, steak, separable lean only, trimmed to 18" fat, choice, raw 28.35 1.0 o. 0.4 28471 Beef, tondicinis, steak, separable lean only, trimmed to 18" fat, choice, raw 28.35 1.0 o. 0.4 28481 Beef, tond, separable lean only, trimmed to 18" fat, choice, raw 28.35 1.0 o. 0.4 28491 Beef, tond, separable lean only, trimmed to 18" fat, choice, raw 28.35 1.0 o. 0.4 28401 Beef, tond loin, top loin, steak, separable lean only, trimmed to 18" st. choice, raw 28.35	18061	Bread, rye, toasted	28.35	1.0 oz	0.4
1889 Recf., round, top round, steak, separable lean and fat, trimmed to 18" fat, choice, raw 28.35 1.0 oz 0.4 18891 Recf., round, top round, steak, separable lean only, trimmed to 18" fat, all grades, raw 28.35 1.0 oz 0.4 18901 Recf., round, eye of round, roast, separable lean only, trimmed to 18" fat, all grades, raw 28.35 1.0 oz 0.4 18958 Recf., round, eye of round, roast, separable lean only, trimmed to 18" fat, choice, cooked, roasted 28.35 1.0 oz 0.4 18961 Recf., top sirioin, steak, separable lean only, trimmed to 18" fat, elbect, cooked, broiled 28.35 1.0 oz 0.4 18961 Recf., postrioin, facak, separable lean only, trimmed to 18" fat, dispers, raw 28.35 1.0 oz 0.4 18973 Recf., postrioin, steak, separable lean and fat, trimmed to 18" fat, choice, raw 28.35 1.0 oz 0.4 18974 Recf., top sirioin, steak, separable lean and fat, trimmed to 18" fat, choice, raw 28.35 1.0 oz 0.4 18974 Recf., top sirioin, steak, separable lean and fat, trimmed to 18" fat, choice, raw 28.35 1.0 oz 0.4 18974 Recf., top sirioin, steak, separable lean and fat, trimmed to 18" fat, choice, raw 28.35 1.0 oz 0.4 18974 Recf., top sirioin, steak, separable lean and fat, trimmed to 18" fat, choice, raw 28.35 1.0 oz 0.4 18974 Recf., top sirioin, steak, separable lean and fat, trimmed to 18" fat, choice, raw 28.35 1.0 oz 0.4 18974 Recf., top sirioin, steak, separable lean and fat, trimmed to 18" fat, select, cooked, grilled 28.35 1.0 oz 0.4 18974 Recf., top sirioin, steak, separable lean and fat, trimmed to 18" fat, select, cooked, grilled 28.35 1.0 oz 0.4 18974 Recf., top sirioin, top loin, steak, separable lean and fat, trimmed to 18" fat, select, cooked, grilled 28.35 1.0 oz 0.4 18975 Recf., top sirioin, steak, separable lean and fat, trimmed to 18" fat, select, cooked, grilled 28.35 1.0 oz 0.4 18976 Recf., top sirioin, steak, separable lean and fat, trimmed to 18" fat, select, coo	19057	Snacks, tortilla chips, nacho cheese	28.35	1.0 oz	0.4
2823 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 18° fat, choice, raw 28.35 1.0 α 0.4 18891 Ricef, round, top round, steak, separable lean and fat, trimmed to 18° fat, all grades, raw 28.35 1.0 α 0.4 2858 Beef, tond, eye for round, roust, separable lean only, trimmed to 18° fat, all grades, raw 28.35 1.0 α 0.4 28501 Beef, tenderbin, steak, separable lean only, trimmed to 18° fat, all grades, raw 28.35 1.0 α 0.4 18033 Bread, protatin (includes gluten) 28.35 1.0 α 0.4 18797 Beef, tound, cye of round, roust, separable lean and fat, trimmed to 18° fat, choice, raw 28.35 1.0 α 0.4 28611 Beef, tenderbins, steak, separable lean only, trimmed to 18° fat, choice, raw 28.35 1.0 α 0.4 28624 Beef, tenderbins, steak, separable lean only, trimmed to 18° fat, delect, cooked, grilled 28.35 1.0 α 0.4 28799 Beef, short loin, top loin, steak, separable lean only, trimmed to 18° fat, all grades, raw 28.35 1.0 α 0.4 28999 Beef, short loin, top loin, steak, separable lean only, trimmed to 18° fat, all grades, raw 28.35 <td< td=""><td>23591</td><td>Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted</td><td>28.35</td><td>1.0 oz</td><td>0.4</td></td<>	23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.4
1891 Beef, round, top round, steak, separable lean and fat, trimmed to 18" fat, choice, cooked, trosted 28.35 1.0 oz 0.4 23620 Beef, round, top cound, roast, separable lean only, trimmed to 18" fat, choice, cooked, trosted 28.35 1.0 oz 0.4 23631 Beef, top sirloin, steak, separable lean only, trimmed to 18" fat, select, cooked, brilled 28.35 1.0 oz 0.4 23631 Beef, positrioin, steak, separable lean only, trimmed to 18" fat, all grades, raw 28.35 1.0 oz 0.4 23631 Beef, positrioin, steak, separable lean only, trimmed to 18" fat, choice, raw 28.35 1.0 oz 0.4 23641 Beef, top sirloin, steak, separable lean only, trimmed to 18" fat, all grades, raw 28.35 1.0 oz 0.4 23624 Beef, top sirloin, steak, separable lean only, trimmed to 18" fat, all grades, raw 28.35 1.0 oz 0.4 23624 Beef, top sirloin, steak, separable lean only, trimmed to 18" fat, all grades, raw 28.35 1.0 oz 0.4 23624 Beef, stenderloin, steak, separable lean only, trimmed to 18" fat, choice, raw 28.35 1.0 oz 0.4 23629 Beef, short loin, top line, steak, separable lean only, trimmed to 18" fat, select, cooked, grilled 28.35 1.0 oz 0.4 23639 Beef, short loin, top line, steak, separable lean only, trimmed to 18" fat, select, cooked, grilled 28.35 1.0 oz 0.4 23639 Beef, thort loin, top line, steak, separable lean only, trimmed to 18" fat, select, cooked, grilled 28.35 1.0 oz 0.4 23630 Comment, whole-grain, white 1.0 oz 0.4 2	13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.4
23620 Beef, round, eye of round, roan, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled 28.35 1.0 oz 0.4 23588 Beef, toolinio, steak, separable lean only, trimmed to 1/8" fat, all grades, raw 28.35 1.0 oz 0.4 18043 Bread, protein (includes glutern) 28.35 1.0 oz 0.4 1879 Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw 28.35 1.0 oz 0.4 23611 Beef, stop stroin, steak, separable lean only, trimmed to 1/8" fat, choice, raw 28.35 1.0 oz 0.4 23624 Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw 28.35 1.0 oz 0.4 4334 Beef, short loin, op loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled 28.35 1.0 oz 0.4 43394 Beef, short loin, op loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled 28.35 1.0 oz 0.4 43395 Beef, short loin, op loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled 28.35 1.0 oz 0.4 45090 Sacks, corn-based, extraded, puffs or twins, cheese-flavor 28.3 <	23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.4
25588 Beef, position, steak, separable lean only, trimmed to 18" fat, select, cooked, broiled 28.55 1.0 or 0.4 23601 Breed, protein (includes, squaren) 28.35 1.0 oz 0.4 18873 Beef, round, eye of round, root, separable lean and fat, trimmed to 18" fat, choice, raw 28.35 1.0 oz 0.4 23611 Beef, tough sirloin, steak, separable lean only, trimmed to 18" fat, choice, raw 28.35 1.0 oz 0.4 23624 Beef, tough food, dimen, protable lean only, trimmed to 18" fat, choice, raw 28.35 1.0 oz 0.4 23634 Beef, short loin, top loin, steak, separable lean only, trimmed to 18" fat, select, cooked, grilled 28.35 1.0 oz 0.4 23639 Beef, short loin, top loin, steak, separable lean only, trimmed to 18" fat, all grades, raw 28.35 1.0 oz 0.4 2599 Beef, short loin, top loin, steak, separable lean only, trimmed to 18" fat, all grades, raw 28.35 1.0 oz 0.4 2509 Beef, inb, small end (ribs 10-12), separable lean only, trimmed to 18" fat, all grades, raw 28.35 1.0 oz 0.0 2509 Bear, inh, small end (ribs 10-12), separable lean only, trimmed to 18" fat, all grades, raw 28.3<	13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.4
2501 Berf, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw 28.35 1.0 oz 0.4 18043 Bread, protein (includes glutier) 0.84 0.84 0.84 0.84 0.84 0.84 0.84 0.84 0.84 0.84 0.84 0.83 0.04 0.84 0.84 0.83 0.04 0.84 0.	23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.4
Bread, protein (includes gluten)	23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.4
13879 Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw 28.35 1.0 oz 0.4 23611 Beef, top sirboin, seak, separable lean only, trimmed to 1/8" fat, all grades, raw 28.35 1.0 oz 0.4 23624 Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw 28.35 1.0 oz 0.4 23589 Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled 28.35 1.0 oz 0.4 19008 Snacks, corn-based, extruded, puffs or twists, cheese-flavor 28.35 1.0 oz 0.4 23599 Beef, ink, small end (ribs, 16-12), separable lean only, trimmed to 1/8" fat, all grades, raw 28.35 1.0 oz 0.4 49008 Snacks, corn-based, extruded, puffs or twists, cheese-flavor 28.35 1.0 oz 0.4 2599 Beef, rib, small end (ribs, 16-12), separable lean only, trimmed to 1/8" fat, all grades, raw 28.35 1.0 oz 0.4 2500 Beef, small, schassic beef, uprepared 122.0 1.0 package 0.4 2020 Cornmeal, whole-grain, white 122.0 1.0 cup 0.4 2020	23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.4
23611 Becf, top sirioin, steak, separable lau only, trimmed to 1/8" fat, all grades, raw 28.35 1.0 oz 0.4 23624 Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw 28.35 1.0 oz 0.4 03304 Babyfood, dimer, potatoes with cheese and ham, toddler 28.35 1.0 oz 0.4 23589 Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled 28.35 1.0 oz 0.4 23599 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw 28.35 1.0 oz 0.4 97004 Sausage, Berliner, pork, beef 23.0 1.0 slice 0.4 32099 Pasta mix, classic beef, unprepared 122.0 1.0 package 0.4 32020 Commeal, whole-grain, white 122.0 1.0 cup 0.4 3235 Beef, cured, dried 28.0 1.0 cup 0.4 40707 Commeal, whole-grain, wellow 122.0 1.0 cup 0.4 40707 Salami, cooked, turkey 28.0 1.0 cup 0.4 40707 Salami, cooked, tur	18043	Bread, protein (includes gluten)	28.35	1.0 oz	0.4
23624 Beef, tenderloin, steak, sparable lean only, trimmed to 1/8" fat, choice, raw 28.35 1.0 oz 0.4 03304 Babyfood, dinner, potatoes with cheese and ham, toddler 28.35 1.0 oz 0.4 23589 Beef, short loin, top Ioin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled 28.35 1.0 oz 0.4 99008 Snacks, corn-based, extruded, puffs or twists, cheese-flavor 28.35 1.0 oz 0.4 23599 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw 28.35 1.0 oz 0.4 07004 Sausage, Berliner, pork, beef 23.0 1.0 slice 0.4 2009 Pasta mix, classic beef, unprepared 122.0 1.0 package 0.4 20320 Cornmeal, whole-grain, white 122.0 1.0 cup 0.4 20020 Cornmeal, whole-grain, yellow 122.0 1.0 cup 0.4 13350 Beef, cured, dried 28.0 1.0 serving 0.4 13350 Beef, cured, dried 28.0 1.0 cup (1 NLEA serving) 0.4 0874 Cereals ready-to-eat, R	13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.4
03304 Babyfood, dinner, potatoes with cheese and ham, toddler 28.35 1.0 oz 0.4 23589 Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled 28.35 1.0 oz 0.4 19008 Snacks, com-based, extruded, puffs or twists, cheese-flavor 28.35 1.0 oz 0.4 23599 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw 28.35 1.0 oz 0.4 07004 Sausage, Berliner, pork, beef 23.0 1.0 slice 0.4 20300 Pasta mix, classic beef, unprepared 122.0 1.0 package 0.4 20320 Commeal, whole-grain, white 122.0 1.0 cup 0.4 20020 Commeal, whole-grain, yellow 122.0 1.0 cup 0.4 13350 Beef, cured, dried 28.0 1.0 serving 0.4 13350 Beef, cured, dried 28.0 1.0 cup (1 NLEA serving) 0.4 07941 Salami, Italian, pork and beef, dry, sliced, 50% less sodium 28.0 1.0 cup (1 NLEA serving) 0.4 11603 Yambean (jicama), raw <td>23611</td> <td>Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw</td> <td>28.35</td> <td>1.0 oz</td> <td>0.4</td>	23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.4
23589 Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled 28.35 1.0 oz 0.4 19008 Snacks, corn-based, extruded, puffs or twists, cheese-flavor 28.35 1.0 oz 0.4 23599 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw 28.35 1.0 oz 0.4 07004 Sausage, Berliner, pork, beef 23.0 1.0 slice 0.4 32009 Pasta mix, classic beef, unprepared 122.0 1.0 package 0.4 03200 Commeal, whole-grain, white 122.0 1.0 cup 0.4 07070 Salami, cosked, turkey 28.0 1.0 serving 0.4 13350 Beef, cured, dried 28.0 1.0 serving 0.4 08074 Cereals ready-to-eat, RALSTON TASTEEOS 28.0 1.0 cup (1 NLEA serving) 0.4 07941 Salami, Italian, pork and beef, dry, sliced, 50% less sodium 28.0 1.0 cup (1 NLEA serving) 0.4 07942 Yambean (jicama), raw 120.0 1.0 cup (1 NLEA serving) 0.4 0835 Cereals ready-to-eat, P	23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.4
19008 Snacks, corm-based, extruded, puffs or twists, cheese-flavor 28.35 1.0 oz 0.4 23599 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw 28.35 1.0 oz 0.4 07004 Sausage, Berliner, pork, beef 23.0 1.0 slice 0.4 32009 Pasta mix, classic beef, unprepared 122.0 1.0 package 0.4 20320 Cormmeal, whole-grain, white 122.0 1.0 cup 0.4 20020 Cormmeal, whole-grain, yellow 122.0 1.0 cup 0.4 90707 Salami, cooked, turkey 28.0 1.0 serving 0.4 13350 Beef, cured, dried 28.0 1.0 cup (1 NLEA serving) 0.4 08074 Cereals ready-to-eat, RALSTON TASTEEOS 28.0 1.0 cup (1 NLEA serving) 0.4 07941 Salami, Italian, pork and beef, dry, sliced, 50% less sodium 28.0 1.0 cup (1 NLEA serving) 0.4 11603 Yambean (jicama), raw 120.0 1.41 cz dry (half noodle block) 0.4 27035 Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium	03304	Babyfood, dinner, potatoes with cheese and ham, toddler	28.35	1.0 oz	0.4
23599 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw 28.35 1.0 oz 0.4 07004 Sausage, Berliner, pork, beef 23.0 1.0 package 0.4 32009 Pasta mix, classic beef, unprepared 122.0 1.0 package 0.4 20320 Cornmeal, whole-grain, white 122.0 1.0 cup 0.4 20020 Cornmeal, whole-grain, yellow 122.0 1.0 cup 0.4 07070 Salami, cooked, turkey 28.0 1.0 serving 0.4 13350 Beef, cured, dried 28.0 1.0 cup (1 NLEA serving) 0.4 08074 Cereals ready-to-eat, RALSTON TASTEEOS 28.0 1.0 cup (1 NLEA serving) 0.4 07941 Salami, Italian, pork and beef, dry, slied, 50% less sodium 28.0 1.0 serving 5 slices 0.4 07941 Yambean (jicama), raw 120.0 1.0 cup (1 NLEA serving) 0.4 11603 Yambean (jicama), raw 120.0 1.0 cup slices 0.4 0805 Cereals ready-to-eat, Post, Waffle Crisp 30 1.0 cup (1 NLEA serving) 0.4 11168 Corn, sweet, yellow, cooked, boiled, drained	23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	28.35	1.0 oz	0.4
07004 Sausage, Berliner, pork, beef 23.0 1.0 slice 0.4 32009 Pasta mix, classic beef, unprepared 122.0 1.0 package 0.4 20320 Cornmeal, whole-grain, white 122.0 1.0 cup 0.4 20020 Cornmeal, whole-grain, yellow 122.0 1.0 cup 0.4 07070 Salami, cooked, turkey 28.0 1.0 serving 0.4 13350 Beef, cured, dried 28.0 1.0 cup (1 NLEA serving) 0.4 08074 Cereals ready-to-eat, RALSTON TASTEEOS 28.0 1.0 cup (1 NLEA serving) 0.4 07941 Salami, Italian, pork and beef, dry, sliced, 50% less sodium 28.0 1.0 cup (1 NLEA serving) 0.4 07942 Salami, Italian, pork and beef, dry, sliced, 50% less sodium 28.0 1.0 cup slices 0.4 07941 Salami, Italian, pork and beef, dry, sliced, 50% less sodium 28.0 1.0 cup slices 0.4 07942 Salami, Italian, pork and beef, dry, sliced, 50% less sodium 28.0 1.0 cup (1 NLEA serving) 0.4 1803 Soup, ramen noodle, dry, any flavor, reduced fat, reduced s	19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz	0.4
32009 Pasta mix, classic beef, unprepared 122.0 1.0 package 0.4 20320 Cornmeal, whole-grain, white 122.0 1.0 cup 0.4 20020 Cornmeal, whole-grain, yellow 122.0 1.0 cup 0.4 07070 Salami, cooked, turkey 28.0 1.0 serving 0.4 13350 Beef, cured, dried 28.0 1.0 cup (1 NLEA serving) 0.4 08074 Cereals ready-to-eat, RALSTON TASTEEOS 28.0 1.0 cup (1 NLEA serving) 0.4 07941 Salami, Italian, pork and beef, dry, sliced, 50% less sodium 28.0 1.0 cup (1 NLEA serving) 0.4 11603 Yambean (jicama), raw 120.0 1.0 cup slices 0.4 27035 Soup, ramen noodle, dry, any flavor, reduced sodium 40.0 1.41 oz dry (half noodle block) 0.4 08305 Cereals ready-to-eat, Post, Waffle Crisp 30.0 1.0 cup (1 NLEA serving) 0.4 11168 Corn, sweet, yellow, cooked, boiled, drained, without salt 89.0 1.0 car, small (5-1/2" to 6-1/2" long) 0.4 15089 Fish, sardine, Pacific, canned in tomato sauce, dr	23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.4
20320 Cornmeal, whole-grain, white 122.0 1.0 cup 0.4 20020 Cornmeal, whole-grain, yellow 122.0 1.0 cup 0.4 07070 Salami, cooked, turkey 28.0 1.0 serving 0.4 13350 Beef, cured, dried 28.0 10.0 cup (1 NLEA serving) 0.4 08074 Cereals ready-to-eat, RALSTON TASTEEOS 28.0 1.0 cup (1 NLEA serving) 0.4 07941 Salami, Italian, pork and beef, dry, sliced, 50% less sodium 28.0 1.0 cup (1 NLEA serving) 0.4 11603 Yambean (jicama), raw 120.0 1.0 cup slices 0.4 27035 Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium 40.0 1.41 oz dry (half noodle block) 0.4 08305 Cereals ready-to-eat, Post, Waffle Crisp 30.0 1.0 cup (1 NLEA serving) 0.4 11168 Corn, sweet, yellow, cooked, boiled, drained, without salt 89.0 1.0 ear small (5-1/2" to 6-1/2" long) 0.4 15089 Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone 89.0 1.0 ear small (5-1/2" to 6-1/2" long) 0.4 <t< td=""><td>07004</td><td>Sausage, Berliner, pork, beef</td><td>23.0</td><td>1.0 slice</td><td>0.4</td></t<>	07004	Sausage, Berliner, pork, beef	23.0	1.0 slice	0.4
20020 Cornmeal, whole-grain, yellow 122.0 1.0 cup 0.4 67070 Salami, cooked, turkey 28.0 1.0 serving 0.4 13350 Beef, cured, dried 28.0 10.0 slices 0.4 08074 Cereals ready-to-eat, RALSTON TASTEEOS 28.0 1.0 cup (1 NLEA serving) 0.4 07941 Salami, Italian, pork and beef, dry, sliced, 50% less sodium 28.0 1.0 serving 5 slices 0.4 11603 Yambean (jicama), raw 120.0 1.0 cup slices 0.4 27035 Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium 40.0 1.41 oz dry (half noodle block) 0.4 08305 Cereals ready-to-eat, Post, Waffle Crisp 30.0 1.0 cup (1 NLEA serving) 0.4 11168 Corn, sweet, yellow, cooked, boiled, drained, without salt 89.0 1.0 ear small (5-1/2" to 6-1/2" long) 0.4 15089 Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone 89.0 1.0 ear small (5-1/2" to 6-1/2" long) 0.4 11770 Corn, sweet, yellow, cooked, boiled, drained, without salt 89.0 1.0 ear, small (5-1/2" to 6-1/2" long)	32009	Pasta mix, classic beef, unprepared	122.0	1.0 package	0.4
07070 Salami, cooked, turkey 28.0 1.0 serving 0.4 13350 Beef, cured, dried 28.0 10.0 slices 0.4 08074 Cereals ready-to-eat, RALSTON TASTEEOS 28.0 1.0 cup (1 NLEA serving) 0.4 07941 Salami, Italian, pork and beef, dry, sliced, 50% less sodium 28.0 1.0 serving 5 slices 0.4 11603 Yambean (jicama), raw 120.0 1.0 cup slices 0.4 27035 Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium 40.0 1.41 oz dry (half noodle block) 0.4 08305 Cereals ready-to-eat, Post, Waffle Crisp 30.0 1.0 cup (1 NLEA serving) 0.4 11168 Corn, sweet, yellow, cooked, boiled, drained, without salt 89.0 1.0 ear small (5-1/2" to 6-1/2" long) 0.4 11902 Corn, sweet, white, cooked, boiled, drained, with salt 89.0 1.0 ear, small (5-1/2" to 6-1/2" long) 0.4 15089 Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone 89.0 1.0 ear small (5-1/2" to 6-1/2" long) 0.4 11770 Corn, sweet, white, cooked, boiled, drained, without salt 89.0 <t< td=""><td>20320</td><td>Cornmeal, whole-grain, white</td><td>122.0</td><td>1.0 cup</td><td>0.4</td></t<>	20320	Cornmeal, whole-grain, white	122.0	1.0 cup	0.4
13350 Beef, cured, dried 28.0 10.0 slices 0.4 08074 Cereals ready-to-eat, RALSTON TASTEEOS 28.0 1.0 cup (1 NLEA serving) 0.4 07941 Salami, Italian, pork and beef, dry, sliced, 50% less sodium 28.0 1.0 serving 5 slices 0.4 11603 Yambean (jicama), raw 120.0 1.0 cup slices 0.4 27035 Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium 40.0 1.41 oz dry (half noodle block) 0.4 08305 Cereals ready-to-eat, Post, Waffle Crisp 30.0 1.0 cup (1 NLEA serving) 0.4 11168 Corn, sweet, yellow, cooked, boiled, drained, without salt 89.0 1.0 ear small (5-1/2" to 6-1/2" long) 0.4 15089 Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone 89.0 1.0 ear, small (5-1/2" to 6-1/2" long) 0.4 11770 Corn, sweet, yellow, cooked, boiled, drained, with salt 89.0 1.0 ear small (5-1/2" to 6-1/2" long) 0.4 11901 Corn, sweet, white, cooked, boiled, drained, without salt 89.0 1.0 ear, small (5-1/2" to 6-1/2" long) 0.4	20020	Cornmeal, whole-grain, yellow	122.0	1.0 cup	0.4
08074 Cereals ready-to-eat, RALSTON TASTEEOS 28.0 1.0 cup (1 NLEA serving) 0.4 07941 Salami, Italian, pork and beef, dry, sliced, 50% less sodium 28.0 1.0 serving 5 slices 0.4 11603 Yambean (jicama), raw 120.0 1.0 cup slices 0.4 27035 Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium 40.0 1.41 oz dry (half noodle block) 0.4 08305 Cereals ready-to-eat, Post, Waffle Crisp 30.0 1.0 cup (1 NLEA serving) 0.4 1168 Corn, sweet, yellow, cooked, boiled, drained, without salt 89.0 1.0 ear small (5-1/2" to 6-1/2" long) 0.4 11902 Corn, sweet, white, cooked, boiled, drained, with salt 89.0 1.0 ear, small (5-1/2" to 6-1/2" long) 0.4 15089 Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone 89.0 1.0 ear small (5-1/2" to 6-1/2" long) 0.4 11770 Corn, sweet, yellow, cooked, boiled, drained, with salt 89.0 1.0 ear small (5-1/2" to 6-1/2" long) 0.4 11901 Corn, sweet, white, cooked, boiled, drained, without salt 89.0 1.0 ear, small (5-1/2" to 6-1/2" long) 0.4	07070	Salami, cooked, turkey	28.0	1.0 serving	0.4
07941 Salami, Italian, pork and beef, dry, sliced, 50% less sodium 28.0 1.0 serving 5 slices 0.4 11603 Yambean (jicama), raw 120.0 1.0 cup slices 0.4 27035 Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium 40.0 1.41 oz dry (half noodle block) 0.4 08305 Cereals ready-to-eat, Post, Waffle Crisp 30.0 1.0 cup (1 NLEA serving) 0.4 11168 Corn, sweet, yellow, cooked, boiled, drained, without salt 89.0 1.0 ear small (5-1/2" to 6-1/2" long) 0.4 11902 Corn, sweet, white, cooked, boiled, drained, with salt 89.0 1.0 ear, small (5-1/2" to 6-1/2" long) 0.4 15089 Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone 89.0 1.0 ear small (5-1/2" to 6-1/2" long) 0.4 11770 Corn, sweet, yellow, cooked, boiled, drained, with salt 89.0 1.0 ear small (5-1/2" to 6-1/2" long) 0.4 11901 Corn, sweet, white, cooked, boiled, drained, without salt 89.0 1.0 ear, small (5-1/2" to 6-1/2" long) 0.4	13350	Beef, cured, dried	28.0	10.0 slices	0.4
11603 Yambean (jicama), raw 120.0 1.0 cup slices 0.4 27035 Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium 40.0 1.41 oz dry (half noodle block) 0.4 08305 Cereals ready-to-eat, Post, Waffle Crisp 30.0 1.0 cup (1 NLEA serving) 0.4 11168 Corn, sweet, yellow, cooked, boiled, drained, without salt 89.0 1.0 ear small (5-1/2" to 6-1/2" long) 0.4 11902 Corn, sweet, white, cooked, boiled, drained, with salt 89.0 1.0 ear, small (5-1/2" to 6-1/2" long) 0.4 15089 Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone 89.0 1.0 ear small (5-1/2" to 6-1/2" long) 0.4 11770 Corn, sweet, yellow, cooked, boiled, drained, with salt 89.0 1.0 ear small (5-1/2" to 6-1/2" long) 0.4 11901 Corn, sweet, white, cooked, boiled, drained, without salt 89.0 1.0 ear, small (5-1/2" to 6-1/2" long) 0.4	08074	Cereals ready-to-eat, RALSTON TASTEEOS	28.0	1.0 cup (1 NLEA serving)	0.4
Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium 40.0 1.41 oz dry (half noodle block) 0.4 08305 Cereals ready-to-eat, Post, Waffle Crisp 30.0 1.0 cup (1 NLEA serving) 0.4 11168 Corn, sweet, yellow, cooked, boiled, drained, without salt 89.0 1.0 ear small (5-1/2" to 6-1/2" long) 0.4 11902 Corn, sweet, white, cooked, boiled, drained, with salt 89.0 1.0 ear, small (5-1/2" to 6-1/2" long) 0.4 15089 Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone 89.0 1.0 ear small (5-1/2" to 6-1/2" long) 0.4 11770 Corn, sweet, yellow, cooked, boiled, drained, with salt 89.0 1.0 ear small (5-1/2" to 6-1/2" long) 0.4 11901 Corn, sweet, white, cooked, boiled, drained, without salt 89.0 1.0 ear, small (5-1/2" to 6-1/2" long) 0.4	07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	28.0	1.0 serving 5 slices	0.4
Cereals ready-to-eat, Post, Waffle Crisp 30.0 1.0 cup (1 NLEA serving) 0.4 11168 Corn, sweet, yellow, cooked, boiled, drained, without salt 89.0 1.0 ear small (5-1/2" to 6-1/2" long) 0.4 11902 Corn, sweet, white, cooked, boiled, drained, with salt 89.0 1.0 ear, small (5-1/2" to 6-1/2" long) 0.4 15089 Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone 89.0 1.0 ear small (5-1/2" to 6-1/2" long) 0.4 11770 Corn, sweet, yellow, cooked, boiled, drained, with salt 89.0 1.0 ear small (5-1/2" to 6-1/2" long) 0.4 11901 Corn, sweet, white, cooked, boiled, drained, without salt 89.0 1.0 ear, small (5-1/2" to 6-1/2" long) 0.4	11603	Yambean (jicama), raw	120.0	1.0 cup slices	0.4
Corn, sweet, yellow, cooked, boiled, drained, without salt 89.0 1.0 ear small (5-1/2" to 6-1/2" long) 0.4 Corn, sweet, white, cooked, boiled, drained, with salt 89.0 1.0 ear, small (5-1/2" to 6-1/2" long) 0.4 Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone 89.0 1.0 ear, small (5-1/2" to 6-1/2" long) 0.4 Corn, sweet, yellow, cooked, boiled, drained, with salt 89.0 1.0 ear small (5-1/2" to 6-1/2" long) 0.4 Corn, sweet, white, cooked, boiled, drained, without salt 89.0 1.0 ear, small (5-1/2" to 6-1/2" long) 0.4	27035	Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium	40.0	1.41 oz dry (half noodle block)	0.4
Corn, sweet, white, cooked, boiled, drained, with salt 10 ear, small (5-1/2" to 6-1/2" long) 15089 Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone 1700 Corn, sweet, yellow, cooked, boiled, drained, with salt 1701 Corn, sweet, white, cooked, boiled, drained, without salt 1701 Corn, sweet, white, cooked, boiled, drained, without salt 1702 Sand Sand Sand Sand Sand Sand Sand Sand	08305	Cereals ready-to-eat, Post, Waffle Crisp	30.0	1.0 cup (1 NLEA serving)	0.4
Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone 89.0 1.0 cup 0.4 1770 Corn, sweet, yellow, cooked, boiled, drained, with salt 89.0 1.0 ear small (5-1/2" to 6-1/2" long) 0.4 1901 Corn, sweet, white, cooked, boiled, drained, without salt 89.0 1.0 ear, small (5-1/2" to 6-1/2" long) 0.4	11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.4
11770 Corn, sweet, yellow, cooked, boiled, drained, with salt 89.0 1.0 ear small (5-1/2" to 6-1/2" long) 0.4 11901 Corn, sweet, white, cooked, boiled, drained, without salt 89.0 1.0 ear, small (5-1/2" to 6-1/2" long) 0.4	11902	Corn, sweet, white, cooked, boiled, drained, with salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.4
11901 Corn, sweet, white, cooked, boiled, drained, without salt 89.0 1.0 ear, small (5-1/2" to 6-1/2" long) 0.4	15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	89.0	1.0 cup	0.4
·	11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.4
15140 Crustaceans, crab, blue, cooked, moist heat 118.0 1.0 cup, flaked and pieces 0.4	11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.4
	15140	Crustaceans, crab, blue, cooked, moist heat	118.0	1.0 cup, flaked and pieces	0.4

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
19096	Ice creams, vanilla, light, soft-serve	88.0	1.0 serving 1/2 cup	0.4
20316	Corn flour, whole-grain, white	117.0	1.0 cup	0.4
20016	Corn flour, whole-grain, yellow	117.0	1.0 cup	0.4
08034	Cereals ready-to-eat, POST, FRUITY PEBBLES	27.0	0.75 cup (1 NLEA serving)	0.4
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	0.4
01242	Ice cream sandwich, vanilla, light, no sugar added	70.0	1.0 serving	0.4
01145	Butter, without salt	5.0	1.0 pat (1" sq, 1/3" high)	0.4
01241	Ice cream sandwich, made with light ice cream, vanilla	70.0	1.0 serving	0.4
11430	Radishes, oriental, raw	116.0	1.0 cup slices	0.3
42259	Snacks, popcorn, home-prepared, oil-popped, unsalted	8.0	1.0 cup	0.3
32011	Yellow rice with seasoning, dry packet mix, unprepared	57.0	1.0 serving (2 oz)	0.3
14296	Beverages, lemonade-flavor drink, powder	18.0	1.0 serving	0.3
06119	Gravy, chicken, canned or bottled, ready-to-serve	57.0	0.25 cup	0.3
18160	Cookies, chocolate chip, commercially prepared, soft-type	14.2	1.0 cookie	0.3
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.3
18060	Bread, rye	28.35	1.0 oz	0.3
18033	Bread, italian	28.35	1.0 oz	0.3
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.3
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.3
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.3
03145	Babyfood, fruit, applesauce and cherries, junior	28.35	1.0 oz	0.3
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.3
18345	Rolls, dinner, oat bran	28.35	1.0 oz	0.3
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.3
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.3
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	28.35	1.0 oz	0.3
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.3
18385	Bread, wheat germ, toasted	28.35	1.0 oz	0.3
25037	Snacks, pita chips, salted	28.35	1.0 oz	0.3
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.3
18037	Bread, oat bran	28.35	1.0 oz	0.3
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.3
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.3
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.3
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85.0	3.0 oz	0.3

15083 19150	Yogurt, plain, low fat, 12 grams protein per 8 ounce Fish, salmon, pink, raw Candies, REESE'S Peanut Butter Cups Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	170.0 85.0 17.0	1.0 container (6 oz) 3.0 oz 1.0 package 0.6 oz 1 cup	0.3 0.3
19150	Candies, REESE'S Peanut Butter Cups Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	17.0		0.3
23038	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled		1.0 package 0.6 oz 1 cup	
23038	choice, cooked, grilled	85.0		0.3
			1.0 serving (3 oz)	0.3
11436	Rutabagas, cooked, boiled, drained, without salt	170.0	1.0 cup, cubes	0.3
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.3
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	68.0	0.333 cup	0.3
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)	0.3
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	85.0	3.0 oz	0.3
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	7.9	1.0 cup	0.3
23557	Beef, ground, 95% lean meat / 5% fat, raw	113.0	4.0 oz	0.3
07068	Salami, cooked, beef	26.0	1.0 slice	0.3
22998	Rice and vermicelli mix, chicken flavor, unprepared	56.0	0.333 cup	0.3
08592	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut	28.0	0.75 cup (1 NLEA serving)	0.3
28318	Bread, french or vienna, whole wheat	48.0	1.0 slice 1 serving	0.3
19383	Candies, toffee, prepared-from-recipe	12.0	1.0 piece	0.3
19018	Fruit syrup	334.0	1.0 cup	0.3
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	111.0	1.0 thigh without skin	0.3
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	111.0	1.0 thigh without skin	0.3
20030	Hominy, canned, white	165.0	1.0 cup	0.3
03112	Babyfood, potatoes, toddler	163.0	1.0 cup	0.3
04638	Salad dressing, ranch dressing, fat-free	14.0	1.0 tablespoon	0.3
14242	Cranberry juice cocktail, bottled	31.6	1.0 fl oz	0.3
01260	Cheese, cheddar, reduced fat	21.0	1.0 slice	0.3
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	0.3
06972	Sauce, tomato chili sauce, bottled, with salt	6.0	1.0 packet	0.3
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.3
17164	Game meat, deer, raw	28.35	1.0 oz	0.3
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	0.3
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.3
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.3
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.3
03213	Babyfood, cookies	28.35	1.0 oz	0.3

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23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.3
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.3
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.3
18384	Bread, rice bran, toasted	28.35	1.0 oz	0.3
18267	English muffins, whole-wheat, toasted	28.35	1.0 oz	0.3
25000	Snacks, popcorn, microwave, 94% fat free	28.35	1.0 oz	0.3
18171	Cookies, fortune	28.35	1.0 oz	0.3
19434	Cheese puffs and twists, corn based, baked, low fat	28.35	1.0 oz	0.3
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.3
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.3
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	0.3
06150	Sauce, barbecue	17.0	1.0 tbsp	0.3
19094	Desserts, flan, caramel custard, prepared-from-recipe	153.0	0.5 cup	0.3
01017	Cheese, cream	14.5	1.0 tbsp	0.3
19088	Ice creams, vanilla, light	76.0	1.0 serving 1/2 cup	0.3
19142	Candies, MOUNDS Candy Bar	19.0	1.0 bar snack size	0.3
03068	Babyfood, dinner, chicken noodle, strained	16.0	1.0 tbsp	0.3
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30.0	0.75 cup (1 NLEA serving)	0.3
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	150.0	1.0 steak	0.3
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	15.0	1.0 cup (1 NLEA serving)	0.3
07008	Bologna, beef and pork	100.0	3.527 oz	0.3
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	27.0	0.75 cup (1 NLEA serving)	0.3
19188	Puddings, chocolate, dry mix, regular	99.0	1.0 package (3.5 oz)	0.3
43483	Millet, puffed	21.0	1.0 cup	0.3
19137	Toppings, strawberry	42.0	2.0 tbsp	0.3
43008	Babyfood, dinner, chicken and rice	16.0	1.0 tbsp	0.3
08550	Cereals ready-to-eat, QUAKER, Christmas Crunch	26.0	0.75 cup (1 NLEA serving)	0.3
32029	Rice mix, white and wild, flavored, unprepared	57.0	2.0 oz (1/4 c dry rice mix and 4 tsp seasoning mix)	0.3
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	95.0	1.0 drumstick without skin	0.3
18266	English muffins, whole-wheat	28.35	1.0 oz	0.3
18028	Bread, egg, toasted	28.35	1.0 oz	0.3
18059	Bread, rice bran	28.35	1.0 oz	0.3
19168	Desserts, egg custard, baked, prepared-from-recipe	141.0	0.5 cup	0.3
19205	Egg custards, dry mix, prepared with 2% milk	141.0	0.5 cup	0.3
19170	Egg custards, dry mix, prepared with whole milk	141.0	0.5 cup	0.3

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14173	Beverages, coffee, ready to drink, vanilla, light, milk based, sweetened	281.0	9.5 fl oz	0.3
03179	Babyfood, juice, mixed fruit	31.2	1.0 fl oz	0.3
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.3
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.3
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.3
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.3
01138	Egg, duck, whole, fresh, raw	70.0	1.0 egg	0.3
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	140.0	0.5 cup	0.3
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	0.3
07935	Oven-roasted chicken breast roll	56.0	1.0 serving 2 oz	0.3
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.3
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93.0	1.0 cup, shredded	0.3
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	7.9	1.0 cup	0.3
11080	Beets, raw	136.0	1.0 cup	0.3
08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	30.0	1.0 cup	0.3
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	27.0	1.0 cup (1 NLEA serving)	0.3
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	30.0	0.333 cup (1 NLEA serving)	0.3
01164	Cheese sauce, prepared from recipe	30.0	2.0 tbsp	0.3
42141	Cream substitute, liquid, light	30.0	1.0 fl oz	0.3
08602	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan	30.0	0.75 cup (1 NLEA serving)	0.3
14183	Beverages, coffee, ready to drink, iced, mocha, milk based	265.0	1.0 cup	0.3
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	33.0	2.0 tablespoon	0.3
19860	Cocoa, dry powder, hi-fat or breakfast, processed with alkali	6.0	1.0 tablespoon Ghirardelli label 2011	0.3
08546	Rice and Wheat cereal bar	22.0	1.0 bar	0.3
14179	Beverages, coffee, ready to drink, milk based, sweetened	262.0	1.0 cup	0.3
04518	Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1.0 tbsp	0.3
03069	Babyfood, dinner, chicken noodle, junior	16.0	1.0 tbsp	0.3
03047	Babyfood, dinner, beef noodle, strained	16.0	1.0 tbsp	0.3
03206	Babyfood, cookie, baby, fruit	8.0	1.0 cookie	0.3
03158	Babyfood, fruit, pears and pineapple, strained	16.0	1.0 tbsp	0.3
07083	Sausage, Vienna, canned, chicken, beef, pork	16.0	1.0 sausage (7/8" dia x 2" long)	0.3
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	0.3
19436	Popcorn, sugar syrup/caramel, fat-free	28.35	1.0 oz	0.3
18045	Bread, pumpernickel, toasted	28.35	1.0 oz	0.3
03217	Zwieback	28.35	1.0 oz	0.3

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
17202	Veal, variety meats and by-products, liver, raw	28.35	1.0 oz	0.3
18265	English muffins, wheat, toasted	28.35	1.0 oz	0.3
18027	Bread, egg	28.35	1.0 oz	0.3
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	28.35	1.0 oz	0.3
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	85.0	1.0 serving (3 oz)	0.3
15160	Mollusks, clam, mixed species, canned, drained solids	85.0	3.0 oz	0.3
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	0.3
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	85.0	1.0 serving (3 oz)	0.3
03013	Babyfood, meat, chicken, junior	15.0	1.0 tbsp	0.3
42284	Babyfood, baked product, finger snacks cereal fortified	1.7	1.0 cookie	0.3
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	85.0	1.0 piece	0.3
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	85.0	3.0 oz	0.3
15250	Mollusks, conch, baked or broiled	127.0	1.0 cup, sliced	0.3
19319	Puddings, banana, dry mix, instant, prepared with whole milk	127.0	0.5 cup	0.3
19321	Puddings, banana, dry mix, regular, prepared with whole milk	127.0	0.5 cup	0.3
06256	Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	253.0	1.0 cup (8 fl oz)	0.3
28327	Crackers, water biscuits	14.0	4.0 cracker 1 serving	0.3
14192	Beverages, Cocoa mix, powder	28.0	1.0 serving (3 heaping tsp or 1 envelope)	0.3
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	251.0	1.0 cup (1 serving)	0.3
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251.0	1.0 cup (1 serving)	0.3
09437	Tamarind nectar, canned	251.0	1.0 cup	0.3
01224	Protein supplement, milk based, Muscle Milk Light, powder	50.0	2.0 scoop	0.2
14038	Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink	250.0	1.0 can	0.2
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	250.0	1.0 cup	0.2
03170	Babyfood, juice, apple and plum	31.2	1.0 fl oz	0.2
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	0.2
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249.0	1.0 cup	0.2
09212	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium	249.0	1.0 cup	0.2
09206	Orange juice, raw	248.0	1.0 cup	0.2
14259	Beverages, OCEAN SPRAY, Light Cranberry, Concord Grape	248.0	8.0 fl oz	0.2
14256	Beverages, OCEAN SPRAY, Cran Cherry	248.0	8.0 fl oz	0.2
14257	Beverages, OCEAN SPRAY, Light Cranberry	248.0	8.0 fl oz	0.2
14233	Beverages, OCEAN SPRAY, Cran Raspberry Juice Drink	248.0	8.0 fl oz	0.2
14255	Beverages, OCEAN SPRAY, Cran Pomegranate	248.0	8.0 fl oz	0.2
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	9.9	1.0 bar	0.2

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
09217	Orange-grapefruit juice, canned or bottled, unsweetened	247.0	1.0 cup	0.2
14258	Beverages, OCEAN SPRAY, White Cranberry Peach	247.0	8.0 fl oz	0.2
14234	Beverages, OCEAN SPRAY, Cran Lemonade	247.0	8.0 fl oz	0.2
01225	Dulce de Leche	19.0	1.0 tbsp	0.2
09452	Orange Pineapple Juice Blend	246.0	8.0 fl oz	0.2
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0.2
11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	0.2
14635	Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E	246.0	1.0 serving 8 oz	0.2
42189	Milk, buttermilk, fluid, cultured, reduced fat	245.0	1.0 cup	0.2
01088	Milk, buttermilk, fluid, cultured, lowfat	245.0	1.0 cup	0.2
43369	Beverages, Chocolate-flavored drink, whey and milk based	244.0	1.0 cup	0.2
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.2
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	244.0	1.0 cup	0.2
06423	Soup, chicken with rice, canned, prepared with equal volume water	243.0	1.0 serving 1 cup	0.2
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS	27.0	0.75 cup (1 NLEA serving)	0.2
08073	Cereals ready-to-eat, POST, GOLDEN CRISP	27.0	0.75 cup (1 NLEA serving)	0.2
14423	Beverages, dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	243.0	1.0 serving	0.2
14226	Beverages, OCEAN SPRAY, Light Cranberry and Raspberry Flavored Juice	242.0	8.0 fl oz	0.2
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	0.2
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	240.0	1.0 cup	0.2
11851	Rutabagas, cooked, boiled, drained, with salt	120.0	0.5 cup, mashed	0.2
06170	Soup, stock, beef, home-prepared	240.0	1.0 cup	0.2
03082	Babyfood, dinner, turkey and rice, strained	16.0	1.0 tbsp	0.2
14217	Beverages, OCEAN SPRAY, Cran Grape	240.0	8.0 fl oz	0.2
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.2
07073	Sandwich spread, pork, beef	15.0	1.0 tbsp	0.2
14633	Beverages, Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C	238.0	1.0 serving	0.2
19100	Candies, fudge, chocolate, prepared-from-recipe	17.0	1.0 piece	0.2
14235	Beverages, OCEAN SPRAY, Diet Cran Cherry	237.0	8.0 fl oz	0.2
06116	Gravy, beef, canned, ready-to-serve	233.0	1.0 cup	0.2
20652	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, cooked	116.0	1.0 cup spaghetti not packed	0.2
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	33.0	2.0 tablespoon	0.2
06494	Soup, onion, dry, mix, prepared with water	230.0	1.0 serving 1 cup	0.2
11442	Seaweed, agar, raw	10.0	2.0 tbsp (1/8 cup)	0.2

9005 Mile, camed, condensed, seventeed 38.2 1.0 deg 0.2 9015 Com bran, crude 76.0 1.0 deg 0.2 14285 Beverages, OCEAN SPRAY, Ruly Red cranberry 227.0 8.0 deg 0.0 61352 Buly food, first, apple and respherry, funior 223.3 1.0 deg 0.0 81261 Beglish mufflars, where 223.3 1.0 deg 0.0 81261 Beglish mufflars, where 223.3 1.0 deg 0.0 81841 Bread, Impremented 223.3 1.0 deg 0.0 81848 Breglish mufflars, where 223.3 1.0 deg 0.0 81848 Bregish mufflars, where 223.3 1.0 certain 0.0 81848 Bregish mufflars, where 113.0 1.0 certain 0.0 8033 Restorant, family style, fish fille, butter of or breaded, fried 210.0 1.0 certain 0.0 8034 Balyfood, deverag, first desert, without secretic acid, fried 113.0 1.0 erring day public degree 0.0 91919 Palaige, first, and first deser	NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
14285 Beverages, OCEAN SPRAY, Roby Red crumberry 2270 8.00 yood, Intuit, apple and raspberry, strained 28.35 1.0 cm 0.02 03150 Baby food, Intuit, apple and raspberry, strained 28.35 3.0 cm 0.0 cm 03153 Baby food, Intuit, apple and raspberry, junior 28.35 3.0 cm 0.0 cm 18264 Rigish muffires, wheat 28.35 3.0 cm 0.0 cm 03444 Rack pumpermised 28.35 3.0 cm 0.0 cm 03445 Rack pumpermised 28.35 3.0 cm 0.0 cm 03440 Rack pumpermised 28.35 3.0 cm 0.0 cm 03450 Raby food, anceurant, family syle, fish filler, Intuited or breadd, fried 21.00 1.0 cm 1.0 cm 1.0 cm 03450 Baby food, descert, fill described or breadd, fried 11.0 1.0 cm	01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	0.2
03152 Blayfood, fruit, apple and raspberry, strained 28.35 1.0 or 0.02 19104 Cattles, futge, vanilla with uns 28.35 1.0 or 0.2 18264 Ballek Munffins, wheat 28.35 1.0 or 0.0 18264 Ballek munffins, wheat 28.35 1.0 or 0.0 18414 Bread, pumpersikel 31.35 6.1 or 0.0 3603 Restaurant, family style, fish fillet, battered or breaded, fried 21.0 0.1 or 1.0 or 0.0 3630 Baylood, beevage, GERBER GRAD/ATE PRUT SPLASHERS 11.0 1.0 serving 4 or public 0.0 3631 Baylood, desear, future desert, without ascribic acid, strained 11.0 1.0 serving 4 or public 0.0 3620 Baylood, desear, future desert, without ascribic acid, strained 15.0 1.0 serving 4 or public 0.0 3623 Baylood, desear, future desert, without ascribic acid, strained 15.0 1.0 serving 4 or public 0.0 3624 Commission, for care, strained 13.0 1.0 serving 4 or public 0.0 1625 Daniel for care, mooth,	20015	Corn bran, crude	76.0	1.0 cup	0.2
19104 Cardies, futge, vanilla with muss 28.35 L.D.O.O. 0.0 03153 Balybrood, frut, apple and raspherry, junior 28.35 1.0 oz 0.2 18244 Egglish marffins, white, apple and raspherry, junior 28.35 1.0 oz 0.0 18044 Bread, numeroni and cheeses, toddier 28.35 1.0 oz 0.0 08088 Balyfrood, mearoni and cheeses, toddier 11.0 1.0 1.0 central, fundly style, fish fillel, battered or breaded, fried 22.60 1.0 central, fundly style, fish fillel, battered or breaded, fried 22.60 1.0 central, fundly style, fish fillel, battered or breaded, fried 22.60 1.0 central, fundly style, fish fillel, battered or breaded, fried 22.60 1.0 central, fundly style, fish fillel, battered or breaded, fried 22.60 1.0 central, fundly style, fish fillel, battered or breaded, fried 22.60 1.0 central, fundly style, fish fillel, battered or breaded, fried 21.00 1.0 central, style, styl	14285	Beverages, OCEAN SPRAY, Ruby Red cranberry	227.0	8.0 fl oz	0.2
83153 Balyfood, fruit, apple and rapperry, junior 28.36 Clock 0.02 18264 Eiglish mifris, wheat 28.35 Clock 0.02 18404 Bead, juniferrickel 28.35 Chool of Color 0.02 3603 Balyfood, macroni and cheese, toddler 1130 Chool of Color 0.02 3603 Restaurant, family style, fish filtst, batered or breaded, fried 22.06 10.00 0.02 3613 Rabyfood, hexenese, GERBER GRADUATE FRUIT SPLASHERS 1130 1.0 serving 4 oz pudding cup 0.02 1919 Puddings, rice, ready-o-cart 1130 1.0 serving 4 oz pudding cup 0.02 1025 Balyfood, bessert, fruit dessert, viribue accorbic acid, strained 1150 1.0 cart and 1.0 top 0.02 1026 Balyfood, dessert, fruit dessert, viribue accorbic acid, strained 150 1.0 cart and 1.0 top 0.02 1026 Balyfood, dessert, fruit dessert, viribue accorbic acid, strained 150 1.0 cart and 1.0 top 0.02 1026 Poten youghts, smills, affise ready 2.0 0.0 0.0 0.0 1027	03152	Babyfood, fruit, apple and raspberry, strained	28.35	1.0 oz	0.2
18264 English mulfins whea 28.35 1.0 oz 0.0 18044 Bread, pumpernickel 28.35 1.0 oz 0.2 18048 Baybrod, mearmal and cheese, toddler 123.0 1.0 oz 0.0 3603 Restaurant, family syle, fish fillel, battered of breaded, fried 226.0 1.0 serving doz 0.0 08301 Baybrod, bewerag, GFRBER GRADUATE FRUIT SPLASHERS 113.0 1.0 serving doz publing or 0.0 1919 Publings, rice, ready-to-ear, fruit dessert, without ascorbic axid, strained 115.0 1.0 serving doz publing or 0.0 0323 Baybrod, dessert, fruit dessert, without ascorbic axid, strained 15.0 1.0 serving doz publing or 0.0 0436 Baybrod, dessert, fruit dessert, without ascorbic axid, jaming 15.0 1.0 cer, small, 5-1.0 tob 0.0 0436 Baybrod, dessert, fruit dessert, without ascorbic axid, jaming 15.0 1.0 cer, small, 5-1.0 tob 0.0 0436 Baybrod, dessert, fruit dessert, without ascorbic axid, jaming 1.0 0.0 0.0 0436 Baybrod, dessert, fruit dessert, without ascorbic axid, strained 2.0 1.0	19104	Candies, fudge, vanilla with nuts	28.35	1.0 oz	0.2
1844 Brad, pmpernickel 28.35 1.0 cm 1.0 cm 03048 Babyfood, lacearoni and cheese, todfler 113 1.2 cm 1.0 cm 2.0 cm 0333 Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS 22.0 1.0 cm 1.0 cm 0.0 cm 0324 Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS 113 1.0 cm ving 4 or pudding or 0.0 cm 0325 Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS 113 1.0 cm ving 4 or pudding or 0.0 cm 0326 Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS 115 1.0 cm 0.0 cm 0.0 cm 0328 Babyfood, deseart, finit deseart, without accorbic acid, tjunior 150 1.0 cm 0.0 cm </td <td>03153</td> <td>Babyfood, fruit, apple and raspberry, junior</td> <td>28.35</td> <td>1.0 oz</td> <td>0.2</td>	03153	Babyfood, fruit, apple and raspberry, junior	28.35	1.0 oz	0.2
03048 Babyfood, macaroni and cheese, toddler 1130 Chacumant, family style, fish filler, battered or breaded, fried 226 Chacumant, family style, fish filler, battered or breaded, fried 226 Chacumant, family style, fish filler, battered or breaded, fried 226 226 Chacumant, family style, fish filler, battered or breaded, fried 226 226 1313 Chacumant, family style, fish filler, battered or breaded, fried 226 226 1313 Chacumant, family style, fish filler, battered by the search without ascorbic acid, strained 226 226 226 Babyfood, besert, fruit dessert, without ascorbic acid, strained 151 Chacumant, family style, fish filler, battered by the search without ascorbic acid, strained 226 150 Chacumant (5-1/2" to 6-1/2" to 6) 226 1626 Shaly food, desert, fruit dessert, without ascorbic acid, strained 361 10	18264	English muffins, wheat	28.35	1.0 oz	0.2
3633 Resturant, family style, fish fillet, battered or breaded, fried 2260 1.10 serving 1.01 serving 0.02 0331 8 shyfood, beverage, GERBER GRADUATE FRUT SPLASHERS 1130 1.0 serving 4 capubling or 0.02 1913 Balyfood, beverage, GERBER GRADUATE FRUT SPLASHERS 1130 1.0 serving 4 capubling or 0.02 0323 Balyfood, desert, fruit desert, without accorbic acid, junior 150 1.0 serving 4.0 serving 0.02 0466 Balyfood, desert, fruit desert, without accorbic acid, junior 150 1.0 serving 1.0 serving 0.02 0466 Balad dessing, italian dressing, fat-free 170 1.0 capubling 0.02 1500 Crox, seed, white, raw 30 1.0 capubling 0.02 1610 Panua butter, smooth, reduced fa 30 1.0 capubling 0.02 1826 Balyfood, juice, apple-weet potato 30 0.0 capubling 0.02 2831 Balyfood, juice, apple-weet potato 430 0.5 percept ball explain 0.02 2813 Beakfast tal, low face grain white, seet potatos and chicken strained 150 0.0 capubling	18044	Bread, pumpernickel	28.35	1.0 oz	0.2
03301 Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS 113.0 4.0 oz 4.0 oz 19193 Puddings, rice, ready-to-eat 113.0 1.0 serving 4 oz pudding cup 0.2 03235 Babyfood, dessert, fruit dessert, without ascorbic acid, strained 15.0 1.0 thesp 0.2 0436 Babyfood, dessert, fruit dessert, without ascorbic acid, junior 15.0 1.0 thesp 0.2 0436 Salad dressing, italian dressing, fat-free 14.0 1.0 car, small (5-1/2" for 6-1/2" long) 0.2 11900 Cons, sweet, white, raw 3.0 1.0 car, small (5-1/2" for 6-1/2" long) 0.2 16150 Penut butter, smooth, reduced fat 3.0 1.0 car, small (5-1/2" for 6-1/2" long) 0.2 1620 Prozen yogurts, vanilla, soft-serve 72.0 0.5 cup 0.0 28319 Bayels, whole grain white 43.0 0.5 piece bage! larving 0.2 28319 Bayels, whole grain white 3.0 0.75 cup! Alberts early 0.2 28459 Breakfast tart, low fat 1.0 1.0 super colossal 0.2 0792 Breakfast tart, low	03048	Babyfood, macaroni and cheese, toddler	113.0	1.0 container	0.2
19193 Puddings, rice, ready-to-eat 113.0 1.0 serving 4 oz pudding cup 0.2 03235 Babyfood, dessert, firtil dessert, without ascorbic acid, strained 15.0 1.0 thesp 0.2 03236 Babyfood, dessert, firtil dessert, without ascorbic acid, junior 15.0 1.0 the part of 1.0 thesp 0.2 04366 Sald dressing, fathere 73.0 1.0 ear, small (5-1/2" to 6-1/2" long) 0.2 11900 Corn, sweet, white, raw 73.0 1.0 ear, small (5-1/2" to 6-1/2" long) 0.2 16150 Peanut butter, smooth, reduced fat 36.0 2.0 tablesoon 0.2 19293 Frozen yogurts, vanilla, soft-serve 72.0 0.5 cup 0.2 4266 Balyfood, dirice, apple-sweet potato 30.8 1.0 long 0.2 4281 Bagels, whole grain white 43.0 0.5 piece bagel 1 serving 0.2 8281 Bagels, whole grain white 15.0 0.5 piece bagel 1 serving 0.2 8281 Break ready-to-eat, KELLOGGS, SPECIAL K Vanilla Alimond 30.0 0.5 piece bagel 1 serving 0.2 8283 Break fast tart, lo	36033	Restaurant, family style, fish fillet, battered or breaded, fried	226.0	1.0 serving	0.2
03235 Babyfood, dessert, fruit dessert, without ascorbic acid, strained 15.0 1.0 thops 0.2 03236 Babyfood, dessert, fruit dessert, without ascorbic acid, junior 15.0 1.0 can, subject to the part of th	03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	113.0	4.0 oz	0.2
03236 Babyfood, dessert, fruit dessert, without sacorbic acid, junior 15.0 1.0 thesp 0.2 04636 Salad dressing, italian dressing, fat-free 14.0 1.0 car, small (5-1/2" to 6-1/2" long) 0.2 11900 Corn, sweet, white, raw 73.0 1.0 car, small (5-1/2" to 6-1/2" long) 0.2 16150 Peanut butter, smooth, reduced fat 36.0 2.0 the blespool 0.2 19293 Frozen yogutts, vanilla, soft-serve 72.0 0.5 cup 0.2 4266 Babyfood, juice, apple-sweet potato 30.8 0.5 picce bagel 1 serving 0.2 28319 Bagels, whole grain white 43.0 0.5 picce bagel 1 serving 0.2 08430 Cereals ready-to-eat, KELLOGGS, SPECIAL K Vanilla Almond 30.0 0.75 cup (1 NLEA serving) 0.2 08490 Breakfast tart, low fat 52.0 0.10 tanger colorsal 0.2 08491 Breakfast tart, low fat 52.0 1.0 tanger colorsal 0.2 08492 Breakfast tart, low fat 52.0 1.0 tanger colorsal 0.2 0853 Babyfood, dinner, sweet potatoes and chicken, st	19193	Puddings, rice, ready-to-eat	113.0	1.0 serving 4 oz pudding cup	0.2
04636 Salad dressing, Italian dressing, farfree 140 1.0 tosp 0.2 11900 Corn, sweet, white, raw 73.0 1.0 ear, small (5-1/2" to 6-1/2" long) 0.2 16150 Peanut butter, smooth, reduced fat 36.0 2.0 tablespoon 0.2 19293 Frozen yoguts, vanilla, soft-serve 72.0 0.5 cup 0.5 2266 Babyfood, juice, apple-sweet potato 38.8 0.10 no 0.2 28319 Bagels, whole grain white 43.0 0.5 piece bagel 1 serving 0.2 08543 Cereals ready-to-eat, KELLOGGS, SPECIAL K Vanilla Almond 30.0 0.75 cup (1 NLEA serving) 0.2 08549 Breakfast tart, low fat 52.0 1.0 super-colossal 0.2 0849 Olives, ripe, canned (jumbo-super colossal) 15.0 1.0 super-colossal 0.2 0849 Breakfast tart, low fat 45.0 1.0 super-colossal 0.2 0849 Breakfast tart, low fat 45.0 1.0 link (raw dimensions: 4" long x78" dia, cooked 0.2 0870 Grapefruit juice, white, frozen concentrate, unswectened, undiluted 20	03235	Babyfood, dessert, fruit dessert, without ascorbic acid, strained	15.0	1.0 tbsp	0.2
11900 Corn, sweet, white, raw 73.0 1.0 ear, small (5-1/2" to 6-1/2" long) 0.2 16150 Peanut butter, smooth, reduced fat 36.0 2.0 tablespoon 0.2 19293 Frozen yogurts, vanilla, soft-serve 72.0 0.5 cup 0.2 42266 Babyfood, juice, apple-sweet potato 30.8 1.0 fl oz 0.2 28319 Bagels, whole grain white 43.0 0.5 piece bagel 1 serving 0.2 08543 Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond 30.0 0.75 cup (1 NLEA serving) 0.2 08543 Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond 30.0 0.75 cup (1 NLEA serving) 0.2 08543 Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond 30.0 0.75 cup (1 NLEA serving) 0.2 08543 Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond 30.0 0.75 cup (1 NLEA serving) 0.2 08543 Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond 30.0 0.75 cup (1 NLEA serving) 0.2 08543 Breakfast tant, low fat 40.0 1.0 sup ex (2 NLEA serving) 0.2	03236	Babyfood, dessert, fruit dessert, without ascorbic acid, junior	15.0	1.0 tbsp	0.2
16150 Peanut butter, smooth, reduced fat 360 2.0 tablespoon 0.2 19293 Frozen yogurts, vanilla, soft-serve 72.0 0.5 cup 0.2 42266 Babyfood, juice, apple-sweet potato 30.8 1.0 ffl oz 0.2 28319 Bagels, whole grain white 43.0 0.5 piece bagel 1 serving 0.2 08543 Cereals ready-to-eat, KELLOGGS, SPECIAL K Vanilla Almond 30.0 0.75 cup (1 NLEA serving) 0.2 09194 Olives, ripe, canned (jumbo-super colossal) 15.0 1.0 super colossal 0.2 84859 Breakfast tart, low fat 52.0 1.0 tut 0.2 03303 Babyfood, dinner, sweet potatoes and chicken, strained 16.0 1.0 tut 0.2 07055 Pork and beef sausage, fresh, cooked 13.0 1.0 link (raw dimensions: 4" long x 7.8" dia), cooked 0.2 07125 Grapefruit juice, white, frozen concentrate, unsweetened, undiluted 20.7 1.0 can (6 fl oz) 0.2 0125 Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calories weetener 68.0 5.0 5.0 0.2 0	04636	Salad dressing, italian dressing, fat-free	14.0	1.0 tbsp	0.2
19293 Frozen yogurts, vanilla, soft-serve 72.0 0.5 cup 0.2 42266 Babyfood, juice, apple-sweet potato 30.8 1.0 fl oz 0.2 28319 Bagels, whole grain white 43.0 0.5 piece bagel 1 serving 0.2 08543 Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond 30.0 0.75 cup (1 NLEA serving) 0.2 09194 Olives, ripe, canned (jumbo-super colossal) 15.0 1.0 super colossal 0.2 18459 Breakfast tart, low fat 52.0 1.0 link (raw dimensions: 4" long x 7"8" dia), cooked 0.2 07065 Pork and beef sausage, fresh, cooked 13.0 1.0 link (raw dimensions: 4" long x 7"8" dia), cooked 0.2 09125 Grapefruit juice, white, frozen concentrate, unsweetened, undiluted 20.0 1.0 link (raw dimensions: 4" long x 7"8" dia), cooked 0.2 01125 Grapefruit juice, white, frozen, salted, pasteurized 28.0 0.5 tup 0.2 01235 Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener 28.3 0.5 tup 0.2 01126 Egg, yolk, raw, frozen, salted, pasteurized 28.3 <td< td=""><td>11900</td><td>Corn, sweet, white, raw</td><td>73.0</td><td>1.0 ear, small (5-1/2" to 6-1/2" long)</td><td>0.2</td></td<>	11900	Corn, sweet, white, raw	73.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.2
42266 Babyfood, juice, apple-sweet potato 30.8 1.0 fl oz 0.2 28319 Bagels, whole grain white 43.0 0.5 piece bagel I serving 0.2 08543 Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond 30.0 0.75 cup (1 NLEA serving) 0.2 09194 Olives, ripe, canned (jumbo-super colossal) 15.0 1.0 super colossal 0.2 18459 Breakfast tart, low fat 52.0 1.0 tart 0.2 03303 Babyfood, dinner, sweet potatoes and chicken, strained 16.0 1.0 link (raw dimensions: 4" long x 7/8" dia), cooked 0.2 07065 Pork and beef sausage, fresh, cooked 13.0 1.0 link (raw dimensions: 4" long x 7/8" dia), cooked 0.2 09125 Grapefruit juice, white, frozen concentrate, unsweetened, undiluted 207.0 1.0 can (6 fl oz) 0.2 01235 Yogurt, frozen, flavors not chocolate, nonfar milk, with low-calorie sweetener 68.0 0.5 cup 0.2 01126 Egg, yolk, raw, frozen, sugared, pasteurized 28.35 1.0 oz 0.2 18291 Pancakes, plain, dry mix, incomplete (includes buttermilk) 28.35 1.0 oz	16150	Peanut butter, smooth, reduced fat	36.0	2.0 tablespoon	0.2
28319 Bagels, whole grain white 43.0 0.5 piece bagel 1 serving 0.2 08543 Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond 30.0 0.75 cup (1 NLEA serving) 0.2 09194 Olives, ripe, canned (jumbo-super colossal) 15.0 1.0 super colossal 0.2 18459 Breakfast tart, low fat 52.0 1.0 time 0.2 03303 Babyfood, dinner, sweet potatoes and chicken, strained 16.0 1.0 link (raw dimensions: 4" long x 7.8" dia), cooked 0.2 07065 Pork and beef sausage, fresh, cooked 13.0 1.0 link (raw dimensions: 4" long x 7.8" dia), cooked 0.2 09125 Grapefruit juice, white, frozen concentrate, unsweetened, undiluted 207.0 1.0 can (6 fl oz) 0.2 01235 Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener 68.0 0.5 cup 0.2 01160 Egg, yolk, raw, frozen, salted, pasteurized 28.35 1.0 oz 0.2 18291 Pancakes, plain, dry mix, incomplete (includes buttermilk) 28.35 1.0 oz 0.2 18029 Bread, french or vienna (includes sourdough) 28.35	19293	Frozen yogurts, vanilla, soft-serve	72.0	0.5 cup	0.2
08543 Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond 30.0 0.75 cup (1 NLEA serving) 0.2 09194 Olives, ripe, canned (jumbo-super colossal) 15.0 1.0 super colossal 0.2 18459 Breakfast tart, low fat 52.0 1.0 tart 0.2 03303 Babyfood, dinner, sweet potatoes and chicken, strained 16.0 1.0 tibsp 0.2 07065 Pork and beef sausage, fresh, cooked 13.0 1.0 link (raw dimensions: 4" long x 7/8" dia), cooked 0.2 09125 Grapefruit juice, white, frozen concentrate, unsweetened, undiluted 207.0 1.0 can (6 fl oz) 0.2 01235 Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener 68.0 0.5 cup 0.2 01160 Egg, yolk, raw, frozen, salted, pasteurized 28.35 1.0 oz 0.2 01127 Egg, yolk, raw, frozen, sugared, pasteurized 28.35 1.0 oz 0.2 18291 Pancakes, plain, dry mix, incomplete (includes buttermilk) 28.35 1.0 oz 0.2 18029 Bread, french or vienna (includes sourdough) 28.35 1.0 oz 0.2	42266	Babyfood, juice, apple-sweet potato	30.8	1.0 fl oz	0.2
09194 Olives, ripe, canned (jumbo-super colossal) 15.0 1.0 super colossal 0.2 18459 Breakfast tart, low fat 52.0 1.0 tart 0.2 03303 Babyfood, dinner, sweet potatoes and chicken, strained 16.0 1.0 thsp 0.2 07065 Pork and beef sausage, fresh, cooked 13.0 1.0 link (raw dimensions: 4" long x 7/8" dia), cooked 0.2 09125 Grapefruit juice, white, frozen concentrate, unsweetened, undiluted 207.0 1.0 can (6 fl oz) 0.2 01235 Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener 68.0 0.5 cup 0.2 01160 Egg, yolk, raw, frozen, salted, pasteurized 28.35 1.0 oz 0.2 01127 Egg, yolk, raw, frozen, sugared, pasteurized 28.35 1.0 oz 0.2 18291 Pancakes, plain, dry mix, incomplete (includes buttermilk) 28.35 1.0 oz 0.2 18029 Bread, french or vienna (includes sourdough) 28.35 1.0 oz 0.2 01126 Egg, yolk, raw, frozen, pasteurized 28.35 1.0 oz 0.2 14557 <	28319	Bagels, whole grain white	43.0	0.5 piece bagel 1 serving	0.2
18459 Breakfast tart, low fat 52.0 1.0 tart 0.2 03303 Babyfood, dinner, sweet potatoes and chicken, strained 16.0 1.0 tbsp 0.2 07065 Pork and beef sausage, fresh, cooked 13.0 1.0 link (raw dimensions: 4" long x 7/8" dia), cooked 0.2 09125 Grapefruit juice, white, frozen concentrate, unsweetened, undiluted 207.0 1.0 can (6 fl oz) 0.2 01235 Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener 68.0 0.5 cup 0.2 01160 Egg, yolk, raw, frozen, salted, pasteurized 28.35 1.0 oz 0.2 01127 Egg, yolk, raw, frozen, sugared, pasteurized 28.35 1.0 oz 0.2 18291 Pancakes, plain, dry mix, incomplete (includes buttermilk) 28.35 1.0 oz 0.2 18029 Bread, french or vienna (includes sourdough) 28.35 1.0 oz 0.2 01126 Egg, yolk, raw, frozen, pasteurized 28.35 1.0 oz 0.2 0125 Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients 22.0 1.0 serving 1/2 cup 0.2 <	08543	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	30.0	0.75 cup (1 NLEA serving)	0.2
03303 Babyfood, dinner, sweet potatoes and chicken, strained 16.0 1.0 tbsp 0.2 07065 Pork and beef sausage, fresh, cooked 13.0 1.0 link (raw dimensions: 4" long x 7/8" dia), cooked 0.2 09125 Grapefruit juice, white, frozen concentrate, unsweetened, undiluted 207.0 1.0 can (6 fl oz) 0.2 01235 Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener 68.0 0.5 cup 0.2 01160 Egg, yolk, raw, frozen, salted, pasteurized 28.35 1.0 oz 0.2 01127 Egg, yolk, raw, frozen, sugared, pasteurized 28.35 1.0 oz 0.2 18291 Pancakes, plain, dry mix, incomplete (includes buttermilk) 28.35 1.0 oz 0.2 18029 Bread, french or vienna (includes sourdough) 28.35 1.0 oz 0.2 01126 Egg, yolk, raw, frozen, pasteurized 28.35 1.0 oz 0.2 01126 Egg, yolk, raw, frozen, pasteurized 28.35 1.0 oz 0.2 0125 Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients 2.0 1.0 serving 1/2 cup 0.2 1905 Ice creams, vanilla 66.0 1	09194	Olives, ripe, canned (jumbo-super colossal)	15.0	1.0 super colossal	0.2
07065 Pork and beef sausage, fresh, cooked 13.0 1.0 link (raw dimensions: 4" long x 7/8" dia), cooked 0.2 09125 Grapefruit juice, white, frozen concentrate, unsweetened, undiluted 207.0 1.0 can (6 fl oz) 0.2 01235 Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener 68.0 0.5 cup 0.2 01160 Egg, yolk, raw, frozen, salted, pasteurized 28.35 1.0 oz 0.2 01127 Egg, yolk, raw, frozen, sugared, pasteurized 28.35 1.0 oz 0.2 18291 Pancakes, plain, dry mix, incomplete (includes buttermilk) 28.35 1.0 oz 0.2 18029 Bread, french or vienna (includes sourdough) 28.35 1.0 oz 0.2 01126 Egg, yolk, raw, frozen, pasteurized 28.35 1.0 oz 0.2 01126 Egg, yolk, raw, frozen, pasteurized 28.35 1.0 oz 0.2 0125 Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients 22.0 1.0 serving 0.2 1905 Ice creams, vanilla 66.0 1.0 serving 1/2 cup 0.2	18459	Breakfast tart, low fat	52.0	1.0 tart	0.2
09125 Grapefruit juice, white, frozen concentrate, unsweetened, undiluted 207.0 1.0 can (6 fl oz) 0.2 01235 Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener 68.0 0.5 cup 0.2 01160 Egg, yolk, raw, frozen, salted, pasteurized 28.35 1.0 oz 0.2 01127 Egg, yolk, raw, frozen, sugared, pasteurized 28.35 1.0 oz 0.2 18291 Pancakes, plain, dry mix, incomplete (includes buttermilk) 28.35 1.0 oz 0.2 18029 Bread, french or vienna (includes sourdough) 28.35 1.0 oz 0.2 01126 Egg, yolk, raw, frozen, pasteurized 28.35 1.0 oz 0.2 0126 Egg, yolk, raw, frozen, pasteurized 28.35 1.0 oz 0.2 14557 Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients 22.0 1.0 serving 1/2 cup 0.2 1905 Ice creams, vanilla 66.0 1.0 serving 1/2 cup 0.2	03303	Babyfood, dinner, sweet potatoes and chicken, strained	16.0	1.0 tbsp	0.2
01235 Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener 68.0 0.5 cup 0.2 01160 Egg, yolk, raw, frozen, salted, pasteurized 28.35 1.0 oz 0.2 01127 Egg, yolk, raw, frozen, sugared, pasteurized 28.35 1.0 oz 0.2 18291 Pancakes, plain, dry mix, incomplete (includes buttermilk) 28.35 1.0 oz 0.2 18029 Bread, french or vienna (includes sourdough) 28.35 1.0 oz 0.2 01126 Egg, yolk, raw, frozen, pasteurized 28.35 1.0 oz 0.2 14557 Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients 22.0 1.0 serving 0.2 19095 Ice creams, vanilla 66.0 1.0 serving 1/2 cup 0.2	07065	Pork and beef sausage, fresh, cooked	13.0	1.0 link (raw dimensions: 4" long x 7/8" dia), cooked	0.2
01160 Egg, yolk, raw, frozen, salted, pasteurized 28.35 1.0 oz 0.2 01127 Egg, yolk, raw, frozen, sugared, pasteurized 28.35 1.0 oz 0.2 18291 Pancakes, plain, dry mix, incomplete (includes buttermilk) 28.35 1.0 oz 0.2 18029 Bread, french or vienna (includes sourdough) 28.35 1.0 oz 0.2 01126 Egg, yolk, raw, frozen, pasteurized 28.35 1.0 oz 0.2 14557 Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients 22.0 1.0 serving 0.2 19095 Ice creams, vanilla 66.0 1.0 serving 1/2 cup 0.2	09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207.0	1.0 can (6 fl oz)	0.2
Egg, yolk, raw, frozen, sugared, pasteurized Pancakes, plain, dry mix, incomplete (includes buttermilk) Bread, french or vienna (includes sourdough) Egg, yolk, raw, frozen, pasteurized Egg, yolk peverages, chocolate-flavor beverage mix for milk, powder, with added nutrients Egg, yolk, raw, frozen, pasteurized Egg, yolk, raw, frozen, pas	01235	Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener	68.0	0.5 cup	0.2
18291Pancakes, plain, dry mix, incomplete (includes buttermilk)28.351.0 oz0.218029Bread, french or vienna (includes sourdough)28.351.0 oz0.201126Egg, yolk, raw, frozen, pasteurized28.351.0 oz0.214557Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients22.01.0 serving0.219095Ice creams, vanilla66.01.0 serving 1/2 cup0.2	01160	Egg, yolk, raw, frozen, salted, pasteurized	28.35	1.0 oz	0.2
Bread, french or vienna (includes sourdough) Egg, yolk, raw, frozen, pasteurized Egg, yolk, raw, frozen, pasteurized Egg, yolk, raw, frozen, pasteurized Egg, yolk raw, frozen, pasteurized Egg, yolk raw, frozen, pasteurized Egg, yolk raw, frozen, pasteurized 28.35 1.0 oz 0.2 14557 Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients 22.0 1.0 serving 1/2 cup 0.2	01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	0.2
Egg, yolk, raw, frozen, pasteurized 28.35 1.0 oz 0.2 14557 Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients 22.0 1.0 serving 0.2 19095 Ice creams, vanilla 66.0 1.0 serving 1/2 cup 0.2	18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	28.35	1.0 oz	0.2
Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients 22.0 1.0 serving 0.2 19095 Ice creams, vanilla 66.0 1.0 serving 1/2 cup 0.2	18029	Bread, french or vienna (includes sourdough)	28.35	1.0 oz	0.2
19095 Ice creams, vanilla 66.0 1.0 serving 1/2 cup 0.2	01126	Egg, yolk, raw, frozen, pasteurized	28.35	1.0 oz	0.2
	14557	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients	22.0	1.0 serving	0.2
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame) 99.0 1.0 bagel 0.2	19095	Ice creams, vanilla	66.0	1.0 serving 1/2 cup	0.2
	18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	99.0	1.0 bagel	0.2

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	33.0	1.25 cup (1 NLEA serving)	0.2
14033	Beverages, ABBOTT, EAS whey protein powder	39.0	2.0 scoop	0.2
14181	Beverages, chocolate syrup	39.0	1.0 serving 2 tbsp	0.2
14224	Beverages, coffee, instant, mocha, sweetened	13.0	1.0 serving 2 tbsp	0.2
18006	Bagels, cinnamon-raisin, toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.2
16155	Peanut butter, smooth, vitamin and mineral fortified	32.0	2.0 tbsp	0.2
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	32.0	1.5 cup (1 NLEA serving)	0.2
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	95.0	1.0 drumstick without skin	0.2
20109	Noodles, egg, dry, enriched	38.0	1.0 cup	0.2
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	0.2
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	0.2
08211	Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	27.0	0.75 cup (1 NLEA serving)	0.2
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	27.0	0.75 cup (1 NLEA serving)	0.2
11588	Waterchestnuts, chinese, (matai), raw	62.0	0.5 cup slices	0.2
16149	Peanut spread, reduced sugar	31.0	2.0 tbsp	0.2
20446	Rice, white, long-grain, parboiled, unenriched, dry	185.0	1.0 cup	0.2
20046	Rice, white, long-grain, parboiled, enriched, dry	185.0	1.0 cup	0.2
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	0.2
20044	Rice, white, long-grain, regular, raw, enriched	185.0	1.0 cup	0.2
11363	Potatoes, baked, flesh, without salt	61.0	0.5 cup	0.2
11829	Potatoes, baked, flesh, with salt	61.0	0.5 cup	0.2
43364	Snacks, tortilla chips, unsalted, white corn	26.0	1.0 cup	0.2
18005	Bagels, cinnamon-raisin	26.0	1.0 mini bagel (2-1/2" dia)	0.2
28348	Rolls, dinner, sweet	30.0	1.0 roll	0.2
08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	30.0	0.5 cup (1 NLEA serving)	0.2
01056	Cream, sour, cultured	12.0	1.0 tbsp	0.2
08204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	30.0	1.0 cup	0.2
27059	Sauce, peanut, made from peanut butter, water, soy sauce	18.0	1.0 tbsp	0.2
08484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	0.2
01002	Butter, whipped, with salt	3.8	1.0 pat (1" sq, 1/3" high)	0.2
19899	Ice creams, regular, low carbohydrate, chocolate	58.0	1.0 individual (3.5 fl oz)	0.2
19270	Ice creams, chocolate	58.0	1.0 individual (3.5 fl oz)	0.2
19898	Ice creams, regular, low carbohydrate, vanilla	58.0	1.0 individual (3.5 fl oz)	0.2
08376	Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	0.2
19816	Snacks, rice cakes, brown rice, plain, unsalted	9.0	1.0 cake	0.2

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
07039	Lebanon bologna, beef	57.0	1.0 serving 2 slices	0.2
43507	Frankfurter, low sodium	57.0	1.0 frankfurter	0.2
19051	Snacks, rice cracker brown rice, plain	9.0	1.0 cake	0.2
18353	Rolls, hard (includes kaiser)	28.35	1.0 oz	0.2
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior	28.35	1.0 oz	0.2
19183	Puddings, chocolate, ready-to-eat	28.35	1.0 oz	0.2
03934	Babyfood, corn and sweet potatoes, strained	28.35	1.0 oz	0.2
25028	Tortilla chips, yellow, plain, salted	28.35	1.0 oz	0.2
19201	Puddings, vanilla, ready-to-eat	28.35	1.0 oz	0.2
03297	Babyfood, dinner, apples and chicken, strained	28.35	1.0 oz	0.2
18057	Bread, reduced-calorie, white	28.35	1.0 oz	0.2
03115	Babyfood, apples, dices, toddler	28.35	1.0 oz	0.2
18053	Bread, reduced-calorie, rye	28.35	1.0 oz	0.2
03003	Babyfood, meat, beef, junior	28.35	1.0 oz	0.2
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.2
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.2
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	85.0	3.0 oz	0.2
11081	Beets, cooked, boiled, drained	85.0	0.5 cup slices	0.2
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.2
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.2
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.2
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	0.2
15162	Mollusks, clam, mixed species, canned, liquid	85.0	3.0 oz	0.2
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	0.2
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.2
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	170.0	1.0 container	0.2
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	85.0	3.0 oz	0.2
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.2
06971	Sauce, worcestershire	17.0	1.0 tbsp	0.2
15157	Mollusks, clam, mixed species, raw	85.0	3.0 oz	0.2
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.2
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	0.2

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
11734	Beets, cooked, boiled. drained, with salt	85.0	0.5 cup slices	0.2
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.2
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.2
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	17.0	1.0 tbsp	0.2
07960	Bologna, chicken, pork	28.0	1.0 serving	0.2
19866	Candies, soft fruit and nut squares	42.0	3.0 pieces	0.2
14422	Beverages, Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	21.0	1.0 packet (.75 oz)	0.2
01265	Cheese, cheddar, nonfat or fat free	28.0	1.0 serving	0.2
43274	Cheese, cream, low fat	15.0	1.0 tbsp	0.2
03227	Babyfood, dessert, peach cobbler, strained	15.0	1.0 tbsp	0.2
11242	Kohlrabi, cooked, boiled, drained, without salt	165.0	1.0 cup slices	0.2
03228	Babyfood, dessert, peach cobbler, junior	15.0	1.0 tbsp	0.2
11793	Kohlrabi, cooked, boiled, drained, with salt	165.0	1.0 cup slices	0.2
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27.0	0.75 cup (1 NLEA serving)	0.2
16397	Peanut butter, chunk style, without salt	32.0	2.0 tbsp	0.2
16097	Peanut butter, chunk style, with salt	32.0	2.0 tbsp	0.2
03142	Babyfood, fruit, applesauce and apricots, strained	16.0	1.0 tbsp	0.2
12104	Nuts, coconut meat, raw	80.0	1.0 cup, shredded	0.2
16156	Peanut butter, chunky, vitamin and mineral fortified	32.0	2.0 tbsp	0.2
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	0.2
20029	Couscous, cooked	157.0	1.0 cup, cooked	0.2
11889	Turnips, cooked, boiled, drained, with salt	156.0	1.0 cup, cubes	0.2
11565	Turnips, cooked, boiled, drained, without salt	156.0	1.0 cup, cubes	0.2
11890	Turnips, frozen, cooked, boiled, drained, with salt	156.0	1.0 cup	0.2
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	0.2
03168	Babyfood, juice, apple and peach	31.2	1.0 fl oz	0.2
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26.0	0.75 cup (1 NLEA serving)	0.2
09326	Watermelon, raw	154.0	1.0 cup, balls	0.2
14238	Beverages, cranberry-apple juice drink, bottled	30.6	1.0 fl oz	0.2
19294	Fruit butters, apple	17.0	1.0 tbsp	0.2
01286	Yogurt, Greek, vanilla, nonfat	150.0	1.0 container (5.3 oz)	0.2
15034	Fish, haddock, cooked, dry heat	150.0	1.0 fillet	0.2
43021	Salad dressing, caesar, low calorie	15.0	1.0 tbsp	0.2
01131	Egg, whole, cooked, poached	50.0	1.0 large	0.2
03012	Babyfood, meat, chicken, strained	15.0	1.0 tbsp	0.2

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	0.2
11226	Jerusalem-artichokes, raw	150.0	1.0 cup slices	0.2
01123	Egg, whole, raw, fresh	50.0	1.0 large	0.2
07043	Roast beef, deli style, prepackaged, sliced	9.3	1.0 slice oval	0.1
01115	Whey, sweet, dried	145.0	1.0 cup	0.1
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	16.0	1.0 tbsp	0.1
15040	Fish, herring, Atlantic, cooked, dry heat	143.0	1.0 fillet	0.1
43450	Frozen novelties, juice type, juice with cream	71.0	2.5 oz	0.1
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	28.35	1.0 oz	0.1
03221	Babyfood, dessert, dutch apple, junior	28.35	1.0 oz	0.1
03216	Babyfood, teething biscuits	28.35	1.0 oz	0.1
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	28.35	1.0 oz	0.1
03222	Babyfood, cherry cobbler, junior	28.35	1.0 oz	0.1
03214	Babyfood, cookies, arrowroot	28.35	1.0 oz	0.1
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	28.35	1.0 oz	0.1
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	28.35	1.0 oz	0.1
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	28.35	1.0 oz	0.1
03220	Babyfood, dessert, dutch apple, strained	28.35	1.0 oz	0.1
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	0.1
19103	Candies, fudge, vanilla, prepared-from-recipe	28.35	1.0 oz	0.1
08094	Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.1
01266	Cheese, Swiss, nonfat or fat free	28.0	1.0 serving	0.1
43589	Cheese, swiss, low fat	28.0	1.0 slice (1 oz)	0.1
11590	Waterchestnuts, chinese, canned, solids and liquids	70.0	0.5 cup slices	0.1
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	70.0	1.0 serving (makes about 1 cup prepared)	0.1
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	35.0	2.0 tbsp	0.1
15131	Fish, whitefish, mixed species, smoked	136.0	1.0 cup, cooked	0.1
44260	Puddings, all flavors except chocolate, low calorie, instant, dry mix	8.0	1.0 serving	0.1
11241	Kohlrabi, raw	135.0	1.0 cup	0.1
06959	Gravy, instant turkey, dry	6.7	1.0 serving	0.1
14196	Beverages, Cocoa mix, no sugar added, powder	19.0	1.0 envelope Alba (.675 oz)	0.1
03010	Babyfood, meat, lamb, strained	22.0	1.0 tbsp	0.1
11564	Turnips, raw	130.0	1.0 cup, cubes	0.1
15091	Fish, sea bass, mixed species, raw	129.0	1.0 fillet	0.1
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	16.0	1.0 tbsp	0.1

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
18220	Crackers, melba toast, plain	14.2	0.5 oz	0.1
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	0.1
11285	Onions, canned, solids and liquids	63.0	1.0 onion	0.1
42119	Babyfood, banana juice with low fat yogurt	31.5	1.0 fl oz	0.1
03268	Babyfood, juice, apple and cherry	31.2	1.0 fl oz	0.1
19859	Cocoa, dry powder, hi-fat or breakfast, plain	5.4	1.0 tbsp	0.1
32016	Macaroni or noodles with cheese, microwaveable, unprepared	61.0	1.0 serving 1 pouch	0.1
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	0.1
01226	Egg substitute, liquid or frozen, fat free	60.0	0.25 cup	0.1
08674	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey	30.0	0.75 cup (1 NLEA serving)	0.1
01094	Milk, buttermilk, dried	30.0	0.25 cup	0.1
01125	Egg, yolk, raw, fresh	17.0	1.0 large	0.1
14106	Alcoholic beverage, wine, table, white	29.4	1.0 fl oz	0.1
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	0.1
14096	Alcoholic beverage, wine, table, red	29.4	1.0 fl oz	0.1
09228	Papaya, canned, heavy syrup, drained	39.0	1.0 piece	0.1
06075	Soup, beef broth or bouillon, powder, dry	3.6	1.0 cube	0.1
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	28.35	1.0 oz	0.1
19218	Puddings, tapioca, ready-to-eat	28.35	1.0 oz	0.1
03681	Babyfood, cereal, barley, prepared with whole milk	28.35	1.0 oz	0.1
19148	Candies, peanut brittle, prepared-from-recipe	28.35	1.0 oz	0.1
03685	Babyfood, cereal, mixed, prepared with whole milk	28.35	1.0 oz	0.1
02014	Spices, cumin seed	2.1	1.0 tsp, whole	0.1
05673	Chicken, skin (drumsticks and thighs), cooked, braised	28.35	1.0 oz	0.1
15018	Fish, cod, Atlantic, dried and salted	28.35	1.0 oz	0.1
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	0.1
19235	Puddings, chocolate, ready-to-eat, fat free	113.0	1.0 serving 4 oz	0.1
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	0.1
42235	Cheese, cottage, lowfat, 1% milkfat, lactose reduced	113.0	4.0 oz	0.1
43352	Cheese, cottage, lowfat, 1% milkfat, no sodium added	113.0	4.0 oz	0.1
23477	Beef, ground, 97% lean meat / 3% fat, raw	113.0	4.0 oz	0.1
06168	Sauce, ready-to-serve, pepper or hot	4.7	1.0 tsp	0.1
06999	Gravy, CAMPBELL'S, chicken	56.0	0.25 cup	0.1
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	28.0	1.0 cup (1 NLEA serving)	0.1
19036	Snacks, popcorn, cakes	10.0	1.0 cake	0.1

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
14204	Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener	6.4	1.0 tsp dry	0.1
02024	Spices, mustard seed, ground	2.0	1.0 tsp	0.1
06094	Soup, onion, dry, mix	7.5	1.0 serving 1 tbsp	0.1
28337	Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	35.0	1.0 slice	0.1
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	0.1
27046	Sauce, duck, ready-to-serve	33.0	2.0 Tbsp	0.1
19202	Puddings, vanilla, dry mix, instant	99.0	1.0 package (3.5 oz)	0.1
19322	Puddings, coconut cream, dry mix, instant	99.0	1.0 package (3.5 oz)	0.1
02026	Spices, onion powder	2.4	1.0 tsp	0.1
14164	Beverages, chocolate malt powder, prepared with 1% milk, fortified	98.0	1.0 cup dry mix	0.1
07964	Frankfurter, meat and poultry, cooked, grilled	48.0	1.0 frankfurter	0.1
19034	Snacks, popcorn, air-popped	8.0	1.0 cup	0.1
15012	Fish, caviar, black and red, granular	16.0	1.0 tbsp	0.1
16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	0.1
42291	Peanut butter, reduced sodium	16.0	1.0 tbsp	0.1
16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	0.1
01267	Cheese, mexican, queso cotija	5.0	2.0 tsp	0.1
20048	Rice, white, long-grain, precooked or instant, enriched, dry	95.0	1.0 cup	0.1
01146	Cheese, parmesan, shredded	5.0	1.0 tbsp	0.1
03212	Babyfood, cereal, rice, with bananas, dry	2.5	1.0 tbsp	0.1
04042	Oil, peanut, salad or cooking	13.5	1.0 tbsp	0.1
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified	31.0	1.0 oz	0.1
01107	Milk, human, mature, fluid	30.8	1.0 fl oz	0.1
15132	Fish, whiting, mixed species, raw	92.0	1.0 fillet	0.1
01106	Milk, goat, fluid, with added vitamin D	30.5	1.0 fl oz	0.1
20420	Pasta, dry, unenriched	91.0	1.0 cup spaghetti	0.1
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	0.1
43007	Babyfood, fruit, tutti frutti, junior	15.0	1.0 tbsp	0.1
04706	Dressing, honey mustard, fat-free	30.0	2.0 tbsp (1 NLEA serving)	0.1
03157	Babyfood, fruit, bananas and pineapple with tapioca, strained	15.0	1.0 tbsp	0.1
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	30.0	0.75 cup (1 NLEA serving)	0.1
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	0.1
03163	Babyfood, fruit, bananas with apples and pears, strained	15.0	1.0 tbsp	0.1
03156	Babyfood, fruit, bananas and pineapple with tapioca, junior	15.0	1.0 tbsp	0.1
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30.0	1.0 cup (1 NLEA serving)	0.1

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
03002	Babyfood, meat, beef, strained	14.7	1.0 tbsp	0.1
19324	Puddings, coconut cream, dry mix, regular	88.0	1.0 package (3.12 oz)	0.1
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	44.0	1.0 medallion	0.1
03186	Babyfood, cereal, mixed, with bananas, dry	2.5	1.0 tbsp	0.1
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	0.1
14631	Beverages, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	7.8	1.0 tbsp	0.1
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	0.1
19070	Candies, butterscotch	28.35	1.0 oz	0.1
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	28.35	1.0 oz	0.1
18236	Cracker meal	28.35	1.0 oz	0.1
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior	28.35	1.0 oz	0.1
03215	Babyfood, pretzels	28.35	1.0 oz	0.1
35140	Bread, kneel down (Navajo)	28.35	1.0 oz	0.1
15145	Crustaceans, crayfish, mixed species, wild, raw	85.0	3.0 oz	0.1
15170	Mollusks, oyster, eastern, canned	85.0	3.0 oz	0.1
90560	Mollusks, snail, raw	85.0	3.0 oz	0.1
15111	Fish, swordfish, cooked, dry heat	85.0	3.0 oz	0.1
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	0.1
15081	Fish, salmon, coho, wild, raw	85.0	3.0 oz	0.1
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	0.1
13320	Beef, variety meats and by-products, brain, cooked, simmered	85.0	3.0 oz	0.1
15016	Fish, cod, Atlantic, cooked, dry heat	85.0	3.0 oz	0.1
15101	Fish, snapper, mixed species, raw	85.0	3.0 oz	0.1
15094	Fish, shad, american, raw	85.0	3.0 oz	0.1
15001	Fish, anchovy, european, raw	85.0	3.0 oz	0.1
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85.0	3.0 oz	0.1
15253	Salmon, sockeye, canned, total can contents	85.0	3.0 oz	0.1
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	85.0	3.0 oz	0.1
15086	Fish, salmon, sockeye, cooked, dry heat	85.0	3.0 oz	0.1
93600	Turtle, green, raw	85.0	3.0 oz	0.1
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	85.0	3.0 oz	0.1
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	0.1
15104	Fish, sturgeon, mixed species, raw	85.0	3.0 oz	0.1
15130	Fish, whitefish, mixed species, raw	85.0	3.0 oz	0.1

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
15095	Fish, shark, mixed species, raw	85.0	3.0 oz	0.1
15264	Salmon, sockeye, canned, drained solids, without skin and bones	85.0	3.0 oz	0.1
15090	Fish, scup, raw	85.0	3.0 oz	0.1
15038	Fish, halibut, Greenland, raw	85.0	3.0 oz	0.1
15230	Mollusks, octopus, common, cooked, moist heat	85.0	3.0 oz	0.1
15062	Fish, pike, northern, raw	85.0	3.0 oz	0.1
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	0.1
15087	Fish, salmon, sockeye, canned, drained solids	85.0	3.0 oz	0.1
15247	Fish, salmon, coho, wild, cooked, dry heat	85.0	3.0 oz	0.1
15110	Fish, swordfish, raw	85.0	3.0 oz	0.1
15050	Fish, mackerel, Pacific and jack, mixed species, raw	85.0	3.0 oz	0.1
15135	Fish, yellowtail, mixed species, raw	85.0	3.0 oz	0.1
15080	Fish, salmon, chum, canned, drained solids with bone	85.0	3.0 oz	0.1
15105	Fish, sturgeon, mixed species, cooked, dry heat	85.0	3.0 oz	0.1
15015	Fish, cod, Atlantic, raw	85.0	3.0 oz	0.1
15099	Fish, smelt, rainbow, raw	85.0	3.0 oz	0.1
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	85.0	3.0 oz	0.1
15008	Fish, carp, raw	85.0	3.0 oz	0.1
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.1
15065	Fish, pollock, Atlantic, raw	85.0	3.0 oz	0.1
15033	Fish, haddock, raw	85.0	3.0 oz	0.1
15177	Mollusks, whelk, unspecified, raw	85.0	3.0 oz	0.1
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	84.0	1.0 serving	0.1
07010	Bologna, pork	28.0	1.0 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)	0.1
42161	Bologna, beef, low fat	28.0	1.0 slice	0.1
07011	Bologna, turkey	28.0	0.99 oz 1 serving	0.1
01171	Egg, whole, raw, frozen, pasteurized	28.0	1.0 oz	0.1
01255	Egg, whole, raw, frozen, salted, pasteurized	28.0	1.0 oz	0.1
01178	Sour cream, reduced fat	12.0	1.0 tablespoon	0.1
14347	Shake, fast food, vanilla	20.8	1.0 fl oz	0.1
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	41.0	1.0 medallion	0.1
04047	Oil, coconut	13.6	1.0 tbsp	0.1
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	27.0	0.75 cup (1 NLEA serving)	0.1
11677	Shallots, raw	10.0	1.0 tbsp chopped	0.1

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
06175	Sauce, hoisin, ready-to-serve	16.0	1.0 tbsp	0.1
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	40.0	1.0 medallion	0.1
03143	Babyfood, fruit, applesauce and apricots, junior	16.0	1.0 tbsp	0.1
03116	Babyfood, fruit, applesauce, strained	16.0	1.0 tbsp	0.1
42204	Rice cake, cracker (include hain mini rice cakes)	4.2	1.0 cubic inch	0.1
15114	Fish, trout, mixed species, raw	79.0	1.0 fillet	0.1
15020	Fish, croaker, Atlantic, raw	79.0	1.0 fillet	0.1
15240	Fish, trout, rainbow, farmed, raw	79.0	1.0 fillet	0.1
28341	Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch	78.0	1.0 roll	0.1
09328	Maraschino cherries, canned, drained	5.0	1.0 cherry (NLEA serving)	0.1
03289	Babyfood, apples with ham, strained	15.0	1.0 tbsp	0.1
07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	0.1
43523	Babyfood, mixed fruit yogurt, strained	15.0	1.0 tbsp	0.1
03190	Babyfood, cereal, oatmeal, with bananas, dry	2.5	1.0 tbsp	0.1
43546	Babyfood, banana no tapioca, strained	15.0	1.0 tbsp	0.1
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	0.1
14292	Lemonade, frozen concentrate, white	36.5	1.0 fl oz	0.1
15133	Fish, whiting, mixed species, cooked, dry heat	72.0	1.0 fillet	0.1
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	0.1
14424	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore.	35.3	1.0 fl oz	0.1
14262	Beverages, citrus fruit juice drink, frozen concentrate	35.2	1.0 fl oz	0.1
27050	Sauce, sweet and sour, ready-to-serve	35.0	2.0 Tbsp	0.1
19345	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	35.0	2.0 tbsp	0.1
02046	Mustard, prepared, yellow	5.0	1.0 tsp or 1 packet	0.1
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	34.0	1.0 medallion	0.1
04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	13.6	1.0 tbsp	0.1
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	13.6	1.0 tbsp	0.1
04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	13.6	1.0 tbsp	0.1
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	33.0	1.25 cup (1 NLEA serving)	0.1
02055	Horseradish, prepared	5.0	1.0 tsp	0.1
43401	Beverages, coffee, instant, with whitener, reduced calorie	1.7	1.0 tsp dry	0.1
43432	Babyfood, dinner, macaroni, beef and tomato sauce, toddler	16.0	1.0 tbsp	0.1

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
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	0.1
42120	Babyfood, mixed fruit juice with low fat yogurt	31.5	1.0 fl oz	0.1
19300	Jellies	21.0	1.0 serving 1 tbsp	0.1
14282	Beverages, grape juice drink, canned	31.3	1.0 fl oz	0.1
43535	Babyfood, juice, apple - cherry	31.2	1.0 fl oz	0.1
08047	Cereals ready-to-eat, QUAKER, KING VITAMAN	31.0	1.5 cup (1 NLEA serving)	0.1
08409	Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	31.0	0.75 cup (1 NLEA serving)	0.1
14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	30.5	1.0 fl oz	0.1
01210	Egg Mix, USDA Commodity	8.6	1.0 tbsp	0.1
15060	Fish, perch, mixed species, raw	60.0	1.0 fillet	0.1
03128	Babyfood, fruit, apricot with tapioca, junior	15.0	1.0 tbsp	0.1
01179	Sour cream, light	12.0	1.0 tablespoon	0.1
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30.0	1.25 cup (1 NLEA serving)	0.1
03118	Babyfood, fruit, apricot with tapioca, strained	15.0	1.0 tbsp	0.1
11255	Lotus root, cooked, boiled, drained, without salt	60.0	0.5 cup	0.1
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	60.0	1.0 fillet	0.1
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	30.0	1.0 medallion	0.1
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	30.0	0.75 cup (1 NLEA serving)	0.1
43006	Babyfood, fruit, tutti frutti, strained	15.0	1.0 tbsp	0.1
08309	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES	30.0	0.75 cup (1 NLEA serving)	0.1
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	29.6	1.0 fl oz	0.1
43497	Jellyfish, dried, salted	58.0	1.0 cup	0.1
01199	Cream, half and half, fat free	29.0	2.0 tbsp	0.1
18069	Bread, white, commercially prepared (includes soft bread crumbs)	29.0	1.0 slice	0.1
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	0.1
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	0.1
01111	Milk shakes, thick vanilla	28.4	1.0 fl oz	0.1
18175	Cookies, ladyfingers, with lemon juice and rind	28.35	1.0 oz	0.1
03225	Babyfood, dessert, cherry vanilla pudding, junior	28.35	1.0 oz	0.1
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	0.1
03090	Babyfood, dinner, macaroni and cheese, junior	28.35	1.0 oz	0.1
18055	Bread, reduced-calorie, wheat	28.35	1.0 oz	0.1
15121	Fish, tuna, light, canned in water, drained solids	28.35	1.0 oz	0.1

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
05335	Chicken, feet, boiled	28.35	1.0 oz	0.1
03694	Babyfood, cereal, rice, prepared with whole milk	28.35	1.0 oz	0.1
19433	Tortilla chips, low fat, baked without fat	28.35	1.0 oz	0.1
03224	Babyfood, dessert, cherry vanilla pudding, strained	28.35	1.0 oz	0.1
03089	Babyfood, dinner, macaroni and cheese, strained	28.35	1.0 oz	0.1
35234	Piki bread, made from blue cornmeal (Hopi)	28.0	1.0 piece	0.1
03181	Babyfood, cereal, barley, dry fortified	2.4	1.0 tbsp	0.1
01223	Protein supplement, milk based, Muscle Milk, powder	11.0	1.0 tbsp	0.1
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27.0	0.75 cup (1 NLEA serving)	0.1
08501	Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES	27.0	0.75 cup	0.1
08059	Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	27.0	1.0 cup (1 NLEA serving)	0.1
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	10.6	1.0 tbsp	0.1
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter	0.1
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	0.0
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	0.0
03021	Babyfood, meat, meat sticks, junior	10.0	1.0 stick	0.0
03209	Babyfood, crackers, vegetable	0.7	1.0 cracker	0.0
44258	Puddings, chocolate flavor, low calorie, regular, dry mix	9.9	1.0 serving	0.0
14236	Beverages, coffee substitute, cereal grain beverage, powder	3.0	1.0 tsp (1 serving)	0.0
03117	Babyfood, fruit, applesauce, junior	16.0	1.0 tbsp	0.0
03147	Babyfood, fruit, applesauce with banana, junior	16.0	1.0 tbsp	0.0
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	15.0	1.0 tbsp chopped	0.0
43544	Babyfood, cereal, rice with pears and apple, dry, instant fortified	15.0	1.0 serving	0.0
04624	Margarine-like, vegetable oil spread, fat free, liquid, with salt	15.0	1.0 tbsp	0.0
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	0.0
19382	Candies, taffy, prepared-from-recipe	15.0	1.0 piece	0.0
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0.0
80200	Frog legs, raw	45.0	1.0 leg	0.0
03189	Babyfood, cereal, oatmeal, dry fortified	3.2	1.0 tbsp	0.0
18217	Crackers, matzo, plain	14.2	0.5 oz	0.0
06122	Gravy, mushroom, dry, powder	21.0	1.0 cup (8 fl oz)	0.0
03014	Babyfood, meat, chicken sticks, junior	10.0	1.0 stick	0.0
19924	Syrup, NESTLE, chocolate	20.0	1.0 tablespoon	0.0
09165	Litchis, dried	2.5	1.0 fruit	0.0
01144	Egg substitute, powder	9.9	0.35 oz	0.0

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44061	Puddings, chocolate flavor, low calorie, instant, dry mix	9.9	1.0 serving	0.0
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	13.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
01061	Cheese, American, nonfat or fat free	19.0	1.0 serving	0.0
18087	Cake, angelfood, dry mix	38.0	1.0 serving	0.0
44110	Jellies, reduced sugar, home preserved	19.0	1.0 tbsp	0.0
09195	Olives, pickled, canned or bottled, green	2.7	1.0 olive	0.0
43529	Babyfood, rice and apples, dry	2.5	1.0 tbsp	0.0
03185	Babyfood, cereal, mixed, dry fortified	2.5	1.0 tbsp	0.0
14542	Lemonade, frozen concentrate, pink	36.4	1.0 fl oz	0.0
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	0.0
01186	Cheese, cream, fat free	18.0	1.0 tbsp	0.0
11640	Shallots, freeze-dried	0.9	1.0 tbsp	0.0
08116	Cereals, MALT-O-MEAL, original, plain, dry	35.0	3.0 tbsp (1 NLEA serving)	0.0
14194	Beverages, Cocoa mix, powder, prepared with water	34.3	1.0 fl oz	0.0
14218	Beverages, coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	0.0
08493	Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS	33.0	1.0 cup (1 NLEA serving)	0.0
14390	Beverages, cocoa mix, with aspartame, powder, prepared with water	32.1	1.0 fl oz	0.0
08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	32.0	1.0 cup (1 NLEA serving)	0.0
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	32.0	0.75 cup (1 NLEA serving)	0.0
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	16.0	1.0 tbsp	0.0
14017	Alcoholic beverage, pina colada, prepared-from-recipe	31.4	1.0 fl oz	0.0
14334	Beverages, pineapple and grapefruit juice drink, canned	31.3	1.0 fl oz	0.0
14341	Beverages, pineapple and orange juice drink, canned	31.3	1.0 fl oz	0.0
03172	Babyfood, juice, orange	31.2	1.0 fl oz	0.0
03174	Babyfood, juice, orange and apple and banana	31.2	1.0 fl oz	0.0
14327	Beverages, orange and apricot juice drink, canned	31.2	1.0 fl oz	0.0
03267	Babyfood, juice, fruit punch, with calcium	31.2	1.0 fl oz	0.0
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	31.0	1.0 cup (1 NLEA serving)	0.0
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31.0	1.0 cup (1 NLEA serving)	0.0
14263	Beverages, citrus fruit juice drink, frozen concentrate, prepared with water	31.0	1.0 fl oz	0.0
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31.0	0.75 cup (1 NLEA serving)	0.0
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	30.2	1.0 fl oz	0.0
42150	Babyfood, apple yogurt dessert, strained	15.0	1.0 tbsp	0.0
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup	0.0
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	30.0	0.25 cup	0.0

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03280	Babyfood, fruit, bananas with tapioca, junior	15.0	1.0 tbsp	0.0
43004	Babyfood, dessert, banana pudding, strained	15.0	1.0 tbsp	0.0
08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES	30.0	0.75 cup (1 NLEA serving)	0.0
43346	Frozen novelties, juice type, orange	29.8	1.0 fl oz	0.0
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.0
14210	Beverages, coffee, brewed, espresso, restaurant-prepared	29.6	1.0 fl oz	0.0
14202	Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated	29.6	1.0 fl oz	0.0
14209	Beverages, coffee, brewed, prepared with tap water	29.6	1.0 fl oz	0.0
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	9.7	1.0 tbsp	0.0
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29.0	1.0 cup (1 NLEA serving)	0.0
15085	Fish, salmon, sockeye, raw	28.35	1.0 oz, boneless	0.0
15106	Fish, sturgeon, mixed species, smoked	28.35	1.0 oz	0.0
15127	Fish, tuna, fresh, yellowfin, raw	28.35	1.0 oz, boneless	0.0
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	0.0
15055	Fish, mullet, striped, raw	28.35	1.0 oz	0.0
15109	Fish, surimi	28.35	1.0 oz	0.0
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	0.0
15077	Fish, salmon, chinook, smoked	28.35	1.0 oz, boneless	0.0
15014	Fish, cisco, smoked	28.35	1.0 oz	0.0
15035	Fish, haddock, smoked	28.35	1.0 oz, boneless	0.0
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.0
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	0.0
18451	Cake, pound, commercially prepared, fat-free	28.35	1.0 oz	0.0
15042	Fish, herring, Atlantic, kippered	28.35	1.0 oz, boneless	0.0
15068	Fish, pompano, florida, raw	28.35	1.0 oz, boneless	0.0
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	0.0
07959	Bologna, chicken, pork, beef	28.0	1.0 serving	0.0
15072	Fish, roe, mixed species, raw	14.0	1.0 tbsp	0.0
10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	0.0
01140	Egg, quail, whole, fresh, raw	9.0	1.0 egg	0.0
06958	Gravy, instant beef, dry	6.7	1.0 serving	0.0
06124	Gravy, pork, dry, powder	6.7	1.0 serving	0.0
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan,	26.0	1.0 scoop	0.0
42285	Babyfood, cereal, brown rice, dry, instant	3.7	1.0 tbsp	0.0
15231	Mollusks, oyster, Pacific, cooked, moist heat	25.0	1.0 medium	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
06957	Gravy, brown instant, dry	6.7	1.0 serving	0.0
01185	Parmesan cheese topping, fat free	5.0	1.0 tablespoon	0.0
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	0.0
14203	Beverages, coffee, instant, regular, half the caffeine	1.0	1.0 tsp	0.0
14214	Beverages, coffee, instant, regular, powder	1.0	1.0 tsp	0.0
05353	USDA Commodity, chicken fajita strips, frozen	9.4	1.0 strip	0.0
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	6.0	1.0 medium	0.0
42192	Salad dressing, blue or roquefort cheese dressing, fat-free	17.0	1.0 tbsp	0.0
18375	Leavening agents, yeast, baker's, active dry	4.0	1.0 tsp	0.0
19102	Candies, fudge, peanut butter, prepared-from-recipe	16.0	1.0 piece	0.0
04367	Salad dressing, french dressing, fat-free	16.0	1.0 tablespoon	0.0
43539	Babyfood, dessert, banana yogurt, strained	15.0	1.0 tbsp	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
43550	Babyfood, banana apple dessert, strained	15.0	1.0 tbsp	0.0
04631	Margarine-like, vegetable oil spread, fat-free, tub	14.6	1.0 tbsp	0.0
02021	Spices, ginger, ground	1.8	1.0 tsp	0.0
43078	Beverage, milkshake mix, dry, not chocolate	7.0	1.0 tbsp	0.0
08066	Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	14.0	0.75 cup (1 NLEA serving)	0.0
03194	Babyfood, cereal, rice, dry fortified	2.5	1.0 tbsp	0.0
02020	Spices, garlic powder	3.1	1.0 tsp	0.0
01200	Reddi Wip Fat Free Whipped Topping	4.0	1.0 tablespoon	0.0
06169	Sauce, ready-to-serve, pepper, TABASCO	4.7	1.0 tsp	0.0
10860	Pork, cured, bacon, cooked, baked	8.1	1.0 slice cooked	0.0
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	8.0	1.0 slice cooked	0.0
11216	Ginger root, raw	2.0	1.0 tsp	0.0
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
02052	Vanilla extract, imitation, no alcohol	4.2	1.0 tsp	0.0
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0
14416	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	29.6	1.0 fl oz	0.0
19719	Jams and preserves, apricot	20.0	1.0 tbsp	0.0
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.0
43367	Turkey, drumstick, smoked, cooked, with skin, bone removed	21.0	1.0 oz with bone, cooked (yield after bone removed)	0.0
07044	USDA Commodity, luncheon meat, canned	45.0	1.0 serving	0.0
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	0.0

10030 Potik, fresh, loin, blade (chops), bone-in, separable lear and fat, cooked, rooted 850 3.0 oz 0.0 10052 Construction, separable lear and fat, cooked, rooted 850 3.0 oz 0.0 10052 Construction, lead-roin, separable lear and fat, cooked, rooted 850 1.0 serving (4 shop or lewedgep) 0.0 1439 Beeranges, OVALTINIS, Classic Mail prosder 22.0 1.0 serving (4 shop or lewedgep) 0.0 1460 Turkey, retail parts, dight, meet only, cooked, rooted 850 3.0 oz 0.0 1260 Turkey, retail parts, dight, meet only, cooked, rooted 850 1.0 cup, whole 0.0 1260 Turkey, retail parts, dight, meet only, cooked, rooted 850 1.0 cup, whole 0.0 1270 Vogurt, vanilla, noo-fat 1.0 cup, whole 0.0 1270 Turkey, retail parts, dight, meet only, cooked, partirised 850 3.0 oz 0.0 1270 Organization, facility,	NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
0.00 0.00	10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.0
14509 Beverages, OVALTINE, Classic Malt powder 21.0	10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	85.0	3.0 oz	0.0
12061 Nuks, aimonds 1430 1.0 cup, whole 0.0 12061 Nuks, aimonds 1450 1.0 cup, whole 0.0 12072 Yegurt, vanilla, non-lat 2450 1.0 cup 81 αω 0.0 10177 Pork, fresh, loin, center rih (chops), bone-in, separable lean only, cooked, pan-fried 85.0 3.0 αz 0.0 10178 Grapefrunt juice, white, canaed, sweetened 2500 1.0 cup 0.0 10468 Steerages, frint juice dirik, greater than 3% fruit juice, high vitamin C and added thiamin 2370 8.8 ∩ 1 αz 0.0 10968 Turkey, all classes, light meat, cooked, roasted 85.0 1.0 serving 0.0 10969 Pork, cured, ham and water product, sike, bone-in, separable lean and fat, unheated 28.35 1.0 αz 0.0 10953 Syrups, maple 20.0 1.0 tupy sixed 0.0 10953 Syrups, maple 20.0 1.0 tupy sixed 0.0 10953 Syrups, maple 1440 1.0 serving (3 10 α) 0.0 10952 Crambeda, (starfruit), raw 1320 1.0 tupy in cub 0.0 10952 Crambeda, (starfruit), raw 1320 1.0 cup, cubes 0.0 10952 Crambeda, (starfruit), raw 1320 1.0 cup, cubes 0.0 10952 Cramberd, included included vitamin C and calcium 2000 6.75 ft αz 0.0 10084 Pork, fresh, shoulder, (Roston bunt), blade (stask), superable lean only, raw 85.0 3.0 αz 0.0 10084 Pork, fresh, shoulder, (Roston bunt), blade (stask), superable lean only, raw 85.0 3.0 αz 0.0 10154 Beverages, fruit induced, assorted thrands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt 1.0 cup, cubes 0.0 10175 Corn, seet, yellow, canned, cream style, no sall added thinwise 2560 1.0 cup, cubes 0.0 10176 Corn, seet, yellow, canned, cream style, no sall added thinwise 2560 1.0 cup, whole of no cubes 0.0 10776 Corn, seet, yellow, canned, cream style, no sall added 0.0 10777 Corn, seet, yellow, canned, cream style, no sall added 0.0 10787 Pork, fresh, shoulder, fresh, shout added fluoride. 0.0 10789 Pork, Shoulder tresh, capeca	08025	Cereals ready-to-eat, RALSTON CRISP RICE	33.0	1.25 cup (1 NLEA serving)	0.0
1006 Nuts, almonds	14309	Beverages, OVALTINE, Classic Malt powder	21.0	1.0 serving (4 tbsp or 1 envelope)	0.0
01295 Yogurt, vanilla, non-fat 245.0 1.0 cup (8 fl co.) 0.0 10177 Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried 85.0 3.0 oz 0.0 90124 Grapefruit juice, white, camed, sweetened 250.0 1.0 cup 0.0 1868 Beverages, fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin 237.0 8.0 fl oz 0.0 10906 Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated 28.35 1.0 serving 0.0 10933 Syrups, maple 20.0 1.0 they pleicd 0.0 1404 Alcoholic beverage, wine, table, all 148.0 1.0 serving (5 fl oz) 0.0 99223 Baby food, dessert, furit publing, pineapple, strained 15.0 1.0 they 0.0 99224 Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium 20.0 6.75 fl oz 0.0 99225 Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium 8.0 1.0 tup, cube 0.0 42055 Beverages, fruit-flavored drink, dry powdered mix, low calcire, with aspartam	05722	Turkey, retail parts, thigh, meat only, cooked, roasted	85.0	3.0 oz	0.0
10177	12061	Nuts, almonds	143.0	1.0 cup, whole	0.0
09124 Grapefruit juice, white, cannot, sweetened 2500 1.0 cup 00 14648 Beverages, fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin 237.0 8.0 ft oz 0.0 05186 Turkey, all classes, light meat, cooked, roasted 85.0 1.0 serving 0.0 05186 Pork, cured, ham and water product, sice, bone-in, separable lean and fat, unheated 28.35 1.0 cup 0.0 19333 Synups, maple 200 1.0 tbsp 0.0 19333 Synups, maple 200 1.0 serving (5 ft oz) 0.0 10233 Babyfood, dessert, fruit pudding, pincapple, strained 15.0 1.0 tbsp 0.0 09060 Carambola, (starfruit), raw 132.0 1.0 cup, cubes 0.0 09522 Cransberry juice blend, 10% juice, bottled, with added vitamin C and calcium 200 6.75 ft oz 0.0 14251 Alcoholic beverages, beer, higher alcohol 30 1.0 rup, cubes 0.0 10844 Pork, fresh, shoulder, (Boston burt), blade (steaks), separable lean only, raw 85.0 1.0 rup 0.0 11084	01295	Yogurt, vanilla, non-fat	245.0	1.0 cup (8 fl oz)	0.0
14648 Beverages, Fruit Juice drink, greater than 3% fruit juice, high vitamin C and added thiamin 2370 8.0 ft o. 0.0 105180 Turkey, all classes, light meat, cooked, roasted 85.0 1.0 serving 0.0 10906 Pork, cured, harm and water product, slice, bone-in, separable lean and fat, unheated 28.35 1.0 oz 0.0 10313 Syrups, maple 200 1.0 tusp sliced 0.0 10323 Baybroad, dessert, fruit pudding, pineapple, strained 15.0 1.0 serving (3 ft oz) 0.0 10323 Baybroad, dessert, fruit pudding, pineapple, strained 15.0 1.0 tusp 0.0 10522 Cramberry juice blend, 100% juice, bortled, with added vitamin C and calcium 2000 6.75 ft oz 0.0 10523 Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame 8.0 1.0 tusp 0.0 10524 Alcoholic beverage, beer, higher adcolor 0.0 10525 Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame 8.0 1.0 tusp 0.0 10524 Alcoholic beverages, beer, higher adcolor 0.0 10525 Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame 8.0 1.0 tusp 0.0 10526 Cercals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water without salt 0.0 0.0 10527 Corn, sweet, yellow, canned, cream style, no salt added 256.0 1.0 cup 0.0 10528 Beverages, leunonade, frozen concentrate, pink, prepared with water 3.0 1.0 serving (3 oz) 0.0 10529 Pork, cand, hand and water product, whole, boncless, separable lean only, heated, roasted 85.0 1.0 serving (3 oz) 0.0 10539 Chicken, brotler, rotisserie, BBQ, drumstick meat and skin 71.0 1.0 drumstick 0.0 10539 Chicken, brotler, rotisserie, BBQ, drumstick meat and skin 71.0 1.0 drumstick 0.0 10540 Turkey, drigh, from whole bird, meat only, raw 85.0 3.0 oz 0.0 10540 Turkey, drigh, from whole bird, meat and fat, trimmed to 0" fat, select, cooked, grilled 85.0 1.0 cup	10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.0
05186 Turkey, all classes, light meat, cooked, roasted 85.0 1.0 serving 0.0 10906 Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated 28.35 1.0 oz 0.0 11243 Mushrooms, portabella, grilled 121.0 1.0 cup sliced 0.0 19353 Syrups, maple 200 1.0 tbsp 0.0 14084 Alcoholic beverage, wine, table, all 148.0 1.0 serving (5 fl oz) 0.0 09233 Babyfood, dessert, fruit pudding, pineapple, strained 15.0 1.0 cup, cube 0.0 09000 Carambola, (sturfruit), raw 132.0 1.0 cup, cube 0.0 09522 Cranberry juice belied, 100% juice, bottled, with added viamin' C and calcium 200 6.75 fl oz 0.0 42055 Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame 8.0 1.0 tsp 0.0 14251 Alcoholic beverages, beer, higher alcohol 30.6 1.0 fl oz 0.0 10849 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw 85.0 3.0 oz 0.0 8105 <td>09124</td> <td>Grapefruit juice, white, canned, sweetened</td> <td>250.0</td> <td>1.0 cup</td> <td>0.0</td>	09124	Grapefruit juice, white, canned, sweetened	250.0	1.0 cup	0.0
10906 Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated 28.35 1.0 oz 0.0 11243 Mushrooms, portabella, grilled 121.0 1.0 cup sliced 0.0 19353 Syrups, maple 20.0 1.0 tbsp 0.0 103233 Babyfood, dessert, fruit padding, pineapple, strained 15.0 1.0 cup, cubes 0.0 09060 Carambola, (starfruit), raw 132.0 1.0 cup, cubes 0.0 09522 Cranbery juice blend, 100% juice, bottled, with added vitamin C and calcium 200.0 6.75 floz 0.0 42055 Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame 8.0 1.0 lup 0.0 42055 Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame 8.0 1.0 lup 0.0 42055 Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame 8.0 1.0 lup 0.0 1084 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw 85.0 3.0 oz 0.0 8105 Question, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw 85.0	14648	Beverages, fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin	237.0	8.0 fl oz	0.0
11243 Mushrooms, portabella, grilled 121.0 1.0 cup sliced 0.0 19353 Syrups, maple 20.0 1.0 tbsp 0.0 14084 Alcoholic beverage, wine, table, all 148.0 1.0 serving (5 fl oz) 0.0 03233 Balyfood, dessert, fruit pudding, pineapple, strained 15.0 1.0 tbsp 0.0 09060 Carambola, (starfruit), raw 132.0 1.0 cup, cubss 0.0 09522 Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium 200.0 6.75 fl oz 0.0 42055 Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame 8.0 1.0 tsp 0.0 14251 Alcoholic beverages, beer, higher alcohol 30.6 1.0 fl oz 0.0 14251 Alcoholic beverages, beer, higher alcohol 30.6 1.0 fl oz 0.0 10084 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw 85.0 3.0 oz 0.0 10185 Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt 1.0 cup 0.0 14543 Beverages, lemonade, frozen concentrate, pink, prepared with water 30.9 1.0 fl oz 0.0 14752 Corn, sweet, yellow, camed, cream style, no salt added 256.0 1.0 cup 0.0 16771 Pork, cured, ham and water product, whole, boncless, separable lean only, heated, roasted 85.0 1.0 serving (3 oz) 0.0 16871 Pork, cured, ham and water product, whole, boncless, separable lean only, heated, roasted 85.0 1.0 serving (3 oz) 0.0 16959 Pork, Shoulder breast, boncless, separable lean and fat, cooked, broiled 85.0 3.0 oz 0.0 14355 Beverages, tea, black, brewed, prepared with tap water 29.6 1.0 fl oz 0.0 14355 Beverages, tea, black, brewed, prepared with tap water 29.6 1.0 fl oz 0.0 14355 Beverages, tea, black, brewed, prepared with tap water 29.6 1.0 fl oz 0.0 14355 Beverages, tea, black, brewed, prepared with tap water 29.6 1.0 fl oz 0.0 14355 Beverages, fruit, flavorated, without salt added 132.0 1.0 cup, wh	05186	Turkey, all classes, light meat, cooked, roasted	85.0	1.0 serving	0.0
19353 Syrups, maple 20.0 1.0 tbsp 0.0 14084 Alcoholic beverage, wine, table, all 148.0 1.0 serving (5 fl oz) 0.0 03233 Babyfood, dessert, fruit pudding, pineapple, strained 15.0 1.0 tbsp 0.0 09060 Carambola, (starfruit), raw 132.0 1.0 cup, cubes 0.0 09522 Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium 200.0 6.75 fl oz 0.0 42053 Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame 8.0 1.0 tsp 0.0 14251 Alcoholic beverages, beer, higher alcohol 30.6 1.0 fl oz 0.0 10084 Pork, freish, shoulder, (Boston butt), blade (steaks), separable lean only, raw 85.0 3.0 oz 0.0 8105 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 14543 Beverages, lemonade, frozen concentrate, pink, prepared with water 30.9 1.0 fl oz 0.0 11772 Corn, sweet, yellow, camed, cream style, no salt added 256.0 1.0	10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.0
14884 Alcoholic beverage, wine, table, all 1480 1.0 serving (5 fl oz) 0.0	11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	0.0
03233 Babyfood, dessert, fruit pudding, pineapple, strained 15.0 1.0 tbsp 0.0 09060 Carambola, (starfruit), raw 132.0 1.0 cup, cubes 0.0 09522 Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium 200.0 6.75 fl oz 0.0 42055 Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame 8.0 1.0 tbp 0.0 14251 Alcoholic beverages, beer, higher alcohol 30.6 1.0 fl oz 0.0 10084 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw 85.0 3.0 oz 0.0 8105 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 14543 Beverages, lemonade, frozen concentrate, pink, prepared with water 30.9 1.0 fl oz 0.0 11772 Corn, sweet, yellow, canned, cream style, no salt added 256.0 1.0 cup 0.0 10871 Pork, Cured, ham and water product, whole, boneless, separable lean only, heated, roasted 85.0 1.0 serving 3 oz) 0.0 05359 Chicken, b	19353	Syrups, maple	20.0	1.0 tbsp	0.0
09060 Carambola, (starfruit), raw 132.0 1.0 cup, cubes 0.0 09522 Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium 200.0 6.75 fl oz 0.0 42055 Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame 8.0 1.0 tsp 0.0 14251 Alcoholic beverages, beer, higher alcohol 30.6 1.0 fl oz 0.0 10084 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw 85.0 3.0 oz 0.0 8105 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 11543 Beverages, lemonade, frozen concentrate, pink, prepared with water 30.9 1.0 fl oz 0.0 11772 Corn, sweet, yellow, canned, cream style, no salt added 256.0 1.0 cup 0.0 10871 Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted 85.0 1.0 serving 0.0 05359 Chicken, broiler, rotisserie, BBQ, drumstick meat and skin 71.0 1.0 drumstick 0.0 05359 Pork,	14084	Alcoholic beverage, wine, table, all	148.0	1.0 serving (5 fl oz)	0.0
09522 Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium 2000 6.75 fl oz 0.0 42055 Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame 8.0 1.0 tsp 0.0 14251 Alcoholic beverages, beer, higher alcohol 30.6 1.0 fl oz 0.0 10084 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw 85.0 3.0 oz 0.0 8105 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 14543 Beverages, lemonade, frozen concentrate, pink, prepared with water 30.9 1.0 fl oz 0.0 11772 Corn, sweet, yellow, canned, cream style, no salt added 256.0 1.0 cup 0.0 3024 Babyfood, water, bottled, GERBER, without added fluoride. 113.0 1.0 serving 3 oz 0.0 10871 Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted 85.0 1.0 serving (3 oz) 0.0 43406 Yeast extract spread 6.0 1.0 tsp 0.0 05359 Chicken, broil	03233	Babyfood, dessert, fruit pudding, pineapple, strained	15.0	1.0 tbsp	0.0
42055 Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame 8.0 1.0 tsp 0.0 14251 Alcoholic beverages, beer, higher alcohol 30.6 1.0 ftl oz 0.0 10084 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw 85.0 3.0 oz 0.0 88105 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 14543 Beverages, lemonade, frozen concentrate, pink, prepared with water 30.9 1.0 ftl oz 0.0 11772 Corn, sweet, yellow, canned, cream style, no salt added 256.0 1.0 cup 0.0 03024 Babyfood, water, bottled, GERBER, without added fluoride. 113.0 1.0 serving 0.0 10871 Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted 85.0 1.0 serving (3 oz) 0.0 43406 Yeast extract spread 6.0 1.0 tsp 0.0 05359 Chicken, broiler, rotisserie, BBQ, drumstick meat and skin 71.0 1.0 drumstick 0.0 10959 Pork, Shoulder breast, boneles	09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	0.0
Alcoholic beverages, beer, higher alcohol 30.6 1.0 fl oz 0.0	09522	Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium	200.0	6.75 fl oz	0.0
10084 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw 85.0 3.0 oz 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 14543 Beverages, lemonade, frozen concentrate, pink, prepared with water 30.9 1.0 fl oz 0.0 11772 Corn, sweet, yellow, canned, cream style, no salt added 256.0 1.0 cup 0.0 03024 Babyfood, water, bottled, GERBER, without added fluoride. 113.0 1.0 serving 0.0 10871 Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted 85.0 1.0 serving (3 oz) 0.0 43406 Yeast extract spread 6.0 1.0 tsp 0.0 05359 Chicken, broiler, rotisserie, BBQ, drumstick meat and skin 71.0 1.0 drumstick 0.0 10959 Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled 85.0 3.0 oz 0.0 14355 Beverages, tea, black, brewed, prepared with tap water 29.6 1.0 fl oz 0.0 05740 Turkey, thigh, from whole	42055	Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame	8.0	1.0 tsp	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 14543 Beverages, lemonade, frozen concentrate, pink, prepared with water 30.9 1.0 fl oz 0.0 11772 Corn, sweet, yellow, canned, cream style, no salt added 256.0 1.0 cup 0.0 03024 Babyfood, water, bottled, GERBER, without added fluoride. 113.0 1.0 serving 0.0 10871 Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted 85.0 1.0 serving (3 oz) 0.0 43406 Yeast extract spread 6.0 1.0 tsp 0.0 05359 Chicken, broiler, rotisserie, BBQ, drumstick meat and skin 71.0 1.0 drumstick 0.0 10959 Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled 85.0 3.0 oz 0.0 14355 Beverages, tea, black, brewed, prepared with tap water 29.6 1.0 fl oz 0.0 05740 Turkey, thigh, from whole bird, meat only, raw 85.0 3.0 oz 0.0 12132 Nuts, macadamia nuts, dry roasted, without salt added <td>14251</td> <td>Alcoholic beverages, beer, higher alcohol</td> <td>30.6</td> <td>1.0 fl oz</td> <td>0.0</td>	14251	Alcoholic beverages, beer, higher alcohol	30.6	1.0 fl oz	0.0
08105 with water, without salt 240.0 1.0 cup 0.0 14543 Beverages, lemonade, frozen concentrate, pink, prepared with water 30.9 1.0 fl oz 0.0 11772 Corn, sweet, yellow, canned, cream style, no salt added 256.0 1.0 cup 0.0 03024 Babyfood, water, bottled, GERBER, without added fluoride. 113.0 1.0 serving (3 oz) 0.0 10871 Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted 85.0 1.0 serving (3 oz) 0.0 43406 Yeast extract spread 6.0 1.0 tsp 0.0 05359 Chicken, broiler, rotisserie, BBQ, drumstick meat and skin 71.0 1.0 drumstick 0.0 10959 Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled 85.0 3.0 oz 0.0 14355 Beverages, tea, black, brewed, prepared with tap water 29.6 1.0 fl oz 0.0 05740 Turkey, thigh, from whole bird, meat only, raw 85.0 3.0 oz 0.0 12132 Nuts, macadamia nuts, dry roasted, without salt added 132.0 1.0 cup, whole or halves 0.0 23033 Beef, round, knuckle, tip side, steak, separable lea	10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	0.0
11772 Corn, sweet, yellow, canned, cream style, no salt added 03024 Babyfood, water, bottled, GERBER, without added fluoride. 113.0 1.0 serving 0.0 10871 Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted 85.0 1.0 serving (3 oz) 0.0 43406 Yeast extract spread 6.0 1.0 tsp 0.0 05359 Chicken, broiler, rotisserie, BBQ, drumstick meat and skin 71.0 1.0 drumstick 0.0 14355 Beverages, tea, black, brewed, prepared with tap water 29.6 1.0 fl oz 0.7 10 Turkey, thigh, from whole bird, meat only, raw 85.0 3.0 oz 0.0 12132 Nuts, macadamia nuts, dry roasted, without salt added 132.0 1.0 cup, whole or halves 0.0 1.0 serving (3 oz) 0.0 1.0 cup, whole or halves 0.0 1.0 cup, whole or halves 0.0 1.0 serving (3 oz) 0.0 1.0 cup, whole or halves 0.0 1.0 serving (3 oz) 0.0	08105		240.0	1.0 cup	0.0
Babyfood, water, bottled, GERBER, without added fluoride. 113.0 1.0 serving 0.0 10871 Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted 85.0 1.0 serving (3 oz) 0.0 43406 Yeast extract spread 6.0 1.0 tsp 0.0 05359 Chicken, broiler, rotisserie, BBQ, drumstick meat and skin 71.0 1.0 drumstick 0.0 10959 Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled 85.0 3.0 oz 0.0 14355 Beverages, tea, black, brewed, prepared with tap water 29.6 1.0 fl oz 0.0 05740 Turkey, thigh, from whole bird, meat only, raw 85.0 3.0 oz 0.0 12132 Nuts, macadamia nuts, dry roasted, without salt added 132.0 1.0 cup, whole or halves 0.0 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) 0.0	14543	Beverages, lemonade, frozen concentrate, pink, prepared with water	30.9	1.0 fl oz	0.0
Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted 85.0 1.0 serving (3 oz) 0.0 43406 Yeast extract spread 6.0 1.0 tsp 0.0 05359 Chicken, broiler, rotisserie, BBQ, drumstick meat and skin 71.0 1.0 drumstick 0.0 10959 Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled 85.0 3.0 oz 0.0 14355 Beverages, tea, black, brewed, prepared with tap water 29.6 1.0 fl oz 0.0 05740 Turkey, thigh, from whole bird, meat only, raw 85.0 3.0 oz 0.0 12132 Nuts, macadamia nuts, dry roasted, without salt added 132.0 1.0 cup, whole or halves 0.0 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) 0.0	11772	Corn, sweet, yellow, canned, cream style, no salt added	256.0	1.0 cup	0.0
43406 Yeast extract spread 6.0 1.0 tsp 0.0 05359 Chicken, broiler, rotisserie, BBQ, drumstick meat and skin 71.0 1.0 drumstick 0.0 10959 Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled 85.0 3.0 oz 0.0 14355 Beverages, tea, black, brewed, prepared with tap water 29.6 1.0 fl oz 0.0 05740 Turkey, thigh, from whole bird, meat only, raw 85.0 3.0 oz 0.0 12132 Nuts, macadamia nuts, dry roasted, without salt added 132.0 1.0 cup, whole or halves 0.0 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) 0.0	03024	Babyfood, water, bottled, GERBER, without added fluoride.	113.0	1.0 serving	0.0
Chicken, broiler, rotisserie, BBQ, drumstick meat and skin 71.0 1.0 drumstick 0.0 10959 Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled 85.0 3.0 oz 0.0 14355 Beverages, tea, black, brewed, prepared with tap water 29.6 1.0 fl oz 0.0 05740 Turkey, thigh, from whole bird, meat only, raw 85.0 3.0 oz 0.0 12132 Nuts, macadamia nuts, dry roasted, without salt added 132.0 1.0 cup, whole or halves 0.0 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) 0.0	10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.0
Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled 85.0 3.0 oz 0.0 14355 Beverages, tea, black, brewed, prepared with tap water 29.6 1.0 fl oz 0.0 05740 Turkey, thigh, from whole bird, meat only, raw 85.0 3.0 oz 0.0 12132 Nuts, macadamia nuts, dry roasted, without salt added 132.0 1.0 cup, whole or halves 0.0 23033 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 85.0 1.0 cup, whole or halves 0.0 1.0 serving (3 oz) 0.0	43406	Yeast extract spread	6.0	1.0 tsp	0.0
Beverages, tea, black, brewed, prepared with tap water 29.6 Turkey, thigh, from whole bird, meat only, raw 85.0 Nuts, macadamia nuts, dry roasted, without salt added Nuts, macadamia nuts, dry roasted, without salt added Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 85.0 1.0 cup, whole or halves 0.0 1.0 serving (3 oz) 0.0	05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	71.0	1.0 drumstick	0.0
Turkey, thigh, from whole bird, meat only, raw 85.0 3.0 oz 0.0 12132 Nuts, macadamia nuts, dry roasted, without salt added 132.0 1.0 cup, whole or halves 0.0 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) 0.0	10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.0
Nuts, macadamia nuts, dry roasted, without salt added 132.0 1.0 cup, whole or halves 13033 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 85.0 1.0 cup, whole or halves 1.0 serving (3 oz) 0.0	14355	Beverages, tea, black, brewed, prepared with tap water	29.6	1.0 fl oz	0.0
Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 85.0 1.0 serving (3 oz) 0.0	05740	Turkey, thigh, from whole bird, meat only, raw	85.0	3.0 oz	0.0
	12132	Nuts, macadamia nuts, dry roasted, without salt added	132.0	1.0 cup, whole or halves	0.0
09152 Lemon juice, raw 244.0 1.0 cup 0.0	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)	0.0
	09152	Lemon juice, raw	244.0	1.0 cup	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.0
11266	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole	0.0
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)	0.0
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	0.0
14147	Beverages, carbonated, cola, without caffeine	30.7	1.0 fl oz	0.0
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	85.0	3.0 oz	0.0
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.0
14276	Beverages, Tropical Punch, ready-to-drink	210.0	1.0 NLEA Serving	0.0
01256	Yogurt, Greek, plain, nonfat	170.0	1.0 container	0.0
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	140.0	1.0 cup	0.0
19113	Syrups, table blends, pancake, with butter	73.0	1.0 serving 1/4 cup	0.0
43130	Frankfurter, meatless	140.0	1.0 cup, sliced	0.0
14057	Alcoholic beverage, wine, dessert, sweet	29.5	1.0 fl oz	0.0
14629	Beverages, Energy drink, ROCKSTAR	31.0	1.0 fl oz	0.0
05170	Turkey, skin from whole (light and dark), roasted	85.0	1.0 serving	0.0
11798	Mushrooms, shiitake, cooked, with salt	145.0	1.0 cup pieces	0.0
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.0
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.0
07932	Chicken breast, fat-free, mesquite flavor, sliced	42.0	1.0 serving 2 slices	0.0
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	128.0	1.0 cup	0.0
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	0.0
14166	Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine	29.6	1.0 fl oz	0.0
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	85.0	3.0 oz	0.0
14297	Beverages, lemonade-flavor drink, powder, prepared with water	31.8	1.0 fl oz	0.0
05719	Turkey, back, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.0
12036	Seeds, sunflower seed kernels, dried	46.0	1.0 cup, with hulls, edible yield	0.0
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	140.0	1.0 cup	0.0
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	0.0
14645	Beverages, Fruit flavored drink, less than 3% juice, not fortified with vitamin C	238.0	1.0 cup (8 fl oz)	0.0
16123	Soy sauce made from soy and wheat (shoyu)	16.0	1.0 tbsp	0.0
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	0.0
13323	Beef, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.0
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.0
19349	Syrups, corn, dark	328.0	1.0 cup	0.0

983120 Cenuls, MALT-O-MIAA, chocolous, prepured with water, without salt 7681 10 serving 3T dry center plain lang water, on 0.0 35000 Prainir Turnips, new Sorthern Plains Indians 126 1.0 buy on 0.0 0.00 60977 Grazy, meat or possibly, low sodium, prepared 256.0 1.0 cup 0.0 14179 Beverages, below green colored cities, soft circle with soft called with called and of 1.0 cup 0.0 0.0 14271 Beverages, bea, black, ready to drink 473.0 1.0 cup 0.0 10810 Port, fresh, drainbler, (Hosten built, Ishale clearly), separable lean and fat, cooked, brained 473.0 1.0 cup 0.0 10810 Port, fresh, drainbler, (Hosten built, Ishale clearly), separable lean and fat, cooked, brained 473.0 1.0 cup 1.0 cup 0.0 10810 Purk, fresh, drainbler, (Hosten built, John from the 14028 30.4 1.0 cup 0.0 10810 Purk, fresh, drainbler, (Hosten built, John from the 14028 30.0 1.0 cup 0.0 10810 Purk, fresh, Jeans and stall, see, previous destruction and fath, cooked, fresh fresh, brain and stall, cooked, fresh fresh, brain and stall, cooked, fresh fresh, brain and stall, see, previous destruction and stall, see, pre	NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
0977 Growy, meat or poolity, low sociatin, prepared 2360 1.0 cap 0.0 cap 14079 Beverages, yellow green colored (tims soft drink with carlicine 4730 1.0 cap 0.0 14247 Beverages, tea, black, ready to drink 4730 1.0 cap 0.0 14247 Beverages, tea, black, ready to drink 4730 1.0 cap 0.0 10818 Pork, fresh, shoolder, (Boston burt), black (steals), separable lean and fat, cooked, braised 850 3.0 ca 0.0 3017 Babyfood, meat, turkey sicks, junior 100 1.0 cap 0.0 3088 Tangerines, (randarin coranges), canaded, lice pack, drained 1850 1.0 serving (a) 0.0 8088 Pork, cucul, turn — vaster adds, disc, bone-in, separable lean only, heated, pan-brail 850 1.0 serving (a) 0.0 11174 Corn, sweet, yellow, canned, crean style, regular pack 2560 1.0 serving (a) 0.0 1088 Pork, cucul, turn — vaster adds, disc, bone-in, separable lean and fat, cooked, brailed 851 1.0 serving (a) 0.0 10976 Pork, boin, lee cap steak, boneles, separable lean and fat, cooked, brailed 85	08512	Cereals, MALT-O-MEAL, chocolate, prepared with water, without salt	268.0	1.0 serving (3 T dry cereal plus 1 cup water)	0.0
14179 Bevernges, yellow green colored circus solt drink with calfeine	35200	Prairie Turnips, raw (Northern Plains Indians)	12.6	1.0 bulb peeled	0.0
01113 Whay, acid, dried 57.0 LD composition 0.0 14247 Beverages, tea, black, ready to drink 473.0 16.0 ft composition 0.0 1026 Post, feels, shoulder, (Boston bull), blade (steaks), seproable lean and fat, cooked, braised 8.0 1.0 s composition 0.0 1027 Babytood, meat, turkey sticks, jumor 10.0 1.0 1.0 s composition 0.0 1088 Pork, cured, ham – water added, slice, bone-in, separable lean only, heated, pan-broil 8.0 1.0 s composition 0.0 1086 Pork, cured, ham – water added, slice, bone-in, separable lean only, heated, pan-broil 8.0 1.0 serving (3 co) 0.0 1070 Com, sweet, yellow, canned, cream style, regular pack 25.0 1.0 serving (3 co) 0.0 1070 Com, sweet, yellow, canned, cream style, regular pack 25.0 1.0 c composition 0.0 1070 Collecte, trotiserie, broile, segal pack 8.0 1.0 c composition 0.0 1085 Pork, fork, broil, percape add, knowless, separable lean and fat, cooked, broiled 8.0 1.0 s composition 0.0 1080 Syrup, fruit flavored	06977	Gravy, meat or poultry, low sodium, prepared	236.0	1.0 cup	0.0
14247 Bewrages, tea, black, ready to drink 4730 16.0 flox 0.0 10081 Pork, fresh, bounder, (Boston but), blade (steaks), separable lean and fat, cooked, braised 85.0 3.0 oc 0.0 10081 Pork, fresh, bounder, (Boston but), blade (steaks), separable lean and fat, cooked, braised 85.0 3.0 oc 0.0 10092 Alcoholic bewerager, whiskey sour, prepared from item 14028 10.0 oc 10.0 steaks 0.0 10093 Rahyfood, mean, turkey stelks, junior 10.0 oc 10.0 steaks 0.0 10086 Pork, cured, ham - water added, slice, bone-in, separable lean only, keated, pan-broil 85.0 10.0 serving (3 oz) 0.0 10086 Pork, cured, ham - water added, slice, bone-in, separable lean only, keated, pan-broil 85.0 10.0 serving (3 oz) 0.0 10086 Pork, cured, ham - water added, slice, bone-in, separable lean only, keated, pan-broil 85.0 10.0 serving (3 oz) 0.0 10086 Pork, cured, ham - water added, slice, bone-in, separable lean and fat, cooked, broiled 85.0 10.0 serving (3 oz) 0.0 10086 Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled 85.0 10.0 serving (3 oz) 0.0 10086 Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled 85.0 10.0 serving (2.3 heaping typ) 0.0 10080 Symp, frait flavored 22.0 10.0 serving (2.3 heaping typ) 0.0 10080 Symp, frait flavored 85.0 0.5 breast, bone removed (yield from 1 lb ready-to-cook-chicken) 0.0 10080 Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled 11.0 cloop without refuse (Yield from 1 locked chop, with refuse, weighing 1729 0.0 10080 Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled 10.0 0.0 10080 Babyfood, vegenibles, corn, creamed, junior 10.0 0.0 10080 Babyfood, vegenibles, corn, creamed, junior 0.0 0.0 10080 Babyfood, vegenibles, corn, creamed, junior 0.0 0.0 10080 Pork, fresh, loin, center rib (cho	14079	Beverages, yellow green colored citrus soft drink with caffeine	473.0	16.0 fl oz	0.0
1081 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised 85.0 3.0 oz 0.0	01113	Whey, acid, dried	57.0	1.0 cup	0.0
	14247	Beverages, tea, black, ready to drink	473.0	16.0 fl oz	0.0
03017 Babyfood, meat, turkey sticks, junior 100 1.0 stick 00 03333 Tangerines, (mandarin oranges), canned, juice pack, drained 1890 1.0 cury 0.0 10868 Pork, cured, ham water added, slice, bone-in, separable lean only, heated, pan-broil 850 1.0 serving 300 0.0 11174 Corn, sweet, yellow, canned, cream style, regular pack 2560 1.0 cury 0.0 07066 Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage) 128.0 1.0 serving 0.0 8536 Chicken, brotiler, orisserie, BBQ, skin 850 1.0 serving 0.0 10956 Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled 850 1.0 serving 0.0 14330 Strawberry-flavor beverage mix, powder 22.0 1.0 serving (2.3 heaping 189) 0.0 05057 Chicken, broilers or fiyers, breast, meat and skin, raw 850 0.5 breast, bone removed (yield from 11) 0.0 05737 Turkey, retail parts, drumstick, meat and skin, cooked, roasted 850 0.5 breast, bone removed (yield from 11) 0.0 1004 Pork	10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
6938.3 Tangerines, (mandarin oranges), canned, juice pack, drained 1890 1.0 cup 0.0 10868.4 Pork, cured, ham — water added, slice, bone-in, separable lean only, heated, pan-broil 850 1.0 serving (3 or) 0.0 11174.1 Corn, sweet, yellow, canned, cream style, regular pack 2560 1.0 cup 0.0 0706.6 Thirkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey susage) 1280 1.0 serving 0.0 08356.6 Chicken, broiler, rotisserie, BBQ, skin 850 1.0 serving 0.0 10956.9 Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled 850 1.0 serving 0.0 1435.0 Strawberry-flavor beverage mix, powder 220 1.0 serving (2-3 heaping tsp.) 0.0 0575.7 Chicken, broilers or fryers, breast, meat and skin, raw 870 0.5 breast, bone removed (yield from 11b 0.0 0573.7 Turkey, retail parts, drumstick, meat and skin, raw 850 0.0 serving (3 or 3) 0.0 0573.7 Turkey, retail parts, drumstick, meat and skin, cooked, troated 850 0.5 breast, bone removed (yield from 11b 0.0 <tr< td=""><td>14029</td><td>Alcoholic beverage, whiskey sour, prepared from item 14028</td><td>30.4</td><td>1.0 fl oz</td><td>0.0</td></tr<>	14029	Alcoholic beverage, whiskey sour, prepared from item 14028	30.4	1.0 fl 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) 0.0 11174 Com, sweet, yellow, canned, cream style, regular pack 2560 1.0 cup 0.0 07066 Turkey, sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage) 128.0 1.0 cup 0.0 05356 Chicken, broiler, roisserie, BBQ, skin 85.0 3.0 oz 0.0 10956 Pork, bini, leg cap steak, boneless, separable lean and fat, cooked, broiled 85.0 3.0 oz 0.0 1935 Strawberry-flavor beverage mix, powder 22.0 1.0 serving (2-3 beaping teps) 0.0 1835 Strawberry-flavor beverage mix, powder 22.0 1.0 serving (2-3 beaping teps) 0.0 0557 Chicken, broilers of flyers, breast, meat and skin, raw 87.0 0.5 breast, bone removed (yield from 1 brown and present present present parts, drunstick, meat and skin, cooked, roasted 85.0 0.5 breast, bone removed (yield from 1 brown and parts, drunstick, meat and skin, cooked, roasted 85.0 0.5 breast, bone removed (yield from 1 brown and parts, drunstick, meat and skin, cooked, brown and parts, drunstick, meat and skin, cooked, brown and parts, drunstick, meat and skin, cooked, brown and parts, drunstick, meat	03017	Babyfood, meat, turkey sticks, junior	10.0	1.0 stick	0.0
11174 Corn, sweet, yellow, canned, cream style, regular pack 2560 1.0 cup 0.0 07066 Turkcy suusage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage) 128.0 1.0 cup 0.0 05356 Chicken, broiler, roisserie, BBQ, skin 85.0 1.0 serving 0.0 1995 Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled 85.0 3.0 oz 0.0 1930 Syrup, fruit flavored 20.0 1.0 serving (2.3 heaping tsp) 0.0 14350 Strawberry-flavor beverage mix, powder 22.0 1.0 serving (2.3 heaping tsp) 0.0 05737 Turkcy, retail parts, drumstick, meat and skin, raw 87.0 0.5 breast, bone removed (yield from 1 bready-to-cock chicken) 0.0 05737 Turkcy, retail parts, drumstick, meat and skin, cooked, roasted 85.0 3.0 oz 0.0 05134 Rice noodles, cooked 1.0 chop without refuse (Yield from 1 bready-to-cock chicken) 0.0 1046 Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled 11.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 172g) 0.0 1509	09383	Tangerines, (mandarin oranges), canned, juice pack, drained	189.0	1.0 cup	0.0
07066 Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage) 128.0 1.0 cup 0.0 05356 Chicken, broiler, rotisserie, BBQ, skin 85.0 1.0 serving 0.0 10956 Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled 85.0 3.0 oz 0.0 19030 Syrup, fruit flavored 20.0 1.0 serving (2.3 heaping tsp) 0.0 14350 Strawberry-flavor beverage mix, powder 22.0 1.0 serving (2.3 heaping tsp) 0.0 05057 Chicken, broilers or fryers, breast, meat and skin, raw 87.0 0.5 breast, bone removed (yield from 1b ready-to-cook chicken) 0.0 05737 Turkey, retail parts, drumstick, meat and skin, cooked, roasted 85.0 3.0 oz 0.0 20134 Rice noodles, cooked 176.0 1.0 chop without refuse (Yield from 1 cooked chop.) 0.0 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.) 0.0 15019 Fish, cod, Pacific, raw (may have been previously frozen) 116.0 1.0 cup with refuse, weighing 172g. 0.	10868	Pork, cured, ham water added, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.0
18.0 10.0	11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	0.0
10956 Pork, Ioin, Ieg cap steak, boneless, separable lean and fat, cooked, broiled 85.0 3.0 oz 0.0 19030 Syrup, fruit flavored 20.0 1.0 serving (2.3 heaping tsp) 0.0 14350 Strawberry-flavor beverage mix, powder 22.0 1.0 serving (2.3 heaping tsp) 0.0 05057 Chicken, broilers or fryers, breast, meat and skin, raw 87.0 0.5 breast, bone removed (yield from 1 be ready-to-cook chicken) 0.0 05737 Turkey, retail parts, drumstick, meat and skin, cooked, roasted 85.0 3.0 oz 0.0 20134 Rice noodles, cooked 116.0 1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 172s) 0.0 1046 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 172s) 0.0 15019 Fish, cod, Pacific, raw (may have been previously frozen) 116.0 1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 172s) 0.0 15109 Fish, cod, Pacific, raw (may have been previously frozen) 32.0 2.0 thsp 0.0 16167 USDA Commodity, Peanut Butter, smooth 32.0	07066		128.0	1.0 cup	0.0
1930 Syrup, fruit flavored 20.0 1.0 serving (2-3 heaping tsp) 0.0 14350 Strawberry-flavor beverage mix, powder 22.0 1.0 serving (2-3 heaping tsp) 0.0 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) 0.0 05737 Turkey, retail parts, drumstick, meat and skin, cooked, roasted 85.0 3.0 oz 0.0 20134 Rice noodles, cooked 176.0 1.0 cup 0.0 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) 0.0 15019 Fish, cod, Pacific, raw (may have been previously frozen) 116.0 1.0 clup with refuse, weighing 172g) 0.0 16167 USDA Commodity, Peanut Butter, smooth 32.0 2.0 tbsp 0.0 1120 Babyfood, vegetables, corn, creamed, junior 240.0 1.0 cup lead 0.0 1123 Mushrooms, white, stir-fried 108.0 1.0 cup lead 0.0 1124 Candies, divinity, prepared-from-recipe 11	05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	0.0
14350 Strawberry-flavor beverage mix, powder 22.0 1.0 serving (2-3 heaping tsp) 0.0 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) 0.0 05737 Turkey, retail parts, drumstick, meat and skin, cooked, roasted 85.0 3.0 oz 0.0 20134 Rice noodles, cooked 176.0 1.0 cup 0.0 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) 0.0 15019 Fish, cod, Pacific, raw (may have been previously frozen) 116.0 1.0 cup without refuse (Yield from 1 cooked chop, with refuse, weighing 172g) 0.0 16167 USDA Commodity, Peanut Butter, smooth 32.0 2.0 tbsp 0.0 93120 Babyfood, vegetables, corn, creamed, junior 240.0 1.0 cup sliced 0.0 1123 Mushrooms, white, stir-fried 10.8 1.0 cup sliced 0.0 19384 Candies, divinity, prepared-from-recipe 11.0 1.0 cup sliced 0.0 19300 Pork, fre	10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.0
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) 0.0 05737 Turkey, retail parts, drumstick, meat and skin, cooked, roasted 85.0 3.0 oz 0.0 20134 Rice noodles, cooked 176.0 1.0 cup 0.0 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) 0.0 15019 Fish, cod, Pacific, raw (may have been previously frozen) 116.0 1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 172g) 0.0 15019 Fish, cod, Pacific, raw (may have been previously frozen) 116.0 1.0 cup with refuse, weighing 172g) 0.0 16167 USDA Commodity, Peanut Butter, smooth 32.0 2.0 tbsp 0.0 3120 Babyfood, vegetables, corn, creamed, junior 240.0 1.0 cup sliced 0.0 11263 Mushrooms, white, stir-fried 108.0 1.0 cup sliced 0.0 19384 Candies, divinity, prepared-from-recipe 11.0 1.0 piece 0.0 1020	19030	Syrup, fruit flavored	20.0	1.0 serving	0.0
Checken, brotlers or tryers, breast, meat and skin, raw S7.0 ready-to-cook chicken Checken, brotlers or tryers, breast, meat and skin, cooked, roasted S5.0 3.0 oz 0.0	14350	Strawberry-flavor beverage mix, powder	22.0	1.0 serving (2-3 heaping tsp)	0.0
20134 Rice noodles, cooked 176.0 1.0 cup 0.0 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) 0.0 15019 Fish, cod, Pacific, raw (may have been previously frozen) 116.0 1.0 cip 1.0 fillet 0.0 16167 USDA Commodity, Peanut Butter, smooth 32.0 2.0 tbsp 0.0 03120 Babyfood, vegetables, corn, creamed, junior 240.0 1.0 cup 0.0 11263 Mushrooms, white, stir-fried 108.0 1.0 cup sliced 0.0 19384 Candies, divinity, prepared-from-recipe 11.0 1.0 piece 0.0 10200 Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised 85.0 3.0 oz 0.0 05700 Turkey, dark meat from whole, meat and skin, with added solution, raw 114.0 4.0 oz 0.0 14144 Beverages, carbonated, lemon-lime soda, no caffeine 30.8 1.0 floy 0.0 04609 Animal fat, bacon grease 4.3 1.0 tsp 0.	05057	Chicken, broilers or fryers, breast, meat and skin, raw	87.0	· · · · · · · · · · · · · · · · · · ·	0.0
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) 0.0 15019 Fish, cod, Pacific, raw (may have been previously frozen) 116.0 1.0 fillet 0.0 16167 USDA Commodity, Peanut Butter, smooth 32.0 2.0 tbsp 0.0 03120 Babyfood, vegetables, corn, creamed, junior 240.0 1.0 cup sliced 0.0 11263 Mushrooms, white, stir-fried 108.0 1.0 cup sliced 0.0 19384 Candies, divinity, prepared-from-recipe 11.0 1.0 piece 0.0 10200 Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised 85.0 3.0 oz 0.0 05700 Turkey, dark meat from whole, meat and skin, with added solution, raw 114.0 4.0 oz 0.0 14144 Beverages, carbonated, lemon-lime soda, no caffeine 30.8 1.0 flo 0.0 04609 Animal fat, bacon grease 4.3 1.0 tsp 0.0 20061 Rice flour, white, unenriched 158.0 1.0 cup 0.0	05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	85.0	3.0 oz	0.0
10046 Pork, fresh, foin, center rib (chops), bone-in, separable lean and fat, cooked, broiled 112.0 with refuse, weighing 172g) 15019 Fish, cod, Pacific, raw (may have been previously frozen) 116.0 1.0 fillet 0.0 16167 USDA Commodity, Peanut Butter, smooth 32.0 2.0 tbsp 0.0 03120 Babyfood, vegetables, corn, creamed, junior 240.0 1.0 cup 0.0 11263 Mushrooms, white, stir-fried 108.0 1.0 cup sliced 0.0 10384 Candies, divinity, prepared-from-recipe 11.0 1.0 piece 0.0 10200 Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised 85.0 3.0 oz 0.0 105700 Turkey, dark meat from whole, meat and skin, with added solution, raw 114.0 4.0 oz 0.0 14144 Beverages, carbonated, lemon-lime soda, no caffeine 30.8 1.0 fl oz 0.0 14069 Animal fat, bacon grease 4.3 1.0 tsp 0.0 15070 Rice flour, white, unenriched 158.0 1.0 cup 0.0 15070 15070 15070 1.0 cup 0.0 15070 15	20134	Rice noodles, cooked	176.0	1.0 cup	0.0
16167 USDA Commodity, Peanut Butter, smooth 32.0 2.0 tbsp 0.0 03120 Babyfood, vegetables, corn, creamed, junior 240.0 1.0 cup 0.0 11263 Mushrooms, white, stir-fried 108.0 1.0 cup sliced 0.0 19384 Candies, divinity, prepared-from-recipe 11.0 1.0 piece 0.0 10200 Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised 85.0 3.0 oz 0.0 05700 Turkey, dark meat from whole, meat and skin, with added solution, raw 114.0 4.0 oz 0.0 14144 Beverages, carbonated, lemon-lime soda, no caffeine 30.8 1.0 fl oz 0.0 04609 Animal fat, bacon grease 4.3 1.0 tsp 0.0 20061 Rice flour, white, unenriched 158.0 1.0 cup 0.0	10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	112.0		0.0
03120 Babyfood, vegetables, corn, creamed, junior 240.0 1.0 cup 0.0 11263 Mushrooms, white, stir-fried 108.0 1.0 cup sliced 0.0 19384 Candies, divinity, prepared-from-recipe 11.0 1.0 piece 0.0 10200 Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised 85.0 3.0 oz 0.0 05700 Turkey, dark meat from whole, meat and skin, with added solution, raw 114.0 4.0 oz 0.0 14144 Beverages, carbonated, lemon-lime soda, no caffeine 30.8 1.0 fl oz 0.0 04609 Animal fat, bacon grease 4.3 1.0 tsp 0.0 20061 Rice flour, white, unenriched 158.0 1.0 cup 0.0	15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	0.0
11263 Mushrooms, white, stir-fried 108.0 1.0 cup sliced 0.0 19384 Candies, divinity, prepared-from-recipe 11.0 1.0 piece 0.0 10200 Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised 85.0 3.0 oz 0.0 05700 Turkey, dark meat from whole, meat and skin, with added solution, raw 114.0 4.0 oz 0.0 14144 Beverages, carbonated, lemon-lime soda, no caffeine 30.8 1.0 fl oz 0.0 04609 Animal fat, bacon grease 4.3 1.0 tsp 0.0 20061 Rice flour, white, unenriched 158.0 1.0 cup 0.0	16167	USDA Commodity, Peanut Butter, smooth	32.0	2.0 tbsp	0.0
19384 Candies, divinity, prepared-from-recipe 11.0 piece 0.0 10200 Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised 85.0 3.0 oz 0.0 105700 Turkey, dark meat from whole, meat and skin, with added solution, raw 114.0 4.0 oz 0.0 14144 Beverages, carbonated, lemon-lime soda, no caffeine 30.8 1.0 fl oz 0.0 14609 Animal fat, bacon grease 4.3 1.0 tsp 0.0 158.0 1.0 cup 0.0	03120	Babyfood, vegetables, corn, creamed, junior	240.0	1.0 cup	0.0
Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised 85.0 Turkey, dark meat from whole, meat and skin, with added solution, raw 114.0 Beverages, carbonated, lemon-lime soda, no caffeine 30.8 1.0 fl oz 0.0 Animal fat, bacon grease 4.3 1.0 tsp 0.0 Rice flour, white, unenriched	11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	0.0
Turkey, dark meat from whole, meat and skin, with added solution, raw 114.0 14144 Beverages, carbonated, lemon-lime soda, no caffeine 30.8 1.0 fl oz 0.0 04609 Animal fat, bacon grease 4.3 1.0 tsp 0.0 20061 Rice flour, white, unenriched 158.0 1.0 cup 0.0	19384	Candies, divinity, prepared-from-recipe	11.0	1.0 piece	0.0
14144 Beverages, carbonated, lemon-lime soda, no caffeine 30.8 1.0 fl oz 0.0 04609 Animal fat, bacon grease 4.3 1.0 tsp 0.0 20061 Rice flour, white, unenriched 158.0 1.0 cup 0.0	10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.0
04609 Animal fat, bacon grease 4.3 1.0 tsp 0.0 20061 Rice flour, white, unenriched 158.0 1.0 cup 0.0	05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	114.0	4.0 oz	0.0
20061 Rice flour, white, unenriched 158.0 1.0 cup 0.0	14144	Beverages, carbonated, lemon-lime soda, no caffeine	30.8	1.0 fl oz	0.0
	04609	Animal fat, bacon grease	4.3	1.0 tsp	0.0
Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted 135.0 1.0 cup, diced 0.0	20061	Rice flour, white, unenriched	158.0	1.0 cup	0.0
	10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.0
07973	Turkey bacon, microwaved	8.1	1.0 slice	0.0
14267	Beverages, Fruit punch drink, with added nutrients, canned	31.0	1.0 fl oz	0.0
10123	Pork, cured, bacon, unprepared	28.0	1.0 slice raw	0.0
19108	Candies, jellybeans	11.0	10.0 small	0.0
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	0.0
14626	Beverages, Energy drink, FULL THROTTLE	240.0	1.0 serving 8 fluid oz	0.0
05167	Turkey, whole, meat only, raw	85.0	3.0 oz	0.0
06080	Soup, chicken broth or bouillon, dry	4.0	1.0 cube	0.0
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	28.35	1.0 oz	0.0
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.0
18374	Leavening agents, yeast, baker's, compressed	17.0	1.0 cake (0.6 oz)	0.0
08488	Cereals, MALT-O-MEAL, Farina Hot Wheat Cereal, dry	35.0	3.0 tbsp (1 NLEA serving)	0.0
05668	Ground turkey, 85% lean, 15% fat, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.0
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	114.0	4.0 oz	0.0
43514	Frozen novelties, ice type, pop, with low calorie sweetener	55.0	1.0 serving 1.75 fl oz pop	0.0
12201	Seeds, sesame seed kernels, dried (decorticated)	150.0	1.0 cup	0.0
14221	Beverages, OCEAN SPRAY, Diet Cranberry Juice	237.0	8.0 fl oz	0.0
02047	Salt, table	6.0	1.0 tsp	0.0
20422	Cornmeal, degermed, unenriched, yellow	157.0	1.0 cup	0.0
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0.0
42290	Milk, fluid, nonfat, calcium fortified (fat free or skim)	247.0	1.0 cup	0.0
14411	Beverages, water, tap, drinking	29.6	1.0 fl oz	0.0
10024	Pork, fresh, loin, whole, separable lean only, raw	85.0	3.0 oz	0.0
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.0
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.0
05027	Chicken, liver, all classes, raw	44.0	1.0 liver	0.0
05716	Turkey, retail parts, drumstick, meat only, raw	85.0	3.0 oz	0.0
10165	Pork, cured, salt pork, raw	28.35	1.0 oz	0.0
19129	Syrups, table blends, pancake	314.0	1.0 cup	0.0
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	0.0
14640	Beverages, Energy drink, VAULT, citrus flavor	31.0	1.0 oz	0.0
05180	Turkey from whole, neck, meat only, cooked, simmered	85.0	1.0 serving	0.0
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.0
19340	Sugars, maple	3.0	1.0 tsp	0.0

10074 Reverages, ZFVIA, cult, culferine free 3550 1.0 cm 0.00 10093 Pock, fisch, loin, country-type fires, separable lean and fat, boncless, cooked, roasted 1880 1.0 cm 0.00 10092 Omange jucine, chilled, includes from currentiate, with added calcium and vitamin D 2400 1.0 cm 0.00 10077 Pock, fisch, shoulder, arm picnic, separable lean only, raw 880 3.0 oz 0.00 10078 Pock, fisch, shoulder, arm picnic, separable lean only, raw 880 3.0 oz 0.00 14025 Alcaholic heavenges, whiskey sour, pequated with water, whiskey and provider mix 294 1.0 larm 0.00 14036 Boverages, COCA-COLA, FOWERADE, leano-time flavored, ready-to-finith 305 1.0 sering (3 oz) 0.00 14040 Revenges, Lea, green, ready to-drink, diel 2600 1.0 sering (3 oz) 0.0 14190 Revenges, Lea, green, ready to-drink, diel 2600 1.0 sering (3 oz) 0.0 14190 Revenges, Lea, green, ready to-drink, diel 2600 1.0 sering (3 oz) 0.0 14190 Revenges, Lea, green, ready to-drink, diel 2600 1.0 sering (3 oz) 0.0 14190 Revenges, Lea, green, ready to-drink, diel 2600 1.0 sering (3 oz) 0.0 14190 Revenges, Lea, green, ready to-drink, diel 2600 1.0 sering (3 oz) 0.0 14191 Revenges, Lea, green, ready to-drink, diel 2600 1.0 sering (3 oz) 0.0 14191 Revenges, Lea, green, ready to-drink, diel 2600 1.0 sering (3 oz) 0.0 14191 Revenges, Lea, green, ready to-drink, diel 2600 1.0 sering (3 oz) 0.0 14191 Revenges, Lea, green, ready to-drink, diel 2600 1.0 sering (3 oz) 0.0 14191 Revenges, Lea, green, ready to-drink, diel 2600 1.0 sering (3 oz) 0.0 14191 Revenges, Lea, green, ready to-drink, diel and to-dry to-dr	NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
10993 Poti, fresh, folin, country-style ribs, separable lean and fat, boncless, cooled, roasted 1380 10 rane 00 20022 Command, degenned, entirited, yellow 1570 1570 10 cup 00 10077 Pot, fresh, shoulder, arm pictric, separable lean only, row 850 300 00 6476 Soup, beef broth, cubed, prepared with vater, whiskly and proder mix 294 110 no 00 1440 Beerages, COCA-COLA, POWERADI, home-lime flavored, maskly and fine flavored, maskly and fine flavored, maskly and proder mix 850 110 no 00 1440 Beerages, COCA-COLA, POWERADI, home-lime flavored, maskly and proder mix 850 110 no 00 1685 Pot, carel, ham - water added, rump, bone in, separable lean may, heated, roasted 850 110 serving 3 00 1686 Pot, feeth, folich, circle folir (botes), home-lim, separable lean only, mask and six and breating 850 10 wing, with and 00 1632 Fast food, Fried, Chicken, will, and detected, roises in, and six and breating 850 10 wing, with and 00 1653 Fast, food, Fried, bonder, floston tryes, wing, meat and skin, road 850 3.0 o <	08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	28.0	1.0 cup (1 NLEA serving)	0.0
2022 Commeal, degermed, enriched, yellow 157.0 1.0 cup 0.0 09210 Orange juice, chilled, includes from concontrate, with added calcium and yiarnin D 299.0 1.0 cup 0.0 0070 No, fiesh, shoulker, mer juerics, esperable lear only, raw 85.0 3.0 cup 0.0 0647 Sop, beer broth, cubed, prepared with water 294.0 1.0 serving 1 cup 0.0 14025 Alcobolic beverage, whiskey sour, prepared with water, whiskey and prowder mix 39.5 1.0 floor 0.0 16866 Pork, curred, harn - water added, rump, home-in, separable lear only, heated, noasted 85.0 1.0 serving (3 to) 0.0 14910 Beverages, tock—Accoller, Alcohord, Cudy-to-drink 85.0 1.0 serving (3 to) 0.0 14910 Beverages, tear, green, ready-to-drink, diet 269.0 1.0 curry (3 to) 0.0 3522 Chicken, broiler or Frick, whister, and skin, cookd, roisseric, original seasoning 35.0 1.0 curry (3 to) 0.0 10041 Pork, fresk, biotic, curry with an and skin, row 85.0 3.0 curry 0.0 10042 Pork, fresk, biotic, curry with a green and skin, row	14074	Beverages, ZEVIA, cola, caffeine free	355.0	1.0 can	0.0
69210 Orange joice, chilled, includes from concentrate, with added calcium and vitamin D 2430 1.0 cmp 10077 Pork, fresh, shoulder, arm picnic, separable lean only, raw 85.0 3.0 oz.0 0.0 6476 Sonp, beef hoolt, cubed, prepared with water 240.0 1.0 serving Loug 0.0 1425 Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix 29.4 1.0 II oz.0 0.0 1446 I Beverages, COCA-COLA, POWFRADF, lemon-line flavored, ready-to-drink 85.0 1.0 serving G oz.0 0.0 10865 Pork, cured, ham water added, rump, bone-in, separable lean only, heated, roasted 85.0 1.0 serving G oz.0 0.0 6532 Chicken, broiles or fivers, wing, meat and skin and breading 53.0 1.0 wing 0.0 10967 Fast Foods, Fried Chicken, Wing, meat and skin and breading 85.0 1.0 wing, with skin 0.0 10973 Pork, fresh, biolic, central print (mosts), bone-in, separable lean only, row 85.0 1.0 oz.0 3.0 oz.0 10973 Pork, fresh, biolic, central print (mosts), bone-in, separable lean only, conked, masted 85.0 3.0 oz.0 0.0 10774	10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	138.0	1.0 rack	0.0
10077 Pork, freih, shoulder, arm picnic, separable lean only, raw 85.0 3.0 oz 0.0 do 06476 Soap, beet broth, cubed, prepared with water. 240.0 1.0 serving I tup 0.0 14452 Alcoholic beverage, which keys our, prepared with water, whiskey and prowder mix 294 1.0 fl.0 oz 0.0 14461 Beverages, COCA-COLA, POWERADE, lemon-line flavored, ready-to-drink 305 1.0 serving (30) 0.0 10865 Pork, cured, ham water added, rump, home-in, separable lean only, heated, reasted 850 1.0 serving (30) 0.0 05352 Chicken, broilers or fivers, wing, meat and skin and breading 580 1.0 wing 0.0 10940 Pork, freich, loin, center loin (chops), bone-in, separable lean only, raw 850 3.0 oz 0.0 10940 Pork, freich, bonic-(Rosson bout), blide (steaks), separable lean only, raw 850 3.0 oz 0.0 10173 Egg, white, divid 280 1.0 oz 0.0 10173 Pork, freich, bonic-(ruesto loin (chops), bone-in, separable lean only, cooked, roasted 850 3.0 oz 0.0 10173 Pork, white, loin, center loin (mosts), bone-in	20022	Cornmeal, degermed, enriched, yellow	157.0	1.0 cup	0.0
66476 Soup, beef broth, cubed, prepared with water 2400 1.0 serving 1 cm 0.0 14025 Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix 29.4 1.0 fl oz 0.0 14061 Beverages, COCA-COA, POWERADE, Icono-lime flavored, ready-to-drink 30.5 1.0 serving (30) 0.0 16965 Pork, cured, harn — water added, rump, hone-in, separable lean only, heated, rossted 85.0 1.0 serving (30) 0.0 4190 Beverages, kee, goven, ready-to-drink, diot 269.0 1.0 serving (30) 0.0 03322 Chicken, broilers of ryers, wing, meat and skin, cooked, rotisserie, original seasoning 35.0 1.0 wing, with skin 0.0 10040 Pork, fresh, loin, center Ioin (chops), hone-in, separable lean only, raw 85.0 1.0 wing, with skin 0.0 10737 Pgc, white, dried 28.0 1.0 wing, with skin 0.0 10742 Park fresh, loin, center Ioin (chops), hone-in, separable lean and fit, with added solution, raw 85.0 3.0 oz 0.0 10743 Pgc, white, dried 85.0 3.0 oz 0.0 0.0 10744 Turkey, retail parts, w	09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	0.0
14025 Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix 294 1.0 ft oz 0.0 tt 14161 Beverages, COCA-COLA, POWERADE, kemoa-lime flavored, ready-to-chrink 30.5 1.0 ft oz 0.0 tt 14086 Pork, cured, ham - water added, rump, bone-in, separable lean only, heated, roased 85.0 1.0 serving (3 oz) 0.0 tt 14190 Beverages, rea, green, ready-to-chrink, diet 2094 1.0 cup 0.0 tt 14192 Fais Foods, Fried Chicken, Wing, meat and skin and kreading 53.0 1.0 wing 0.0 tt 14172 Fais Foods, Fried Chicken, wing, meat and skin and kreading 58.0 1.0 wing, with skin 0.0 tt 14040 Pork, friesh, loin, center loin (chops), bone-in, separable lean only, raw 85.0 3.0 oz 0.0 tt 14073 Egg, white, chied 7.0 kg, separable lean and fat, with added solution, raw 85.0 3.0 oz 0.0 tt 14073 Egg, white, chied 7.0 kg, friesh, bionic, center loin (roasts), bone-in, separable lean only, cooked, roasted 85.0 3.0 oz 0.0 tt 14074 Pork, friesh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted 85.0 3.0 oz 0.0 tt 14088 Soup, beef broth, less'reduced sodium, ready to serve 2190 1.0 cup 0.0 tt 14089 Pork, friesh, bacier, green and fat, cooked, roasted 85.0 3.0 oz 0.0 tt 14130 Carbonated beverage, cream soda 30.9 1.0 ft 0.0 tt 14131 Potato flour 1.0 ft 0.0 tt 14132 Potat, friesh, bacier, separable lean and fat, cooked, roasted 85.0 3.0 oz 0.0 tt 14133 Potato flour 1.0 ft 0.0 tt 14134 Potat, friesh, bacier, separable lean and fat, cooked, roasted 85.0 3.0 oz 0.0 tt 14139 Potk, friesh, bacier, separable lean and fat, cooked, roasted 85.0 3.0 oz 0.0 tt 14131 Potato flour 1.0 ft 0.0 tt 14132 Potato flour 1.0 ft 0.0 tt 14133 Potato flour 1.0 ft 0.0 tt 14144 Potato flour 1.0 ft 0.0 tt 14154 Potato, flour, separable lean, and fat, benefic, roasted 3.0 tt 0.0 tt 14155 Potk, firesh, bacier, separable lean,	10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	85.0	3.0 oz	0.0
1446 Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink 30.5 1.0 fl oz 0.00 10865 Pork, cured, ham — water added, rump, bone-in, separable lean only, heated, roasted 85.0 1.0 sering (3 oz) 0.00 14190 Beverages, tea, green, ready-to-drink, diet 0.00 0.00 0.00 14192 Fast Foods, Fried Chicken, Wing, meat and skin, cooked, rotisserie, original seasoning 35.0 1.0 wing, with skin 0.00 10040 Pork, fresh, boileer, (Boston butt), blade (steaks), separable lean and fat, with added solution, raw 85.0 3.0 oz 0.00 10173 Egg., white, dired 0.00 0.00 0.00 10734 Turkey, retail parts, wing, meat and skin, raw 85.0 3.0 oz 0.00 10743 Pork, fresh, loin, center loin (rosts), bone-in, separable lean and fat, with added solution, raw 85.0 3.0 oz 0.00 10744 Turkey, retail parts, wing, meat and skin, raw 85.0 3.0 oz 0.00 10745 Turkey, breast, from whole bird, meat only, roasted 85.0 3.0 oz 0.00 10745 Turkey, breast, from whole bird, meat only, roasted 85.0 3.0 oz 0.00 10857 Turkey, breast, from whole bird, meat only, roasted 85.0 3.0 oz 0.00 10857 Turkey, breast, from whole, light mean, meat only, with added solution, cooked, roasted 85.0 3.0 oz 0.00 10857 Turkey, from whole, light mean, meat only, with added solution, cooked, roasted 85.0 3.0 oz 0.00 1018 Pork, fresh, separable lean and fit, cooked, roasted 85.0 3.0 oz 0.00 1019 Pork, fresh, separable fat, cooked with water, stove-top, without salt 85.0 1.0 oz 0.00 1010 Pork, fresh, separable fat, cooked with water, stove-top, without salt 85.0 1.0 oz 0.00 1010 Pork, fresh, separable fat, cooked with water, stove-top, without salt 85.0 1.0 oz 0.00	06476	Soup, beef broth, cubed, prepared with water	240.0	1.0 serving 1 cup	0.0
1086S Pork, cured, ham water added, rump, bone-in, separable lean only, heated, roasted 850 1.0 serving (3 oz) 0.0 14190 Beverages, tea, green, ready-to-drink, diet 2600 1.0 cmp 0.0 55322 Chicken, broilers or fivers, wing, meat and skin, cooked, rotisserie, original seasoning 530 1.0 wing 0.0 21472 Fast Foods, Fried, Chicken, Wing, meat and skin and breading 580 1.0 wing, with skin 0.0 10040 Pork, fresh, boin, center loin (chops), bone-in, separable lean only, raw 850 3.0 oz 0.0 10933 Pork, fresh, shoulder, (Boston burt), blade (steaks), separable lean and fat, with added solution, raw 850 3.0 oz 0.0 10173 Egg, white, dried 280 1.0 oz 0.0 05734 Turkey, retail parts, wing, meat and skin, raw 850 3.0 oz 0.0 05734 Turkey, retail parts, wing, meat and skin, raw 850 3.0 oz 0.0 05220 Turkey, retail parts, wing, meat and skin, raw 850 3.0 oz 0.0 05232 Turkey, fresh, boin, center loin (roasts), bone-in, separable lean only, cooked, roasted	14025	Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix	29.4	1.0 fl oz	0.0
14190 Beverages, tea, green, ready-to-drink, diet 2690 1.0 cup 0.0 05352 Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning 53.0 1.0 wing 0.0 21472 Fast Foods, Fried Chickern, Wing, meat and skin and breading 85.0 1.0 wing, with skin 0.0 10040 Pork, fresh, fool, inc, center loin (chops), bone-in, separable lean only, raw 85.0 3.0 oz 0.0 10733 Fgg., white, dried 28.0 1.0 oz 0.0 05734 Turkey, retail parts, wing, meat and skin, raw 85.0 3.0 oz 0.0 05734 Turkey, breast, from whole brirt, meat only, rousted 85.0 3.0 oz 0.0 05220 Turkey, breast, from whole brirt, meat only, rousted 85.0 3.0 oz 0.0 06188 Soup, beef broth, less/reduced sodium, realy to serve 219.0 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 08697 Turkey from whole, light meat, meat only, with added solution, cooked, roasted 85.0 3.0 oz	14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	30.5	1.0 fl oz	0.0
05352 Chicken, bröllers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning 53.0 1.0 wing 0.0 21472 Fast Foods, Fried Chicken, Wing, meat and skin and breading 58.0 1.0 wing, with skin 0.0 10040 Pork, fresh, boin, center loin (chops), bone-in, separable lean only, raw 85.0 3.0 oz 0.0 10953 Pork, fresh, boulder, (Boston burt), blade (steaks), separable lean and fat, with added solution, raw 85.0 3.0 oz 0.0 0173 Egg, white, dried 28.0 1.0 oz 0.0 05734 Turkey, retail parts, wing, meat and skin, raw 85.0 3.0 oz 0.0 10043 Pork, fresh, bioin, center loin (roasts), bone-in, separable lean only, cooked, roasted 85.0 3.0 oz 0.0 06220 Turkey, breast, from whole bird, meat only, roasted 85.0 3.0 oz 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 08597 Turkey from whole, light meat, meat only, with added solution, cooked, roasted 85.0 3.0 oz 0.0 05697 Turkey from whole, ligh	10865	Pork, cured, ham water added, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.0
21472 Fast Foods, Fried Chicken, Wing, meat and skin and breading 58.0 1.0 wing, with skin 0.0 10040 Pork, fresh, Join, center Join (chops), bone-in, separable Jean only, raw 85.0 3.0 oz 0.0 10953 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable Jean and fat, with added solution, raw 85.0 3.0 oz 0.0 01173 Egg, white, dried 28.0 1.0 oz 0.0 01043 Pork, fresh, Join, center Join (roasts), bone-in, separable Jean only, cooked, roasted 85.0 3.0 oz 0.0 05220 Turkey, breast, from whole bird, meat only, roasted 85.0 3.0 oz 0.0 06188 Soup, beef broth, Jess/reduced sodium, ready to serve 219.0 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 08574 Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked, roasted 85.0 3.0 oz 0.0 10193 Pork, fresh, backribs, separable lean and fat, cooked, roasted 85.0 3.0 oz 0.0 16967 Turkey from whole, light meat, meat only, with added so	14190	Beverages, tea, green, ready-to-drink, diet	269.0	1.0 cup	0.0
10040 Pork, fresh, bin, center loin (chops), bone-in, separable lean only, raw 85.0 3.0 oz 0.0 10953 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, raw 85.0 3.0 oz 0.0 0173 Egg, white, dried 28.0 1.0 oz 0.0 05734 Turkey, retail parts, wing, meat and skin, raw 85.0 3.0 oz 0.0 05220 Turkey, breast, from whole bird, meat only, roasted 85.0 3.0 oz 0.0 06188 Sopp, beef broth, less/reduced sodium, ready to serve 219.0 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 08574 Cereals, backribs, backribs, separable lean and fat, cooked, roasted 85.0 3.0 oz 0.0 08575 Turkey from whole, light meat, meat only, with added solution, cooked, roasted 85.0 3.0 oz 0.0 14130 Carbonated beverage, cream soda 30.9 1.0 fto 0.0 141413 Potato flour 160.0 1.0 cup 0.0 <t< td=""><td>05352</td><td>Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning</td><td>53.0</td><td>1.0 wing</td><td>0.0</td></t<>	05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.0
10953 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, raw 85.0 3.0 oz 0.0 01173 Egg, white, dried 28.0 1.0 oz 0.0 05734 Turkey, retail parts, wing, meat and skin, raw 85.0 3.0 oz 0.0 10043 Pork, fresh, loin, center loin (roasts), hone-in, separable lean only, cooked, roasted 85.0 3.0 oz 0.0 05220 Turkey, breast, from whole bird, meat only, roasted 85.0 3.0 oz 0.0 06188 Soup, beef broth, less/reduced sodium, ready to serve 219.0 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 05977 Turkey from whole, light meat, meat only, with added solution, cooked, roasted 85.0 3.0 oz 0.0 14130 Carbonated beverage, cream soda 30.9 1.0 flo oz 0.0 14143 Potato flour 160.0 1.0 cup 0.0 1007 Pork, fresh, separable fat, cooked 28.35 1.0 cup 0.0 1007	21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	58.0	1.0 wing, with skin	0.0
01173 Egg, white, dried 28.0 1.0 oz 0.0 05734 Turkey, retail parts, wing, meat and skin, raw 85.0 3.0 oz 0.0 10043 Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, coasted 85.0 3.0 oz 0.0 05220 Turkey, breast, from whole bird, meat only, roasted 85.0 3.0 oz 0.0 06188 Soup, beef broth, less'reduced sodium, ready to serve 219.0 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 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 08697 Turkey from whole, light meat, meat only, with added solution, cooked, roasted 85.0 3.0 oz 0.0 14130 Carbonated beverage, cream soda 30.9 1.0 flo oz 0.0 14141 Potato flour 160.0 1.0 cup 0.0 1007 Pork, fresh, separable fat, cooked 28.35 1.0 cup 0.0 1007 Pork, fre	10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	85.0	3.0 oz	0.0
05734 Turkey, retail parts, wing, meat and skin, raw 85.0 3.0 oz 0.0 10043 Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, coaked, roasted 85.0 3.0 oz 0.0 05220 Turkey, breast, from whole bird, meat only, roasted 85.0 3.0 oz 0.0 06188 Soup, beef broth, less'reduced sodium, ready to serve 219.0 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 10193 Pork, fresh, backribs, separable lean and fat, cooked, roasted 85.0 3.0 oz 0.0 05697 Turkey from whole, light meat, meat only, with added solution, cooked, roasted 85.0 3.0 oz 0.0 14130 Carbonated beverage, cream soda 30.9 1.0 flo oz 0.0 14141 Potato flour 160.0 1.0 cup 0.0 10049 Rice, white, long-grain, precooked or instant, enriched, prepared 165.0 1.0 cup 0.0 10919 Pork, fresh, separable fat, cooked 28.35 1.0 oz 0.0 169	10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, raw	85.0	3.0 oz	0.0
10043 Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted 85.0 3.0 oz 0.0 05220 Turkey, breast, from whole bird, meat only, roasted 85.0 3.0 oz 0.0 06188 Soup, beef broth, less/reduced sodium, ready to serve 219.0 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 10193 Pork, fresh, backribs, separable lean and fat, cooked, roasted 85.0 3.0 oz 0.0 05697 Turkey from whole, light meat, meat only, with added solution, cooked, roasted 85.0 3.0 oz 0.0 14130 Carbonated beverage, cream soda 30.9 1.0 fl oz 0.0 14141 Potato flour 160.0 1.0 cup 0.0 20049 Rice, white, long-grain, precooked or instant, enriched, prepared 165.0 1.0 cup 0.0 10007 Pork, fresh, separable fat, cooked 28.35 1.0 oz 0.0 10919 Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted 85.0 1.0 serving (3 oz)	01173	Egg, white, dried	28.0	1.0 oz	0.0
05220 Turkey, breast, from whole bird, meat only, roasted 85.0 3.0 oz 0.0 06188 Soup, beef broth, less/reduced sodium, ready to serve 219.0 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 10193 Pork, fresh, backribs, separable lean and fat, cooked, roasted 85.0 3.0 oz 0.0 05697 Turkey from whole, light meat, meat only, with added solution, cooked, roasted 85.0 3.0 oz 0.0 14130 Carbonated beverage, cream soda 30.9 1.0 fl oz 0.0 11413 Potato flour 160.0 1.0 cup 0.0 20049 Rice, white, long-grain, precooked or instant, enriched, prepared 165.0 1.0 cup 0.0 10007 Pork, fresh, separable fat, cooked 28.35 1.0 oz 0.0 10919 Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted 85.0 1.0 serving (3 oz) 0.0 08577 Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt 245.0 1.0 cup <td>05734</td> <td>Turkey, retail parts, wing, meat and skin, raw</td> <td>85.0</td> <td>3.0 oz</td> <td>0.0</td>	05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	0.0
06188 Soup, beef broth, less/reduced sodium, ready to serve 219.0 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 10193 Pork, fresh, backribs, separable lean and fat, cooked, roasted 85.0 3.0 oz 0.0 05697 Turkey from whole, light meat, meat only, with added solution, cooked, roasted 85.0 3.0 oz 0.0 14130 Carbonated beverage, cream soda 30.9 1.0 flo z 0.0 11413 Potato flour 160.0 1.0 cup 0.0 20049 Rice, white, long-grain, precooked or instant, enriched, prepared 165.0 1.0 cup 0.0 10007 Pork, fresh, separable fat, cooked 28.35 1.0 oz 0.0 10919 Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted 85.0 1.0 serving (3 oz) 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 05000 Chicken, broiler, rotisserie, BBQ, breast meat only 85.0 3.0 oz <td>10043</td> <td>Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted</td> <td>85.0</td> <td>3.0 oz</td> <td>0.0</td>	10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	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 10193 Pork, fresh, backribs, separable lean and fat, cooked, roasted 85.0 3.0 oz 0.0 05697 Turkey from whole, light meat, meat only, with added solution, cooked, roasted 85.0 3.0 oz 0.0 14130 Carbonated beverage, cream soda 30.9 1.0 fl oz 0.0 11413 Potato flour 160.0 1.0 cup 0.0 20049 Rice, white, long-grain, precooked or instant, enriched, prepared 165.0 1.0 cup 0.0 10007 Pork, fresh, separable fat, cooked 28.35 1.0 oz 0.0 10919 Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted 85.0 1.0 serving (3 oz) 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 05000 Chicken, broiler, rotisserie, BBQ, breast meat only 85.0 3.0 oz 0.0 10102 Pork, fresh, variety meats and by-products, feet, raw 28.35 1.0 oz <td>05220</td> <td>Turkey, breast, from whole bird, meat only, roasted</td> <td>85.0</td> <td>3.0 oz</td> <td>0.0</td>	05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	0.0
10193 Pork, fresh, backribs, separable lean and fat, cooked, roasted 85.0 3.0 oz 0.0 05697 Turkey from whole, light meat, meat only, with added solution, cooked, roasted 85.0 3.0 oz 0.0 14130 Carbonated beverage, cream soda 30.9 1.0 fl oz 0.0 11413 Potato flour 160.0 1.0 cup 0.0 20049 Rice, white, long-grain, precooked or instant, enriched, prepared 165.0 1.0 cup 0.0 10007 Pork, fresh, separable fat, cooked 28.35 1.0 oz 0.0 10919 Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted 85.0 1.0 serving (3 oz) 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 05000 Chicken, broiler, rotisserie, BBQ, breast meat only 85.0 3.0 oz 0.0 10102 Pork, fresh, variety meats and by-products, feet, raw 28.35 1.0 oz 0.0 14604 Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener 29.6 1.0 fl oz <td>06188</td> <td>Soup, beef broth, less/reduced sodium, ready to serve</td> <td>219.0</td> <td>1.0 cup</td> <td>0.0</td>	06188	Soup, beef broth, less/reduced sodium, ready to serve	219.0	1.0 cup	0.0
05697 Turkey from whole, light meat, meat only, with added solution, cooked, roasted 85.0 3.0 oz 0.0 14130 Carbonated beverage, cream soda 30.9 1.0 fl oz 0.0 11413 Potato flour 160.0 1.0 cup 0.0 20049 Rice, white, long-grain, precooked or instant, enriched, prepared 165.0 1.0 cup 0.0 10007 Pork, fresh, separable fat, cooked 28.35 1.0 oz 0.0 10919 Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted 85.0 1.0 serving (3 oz) 0.0 16090 Peanuts, all types, dry-roasted, with salt 28.35 1.0 oz 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 05000 Chicken, broiler, rotisserie, BBQ, breast meat only 85.0 3.0 oz 0.0 10102 Pork, fresh, variety meats and by-products, feet, raw 28.35 1.0 oz 0.0 14604 Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener 29.6 1.0 serving (3 oz)	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
14130 Carbonated beverage, cream soda 30.9 1.0 fl oz 0.0 11413 Potato flour 160.0 1.0 cup 0.0 20049 Rice, white, long-grain, precooked or instant, enriched, prepared 165.0 1.0 cup 0.0 10007 Pork, fresh, separable fat, cooked 28.35 1.0 oz 0.0 10919 Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted 85.0 1.0 serving (3 oz) 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 05000 Chicken, broiler, rotisserie, BBQ, breast meat only 85.0 3.0 oz 0.0 10102 Pork, fresh, variety meats and by-products, feet, raw 28.35 1.0 oz 0.0 14604 Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener 29.6 1.0 fl oz 0.0 1081 Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted 85.0 1.0 serving (3 oz) 0.0	10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0
11413 Potato flour 160.0 1.0 cup 0.0 20049 Rice, white, long-grain, precooked or instant, enriched, prepared 165.0 1.0 cup 0.0 10007 Pork, fresh, separable fat, cooked 28.35 1.0 oz 0.0 10919 Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted 85.0 1.0 serving (3 oz) 0.0 16090 Peanuts, all types, dry-roasted, with salt 28.35 1.0 oz 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 05000 Chicken, broiler, rotisserie, BBQ, breast meat only 85.0 3.0 oz 0.0 10102 Pork, fresh, variety meats and by-products, feet, raw 28.35 1.0 oz 0.0 14604 Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener 29.6 1.0 erving (3 oz) 0.0 10881 Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted 85.0 1.0 serving (3 oz) 0.0	05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.0
Rice, white, long-grain, precooked or instant, enriched, prepared 165.0 1.0 cup 0.0 10007 Pork, fresh, separable fat, cooked 28.35 1.0 oz 0.0 10919 Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted 85.0 1.0 serving (3 oz) 0.0 16090 Peanuts, all types, dry-roasted, with salt 28.35 1.0 oz 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 05000 Chicken, broiler, rotisserie, BBQ, breast meat only 85.0 3.0 oz 0.0 10102 Pork, fresh, variety meats and by-products, feet, raw 28.35 1.0 oz 0.0 14604 Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener 29.6 1.0 serving (3 oz) 0.0 10081 Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted 85.0 1.0 serving (3 oz) 0.0	14130	Carbonated beverage, cream soda	30.9	1.0 fl oz	0.0
Pork, fresh, separable fat, cooked Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted Peanuts, all types, dry-roasted, with salt Perents, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt Chicken, broiler, rotisserie, BBQ, breast meat only Pork, fresh, variety meats and by-products, feet, raw Pork, fresh, variety meats and by-products, feet, raw Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted Pork cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	11413	Potato flour	160.0	1.0 cup	0.0
Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted 85.0 1.0 serving (3 oz) 0.0 16090 Peanuts, all types, dry-roasted, with salt 28.35 1.0 oz 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 05000 Chicken, broiler, rotisserie, BBQ, breast meat only 85.0 1.0 oz 0.0 10102 Pork, fresh, variety meats and by-products, feet, raw 28.35 1.0 oz 0.0 14604 Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener 29.6 1.0 fl oz 0.0 1081 Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted 85.0 1.0 serving (3 oz) 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0	20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165.0	1.0 cup	0.0
Peanuts, all types, dry-roasted, with salt Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt Chicken, broiler, rotisserie, BBQ, breast meat only Pork, fresh, variety meats and by-products, feet, raw Pork, fresh, variety meats and by-products, feet, raw Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted 28.35 1.0 oz 0.0 1.0 serving (3 oz) 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0	10007	Pork, fresh, separable fat, cooked	28.35	1.0 oz	0.0
Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt 245.0 Chicken, broiler, rotisserie, BBQ, breast meat only Pork, fresh, variety meats and by-products, feet, raw 28.35 1.0 oz 0.0 Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener 29.6 1.0 fl oz 0.0 10881 Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted 85.0 1.0 serving (3 oz) 0.0	10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.0
Chicken, broiler, rotisserie, BBQ, breast meat only Pork, fresh, variety meats and by-products, feet, raw 28.35 1.0 oz 0.0 Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener 29.6 Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted 85.0 1.0 oz 0.0 1.0 serving (3 oz)	16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	0.0
Pork, fresh, variety meats and by-products, feet, raw 28.35 1.0 oz 0.0 Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener 29.6 1.0 fl oz 0.0 Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted 85.0 1.0 serving (3 oz) 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
Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener 29.6 1.0 fl oz 0.0 Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted 85.0 1.0 serving (3 oz) 0.0	05000	Chicken, broiler, rotisserie, BBQ, breast meat only	85.0	3.0 oz	0.0
Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted 85.0 1.0 serving (3 oz) 0.0	10102	Pork, fresh, variety meats and by-products, feet, raw	28.35	1.0 oz	0.0
	14604	Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener	29.6	1.0 fl oz	0.0
Leavening agents, baking powder, low-sodium 5.0 1.0 tsp 0.0	10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.0
	18371	Leavening agents, baking powder, low-sodium	5.0	1.0 tsp	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
19296	Honey	339.0	1.0 cup	0.0
43479	Alcoholic beverage, rice (sake)	29.1	1.0 fl oz	0.0
14215	Beverages, coffee, instant, regular, prepared with water	29.8	1.0 fl oz	0.0
05665	Ground turkey, 93% lean, 7% fat, raw	28.35	1.0 oz	0.0
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.0
14381	Beverages, tea, herb, other than chamomile, brewed	29.6	1.0 fl oz	0.0
07908	Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)	56.0	2.0 oz 1 NLEA serving	0.0
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117.0	0.5 cup	0.0
20410	Noodles, egg, unenriched, cooked, without added salt	160.0	1.0 cup	0.0
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)	0.0
06413	Soup, chicken broth, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.0
14406	Beverages, fruit punch juice drink, frozen concentrate, prepared with water	29.3	1.0 fl oz	0.0
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.0
07031	Ham salad spread	15.0	1.0 tbsp	0.0
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	95.0	1.0 thigh	0.0
10158	USDA Commodity, pork, canned	85.0	3.0 oz	0.0
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	0.0
14637	Water, with corn syrup and/or sugar and low calorie sweetener, fruit flavored	200.0	1.0 pouch	0.0
05177	Turkey, liver, all classes, raw	78.0	1.0 raw liver	0.0
10895	Pork, cured, ham, separable fat, boneless, unheated	117.0	4.0 oz	0.0
19335	Sugars, granulated	2.8	1.0 serving packet	0.0
08506	Cereals ready-to-eat, RALSTON Corn Flakes	28.0	1.0 cup (1 NLEA serving)	0.0
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	143.0	1.0 drumstick with skin	0.0
43154	Alcoholic beverage, wine, cooking	4.9	1.0 tsp	0.0
14067	Beverages, Protein powder soy based	45.0	1.0 scoop	0.0
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0
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)	0.0
11938	Mushroom, white, exposed to ultraviolet light, raw	70.0	1.0 cup pieces or slices	0.0
19206	Puddings, vanilla, dry mix, regular	88.0	1.0 package (3.12 oz)	0.0
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	0.0
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	0.0
14431	Cranberry juice cocktail, frozen concentrate, prepared with water	29.6	1.0 fl oz	0.0
19858	Candies, sugar-coated almonds	3.5	1.0 piece	0.0
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	11.5	1.0 slice	0.0

Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice Sish, rockfish, Pacific, mixed species, raw Sish, rockfish, Pacific, mixed species, raw Sish, Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning Sish, Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning Sish, Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning Sish, Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning Sish, Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning Sish, Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning Sish, Chicken, Breast, meat and skin, cooked, rotisserie, original seasoning Sish, Chicken, broilers or fryers, breast, meat and skin, cooked, broiled 100.0	min K ne)(µg) easure
Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning 85.0 1.0 serving (3 oz) Pasta, cooked, enriched, without added salt 124.0 1.0 cup spaghetti not packed Past Foods, Fried Chicken, Breast, meat and skin and breading Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS 30.0 1.0 cup (1 NLEA serving) Turkey, wing, from whole bird, meat only, with added solution, roasted Pork, cured, ham, extra lean and regular, canned, unheated 140.0 1.0 cup	0.0
Pasta, cooked, enriched, without added salt 124.0 1.0 cup spaghetti not packed 21469 Fast Foods, Fried Chicken, Breast, meat and skin and breading 203.0 1.0 breast, with skin 10037 Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised 85.0 10950 Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled 107.0 1.0 cup (1 NLEA serving) 105730 Turkey, wing, from whole bird, meat only, with added solution, roasted 85.0 3.0 oz 10184 Pork, cured, ham, extra lean and regular, canned, unheated 140.0 1.0 cup spaghetti not packed 1.0	0.0
Fast Foods, Fried Chicken, Breast, meat and skin and breading 203.0 1.0 breast, with skin Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised 85.0 3.0 oz Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled 107.0 1.0 chop Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS 30.0 1.0 cup (1 NLEA serving) Turkey, wing, from whole bird, meat only, with added solution, roasted 85.0 3.0 oz 10184 Pork, cured, ham, extra lean and regular, canned, unheated 140.0 1.0 cup	0.0
Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised 85.0 3.0 oz Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled 107.0 1.0 cup (1 NLEA serving) Turkey, wing, from whole bird, meat only, with added solution, roasted Pork, cured, ham, extra lean and regular, canned, unheated 1085.0 1095	0.0
Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled 107.0 1.0 chop Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS 30.0 1.0 cup (1 NLEA serving) Turkey, wing, from whole bird, meat only, with added solution, roasted 85.0 30.0 10184 Pork, cured, ham, extra lean and regular, canned, unheated 140.0	0.0
Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS 30.0 1.0 cup (1 NLEA serving) Turkey, wing, from whole bird, meat only, with added solution, roasted 85.0 30.0 10.0 cup (1 NLEA serving) 10.1 cup (1 NLEA serving) 10.1 cup (1 NLEA serving) 10.2 cup (1 NLEA serving)	0.0
Turkey, wing, from whole bird, meat only, with added solution, roasted 85.0 3.0 oz Pork, cured, ham, extra lean and regular, canned, unheated 140.0 1.0 cup	0.0
Pork, cured, ham, extra lean and regular, canned, unheated 140.0	0.0
	0.0
08206 Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS 30.0 0.75 cup (1 NLEA serving)	0.0
	0.0
Turkey, back from whole bird, meat only, raw 114.0 4.0 oz	0.0
06179 Sauce, fish, ready-to-serve 18.0 1.0 tbsp	0.0
Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked 3.0 oz	0.0
15152 Crustaceans, shrimp, mixed species, canned 128.0 1.0 cup	0.0
Turkey, dark meat from whole, meat only, with added solution, raw 114.0	0.0
10004 Pork, fresh, backfat, raw 28.35 1.0 oz	0.0
Pork, cured, ham water added, slice, boneless, separable lean and fat, heated, pan-broil 85.0	0.0
16087 Peanuts, all types, raw 28.35 1.0 oz	0.0
Egg, white, raw, fresh 1.0 large	0.0
Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw 114.0 4.0 oz	0.0
Soy sauce, reduced sodium, made from hydrolyzed vegetable protein 15.0	0.0
43075 Fluid replacement, electrolyte solution (include PEDIALYTE) 31.2	0.0
Pork, cured, ham water added, slice, boneless, separable lean only, heated, pan-broil 85.0 1.0 serving (3 oz)	0.0
19283 Frozen novelties, ice type, pop 52.0 1.0 serving 1.75 fl oz pop	0.0
07081 Turkey breast, sliced, prepackaged 15.0 1.0 slice	0.0
O5662 Ground turkey, fat free, raw 85.0 1.0 patty (cooked from 4 oz raw)	0.0
10974 Pork, ground, 72% lean / 28% fat, cooked, crumbles 113.0 4.0 oz	0.0
Beverages, tea, instant, lemon, sweetened, prepared with water 259.0 1.0 cup (8 fl oz)	0.0
Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled 85.0	0.0
Turkey, pork, and beef sausage, low fat, smoked 85.0 3.0 oz	0.0
19172 Gelatin desserts, dry mix 85.0 1.0 package (3 oz)	0.0
20322 Cornmeal, degermed, enriched, white 157.0 1.0 cup	0.0
Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw 85.0	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85.0	3.0 oz	0.0
42281	Gums, seed gums (includes locust bean, guar)	28.35	1.0 oz	0.0
19423	Snacks, potato chips, fat-free, made with olestra	28.35	1.0 oz	0.0
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.0
07028	Ham, sliced, packaged (96% fat free, water added)	23.0	1.0 slice	0.0
14157	Beverages, carbonated, root beer	30.8	1.0 fl oz	0.0
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.0
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145.0	1.0 cup chopped or dice	0.0
05713	Turkey, retail parts, wing, meat only, cooked, roasted	85.0	3.0 oz	0.0
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	0.0
06966	Soup, chicken noodle, low sodium, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.0
14064	Beverages, Orange juice, light, No pulp	240.0	8.0 fl oz	0.0
04520	Fat, mutton tallow	12.8	1.0 tbsp	0.0
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	138.0	1.0 rack	0.0
06019	Soup, chicken noodle, canned, condensed	124.0	0.5 cup	0.0
07943	Turkey, breast, smoked, lemon pepper flavor, 97% fat-free	28.0	1.0 slice	0.0
20521	Pasta, cooked, unenriched, with added salt	124.0	1.0 cup spaghetti not packed	0.0
09200	Oranges, raw, all commercial varieties	180.0	1.0 cup, sections	0.0
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.0
06461	Soup, tomato beef with noodle, canned, prepared with equal volume water	244.0	1.0 cup	0.0
03005	Babyfood, meat, veal, strained	16.0	1.0 tbsp	0.0
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless	0.0
14180	Beverages, coffee, brewed, breakfast blend	248.0	1.0 cup	0.0
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	77.0	1.0 fillet	0.0
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0.0
21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	0.0
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.0
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	107.0	1.0 chop	0.0
08673	Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	0.0
14315	Beverages, OVALTINE, chocolate malt powder	78.0	1.0 cup	0.0
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	85.0	3.0 oz	0.0
12071	Nuts, almond paste	28.35	1.0 oz	0.0
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	142.0	1.0 chop	0.0
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
09128	Grapefruit juice, white, raw	247.0	1.0 cup	0.0
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.0
13341	Beef, variety meats and by-products, tripe, raw	28.35	1.0 oz	0.0
19364	Toppings, butterscotch or caramel	41.0	2.0 tbsp	0.0
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	85.0	3.0 oz	0.0
14093	Beverages, The COCA-COLA company, Glaceau Vitamin Water, Revive Fruit Punch, fortified	591.0	20.0 fl oz	0.0
03246	Babyfood, dessert, custard pudding, vanilla, junior	229.0	1.0 cup	0.0
10000	Pork, fresh, composite of separable fat, with added solution, cooked	85.0	3.0 oz	0.0
10913	Pork, cured, ham water added, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.0
10088	Pork, fresh, spareribs, separable lean and fat, raw	85.0	3.0 oz	0.0
16420	Soy protein concentrate, produced by acid wash	28.35	1.0 oz	0.0
43057	Candies, gum drops, no sugar or low calorie (sorbitol)	182.0	1.0 cup	0.0
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	27.8	1.0 fl oz	0.0
14552	Carbonated beverage, chocolate-flavored soda	31.0	1.0 fl 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)	0.0
07074	Smoked link sausage, pork	68.0	1.0 link (4" long x 1-1/8" dia)	0.0
14206	Beverages, tea, green, ready-to-drink, sweetened	270.0	1.0 cup	0.0
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.0
01187	Yogurt, chocolate, nonfat milk	170.0	1.0 container (6 oz)	0.0
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248.0	1.0 cup	0.0
14367	Beverages, tea, instant, unsweetened, prepared with water	29.7	1.0 fl oz	0.0
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	114.0	4.0 oz	0.0
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	138.0	1.0 rack	0.0
43326	Pork, cured, ham, low sodium, lean and fat, cooked	28.35	1.0 oz, boneless	0.0
07025	Frankfurter, turkey	28.35	1.0 oz	0.0
14154	Beverages, Energy drink, RED BULL	258.0	1.0 can 8.4 fl oz	0.0
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	85.0	3.0 oz	0.0
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.0
14280	Beverages, tea, black, ready to drink, decaffeinated, diet	240.0	1.0 cup	0.0
05710	Turkey, retail parts, breast, meat only, raw	85.0	3.0 oz	0.0
10150	Pork, cured, ham, whole, separable lean and fat, unheated	140.0	1.0 cup	0.0
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	170.0	1.0 cup	0.0
05174	Turkey, gizzard, all classes, cooked, simmered	45.0	1.0 gizzard cooked	0.0
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.0

1971 1972 198 19	NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
2000 grilled Becf., round, outside round, bottom round, steak, separable lean and fat, trimmed to 0° fat, choice, cooked, grilled 85.0 1.0 serving (3 nω) 0.00 2003 Vinger, dissilled 14.9 1.0 tup 0.0 2043 Rice, white, long-grain, parbolled, unerriched, cooked 158.0 1.0 cup 0.0 2066 Pork, fresh, Inin, top bin (chops), bonecless, separable lean only, raw 85.0 3.0 oz 0.0 2063 Cereals ready-to-cut, MALT-O-MEAL, COKN BURSTS 31.0 1.0 cup (1 NLEA serving) 0.0 1256 Niss, almonds, dry treated, with sail added 188.0 1.0 cup (1 NLEA serving) 0.0 1022 Pork, fresh, Inin, top bin (routs), boneless, separable lean only, raw 85.0 1.0 pusket 0.0 1022 Pork, fresh, Inin, top bin (routs), boneless, separable lean only, raw 85.0 3.0 oz 0.0 1024 Pork, fresh, Inin, blade (routs), bone-in, separable lean only, raw 85.0 3.0 oz 0.0 1031 Pork, fresh, Inin, blade (routs), bone-in, separable lean and fat, cooked, routsed 85.0 3.0 oz 0.0 1032 Pork, fresh, Inin, blade (routs), bone-in, separable lean and fat, cooked, pasted 185.0 3.0 oz 0.0 1034 Pork, fresh, Inin,	07933	Chicken breast, oven-roasted, fat-free, sliced	42.0	1.0 serving 2 slices	0.0
Section	14227	Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink	247.0	8.0 fl oz	0.0
20447 Rica, white, long-grain, patholied, unemiched, conked 158.0 1.0 cap 0.0 10066 Pork, fresh, loin, top loin (choppe,) boneless, separable lean only, raw 85.0 3.0 oz 0.0 08085 Centain ready-see, Loin, MLT-O-MLAL, COMB LUSTS 31.0 1.0 cup (I N LAZ serving) 0.0 12563 Nats, almonds, dry roasted, with salt added 138.0 1.0 cup whole kernels 0.0 05010 BabyFood, juice rears, fruit medicy, roddler 28.0 1.0 packer 0.0 05041 BabyFood, juice rears, fruit medicy, roddler 28.5 1.0 oz 0.0 07045 Luncheou meat, prod, camend 28.35 1.0 oz 0.0 14174 Besverages, Lamonade fruit juice, derink light, fortified with vitamin Fand C 240.0 8.0 ft oz 0.0 14474 Besverages, Lamonade fruit juice, derink light, fortified with vitamin Fand C 240.0 8.0 ft oz 0.0 14514 Berverages, Lamonade fruit juice, derink light, fortified with vitamin Fand C 250.0 3.0 oz 0.0 1522 Turkey, creat juers, dumarick, meat and fat, cooked, roasted 250.0 3.0 oz	23050		85.0	1.0 serving (3 oz)	0.0
10066 Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw 85.0 3.0 oz 0.0 100803 Cercals ready-to-cat, MALT-O-MEAL, CORN BIRSTS 31.0 1.0 cup (1 NLEA serving) 0.0 12563 Nuts, almonds, dry roasted, with salt added 138.0 1.0 cup whole kernels 0.0 100901 Babyfood, juic retrats, fruit medley, toddler 28.0 1.0 packet 0.0 10225 Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw 85.0 3.0 oz 0.0 107045 Luncheon meat, pork, canned 28.35 1.0 oz 0.0 107045 Luncheon meat, pork, canned 8.0 8.0 flog 0.0 107047 Beverages, Lecomade fruit juic efficial light, fortified with vitamin E and C 24.0 8.0 flog 0.0 107041 Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted 85.0 3.0 oz 0.0 10704 Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted 85.0 3.0 oz 0.0 10705 Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, pan-fried 85.0 3.0 oz 0.0 10706 Nuts, almonds, blanched 145.0 1.0 cup whole kernets 0.0 10707 Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried 85.0 3.0 oz 0.0 10708 Beverages, tea, blibicus, brewed 237.0 8.0 fl. oz 0.0 10709 Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, unheated 28.5 1.0 oz shark 0.0 10709 Pork, cured, ham and water product, shark, bone-in, separable lean and fat, unheated 28.35 1.0 oz shark 0.0 10709 Pork, cured, ham and water product, shark, bone-in, separable lean and fat, unheated 28.5 1.0 oz shark 0.0 10709 Pork, cured, ham and water product, shark, bone-in, separable lean and fat, unheated 28.35 1.0 oz shark 0.0 10700 Beverages, Coconut water, ready-to-drink, unewectened 12.6 1.0 drumstick with skin 0.0 10701 Pork, cured, ham — water added, slice, bone-in, separable lean and fat, unheated	02053	Vinegar, distilled	14.9	1.0 tbsp	0.0
8083 Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS 31.0 1.0 cup (I NLEA serving) 0.0 12563 Nuts, almonds, dry roasted, with salt added 138.0 1.0 cup whole kernels 0.0 03010 Babyfrod, juice trast, fruit medley, toddler 28.0 1.0 packet 0.0 10225 Pork, fresh, loin, top Join (roasts), boneles, separable lean only, raw 85.0 3.0 oz 0.0 07045 Luncheon meat, pork, canned 28.35 1.0 oz 0.0 11074 Beverages, Lamonade fout juice drink light, fortified with vitamin E and C 240.0 8.0 fl or 0.0 10041 Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted 85.0 3.0 oz 0.0 10942 Pork, fresh, chalmack, lamed, chalmacked 145.0 1.0 cup whole kernels 0.0 10723 Turksy, retail parts, drumstick, meat only, cooked, roasted 28.0 3.0 oz 0.0 10724 Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried 85.0 1.0 cup whole kernels 0.0 10818 Turksy froat whole, dark meat, meat only, raw 85.0 1	20447	Rice, white, long-grain, parboiled, unenriched, cooked	158.0	1.0 cup	0.0
12563 Nuts, almonds, dry roasted, with salt added 138.0 1.0 cap whole kernels 0.0 03001 Balyricod, juice treats, fruit medley, toddler 28.0 1.0 packet 0.0 0225 Pork, freshl, loin, topl oin (roasts), boneless, separable lean only, raw 85.0 3.0 oz 0.0 07045 Lanchson meat, pork, canned 28.35 1.0 oz 0.0 14174 Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C 240.0 80.0 0.0 14031 Pork, fresh, loin, blade (roasts), bonel-in, separable lean and fat, cooked, roasted 85.0 3.0 oz 0.0 07045 Pork, fresh, loin, blade (roasts), bonel-in, separable lean and fat, cooked, roasted 85.0 3.0 oz 0.0 07040 Pork, fresh, loin, blade (roasts), bonel-in, separable lean and fat, cooked, roasted 28.0 3.0 oz 0.0 07040 Pork, fresh, loin, blade (roasts), bonel-in, separable lean and fat, cooked, pan-fried 85.0 3.0 oz 0.0 07040 Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried 85.0 1.0 cup whole kernels 0.0 07040 Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried 85.0 3.0 oz 0.0 07040 Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, unheated 85.0 1.0 serving 0.0 07040 Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated 28.3 1.0 oz shank 0.0 07040 Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated 28.3 1.0 oz shank 0.0 07040 Pork, cured, ham and water product, shank, lone-in, separable lean and fat, unheated 24.5 1.0 cup 0.0 07047 Fat, duck 1.0 cup 0.0 07048 Pork, cured, ham water added, slice, bone-in, separable lean and fat, unheated 28.5 1.0 oz 0.0 07040 Chicken breast, deli, roitserie seasoned, sliced, prepackaged 12.0 1.0 slice 0.0 070	10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	85.0	3.0 oz	0.0
03001 Babyfood, Juice treats, fruit medley, toddler 28.0 1.0 packet 0.0 10225 Pork, fresh, Ioin, top 1oin (roasts), boncless, separable lean only, raw 85.0 3.0 oz 0.0 07045 Luncheon meat, pork, canned 28.3 1.0 oz 0.0 14174 Beverages, Lemonoade fruit juice drink light, fortified with vitamin E and C 2400 8.0 fl.0 oz 0.0 10031 Pork, fresh, Ioin, blade (roasts), bone-in, separable lean and fat, cooked, roasted 85.0 3.0 oz 0.0 10944 Pork, fresh, enhanced, Join, tenderloin, separable lean only, raw 85.0 3.0 oz 0.0 05723 Turkey, retail parts, drumstick, meat only, cooked, roasted 28.0 3.0 oz 0.0 10724 Pork, fresh, Ioin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried 85.0 1.0 cup whole kernels 0.0 1178 Pork, fresh, Ioin, blade (chops), bone-in, separable lean and fat, unbeated 237.0 8.0 fl.0 cup 0.0 1687 Turkey from whole, dark meat, meat only, raw 85.0 1.0 cup 0.0 1987 Pork, cuerd, ham and water product, shank, bone-in, separable lean and	08083	Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	31.0	1.0 cup (1 NLEA serving)	0.0
10225 Pork, fresh, bin, top boin (roasts), boneless, separable lean only, raw 85.0 3.0 oz 0.0 07045 Luncheon meat, pork, canned 28.35 1.0 oz 0.0 14174 Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C 240.0 8.0 flo oz 0.0 10931 Pork, fresh, ion, blade (roasts), bone-in, separable lean and fat, cooked, roasted 85.0 3.0 oz 0.0 10944 Pork, fresh, ienhanced, loin, tenderloin, separable lean only, raw 85.0 3.0 oz 0.0 10723 Turkey, retail parts, drumstick, meat only, cooked, roasted 28.0 3.0 oz 0.0 12062 Nus, almonds, blanched 145.0 1.0 cup whole kernets 0.0 14078 Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried 85.0 3.0 oz 0.0 14189 Beverages, tea, hibiscus, brewed 237.0 8.0 fl oz 0.0 05187 Turkey from whole, dark meat, meat only, raw 85.0 1.0 separable lean and fat, unbeated 28.3 1.0 oz shank 0.0 19955 Syrups, sorghum 300 1.0 cu	12563	Nuts, almonds, dry roasted, with salt added	138.0	1.0 cup whole kernels	0.0
07045 Luncheon ment, pork, canned 28.35 1.0 oz 0.0 14174 Beverages, Lemonade fruit pitic drink light, fortified with vitamin E and C 24.00 8.0 fl oz 0.0 10031 Pork, fresh, loin, blade (roass), bone-in, separable lean and fat, cooked, roasted 85.0 3.0 oz 0.0 10944 Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw 85.0 3.0 oz 0.0 12062 Nuts, almonds, blanched 145.0 1.0 cup whole kernels 0.0 10178 Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried 85.0 3.0 oz 0.0 10178 Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried 85.0 3.0 oz 0.0 10178 Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried 85.0 3.0 oz 0.0 10187 Turkey from whole, dark meat, meat only, raw 85.0 1.0 serving 0.0 10872 Syrups, sorghum 330.0 1.0 dramstick with skin 0.0 10988 Chicken, dark meat, durunstick, meat and skin, with added solution, raw 143.0	03001	Babyfood, juice treats, fruit medley, toddler	28.0	1.0 packet	0.0
14174 Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C 2400 8.0 ft oz 0.0 10031 Pork, fresh, Ioin, blade (roasts), bone-in, separable lean and fat, cooked, roasted 85.0 3.0 oz 0.0 10944 Pork, fresh, enhanced, Ioin, tenderloin, separable lean only, raw 85.0 3.0 oz 0.0 105723 Turkey, retail parts, drumstick, meat only, cooked, roasted 28.0 3.0 oz 0.0 1068 Nots, almonds, blanched 145.0 1.0 cup whole kemels 0.0 1078 Pork, fresh, Join, blade (chops), bone-in, separable lean and fat, cooked, pan-fried 85.0 3.0 oz 0.0 14649 Beverages, tea, hibiscus, brewed 237.0 8.0 ft oz 0.0 15187 Turkey from whole, dark meat, meat only, raw 85.0 1.0 serving 0.0 10907 Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated 28.5 1.0 oz shank 0.0 10937 Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated 28.5 1.0 cup whole kernels 0.0 10958 Chicken, dark meat, drumstick, meat and skin, with added solution, raw 143.0 1.0 drumstick with skin 0.0 14090 Beverages, Coconut water, ready-to-drink, unswectened 245.0 1.0 cup 0.0 14574 Fat, duck 12.8 1.0 tbsp 0.0 14574 Fat, duck 12.8 1.0 tbsp 0.0 10910 Pork, cured, ham - water added, slice, bone-in, separable lean and fat, unheated 28.35 1.0 oz 0.0 14252 Beverages, Malt liquor beverage 1184.0 1.0 slice 0.0 14252 Beverages, Malt liquor beverage 1184.0 1.0 large 0.0 14252 Beverages, Malt liquor beverage 1184.0 1.0 large 0.0 14253 Beverages, Malt liquor beverage 1184.0 1.0 cup, sections 0.0 14254 Fangerines, (mandarin oranges), raw 195.0 1.0 cup, sections 0.0 14252 Beverages, Malt liquor beverage 184.0 1.0 cup, sections 0.0 14253 Jams and preserves, no sugar (with sodium saccharin), any flavor 224.0 1.0 cup 0.0 14264 Jams and preserves, no sugar (wi	10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.0
10031 Pork, fresh, Ioin, blade (roasts), bone-in, separable lean and fat, cooked, roasted 85.0 3.0 oz 0.0 10944 Pork, fresh, enhanced, Ioin, tenderloin, separable lean only, raw 85.0 3.0 oz 0.0 05723 Turkey, retail parts, drumstick, meat only, cooked, roasted 28.0 3.0 oz 0.0 12062 Nuts, almonds, blanched 145.0 1.0 cup whole kernels 0.0 11078 Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried 85.0 3.0 oz 0.0 14649 Beverages, tea, hibiscus, brewed 237.0 8.0 fl oz 0.0 05187 Turkey from whole, dark meat, meat only, raw 85.0 1.0 serving 0.0 10907 Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated 28.35 1.0 oz shank 0.0 19355 Syrups, sorghum 33.0 1.0 cup 0.0 5688 Chicken, dark meat, drumstick, meat and skin, with added solution, raw 143.0 1.0 drumstick with skin 0.0 14950 Beverages, Coconut water, ready-to-drink, unsweetened 245.0 1.0 tups 0	07045	Luncheon meat, pork, canned	28.35	1.0 oz	0.0
10944 Pork, fresh, enhanced, Ioin, tenderfoin, separable lean only, raw 85.0 3.0 oz 0.0 05723 Turkey, retail parts, drumstick, meat only, cooked, noasted 28.0 3.0 oz 0.0 12062 Nuts, almonds, blanched 145.0 1.0 cup whole kernels 0.0 10178 Pork, fresh, Join, blade (chops), bone-in, separable lean and fat, cooked, pan-fried 85.0 3.0 oz 0.0 14649 Beverages, tea, hibiscus, brewed 237.0 8.0 fl oz 0.0 05187 Turkey from whole, dark meat, meat only, raw 85.0 1.0 serving 0.0 10907 Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated 28.35 1.0 oz shank 0.0 19355 Syrups, sorghum 330.0 1.0 cup 0.0 5688 Chicken, dark meat, drumstick, meat and skin, with added solution, raw 143.0 1.0 drumstick with skin 0.0 14900 Beverages, Coconut water, ready-to-drink, unsweetened 245.0 1.0 drumstick with skin 0.0 4574 Fat, duck 12.8 1.0 tups 1.0 cup 1091	14174	Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C	240.0	8.0 fl oz	0.0
05723 Turkey, retail parts, drumstick, meat only, cooked, roasted 28.0 3.0 oz 0.0 12062 Nuts, almonds, blanched 145.0 1.0 cup whole kernels 0.0 10178 Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried 85.0 3.0 oz 0.0 14649 Beverages, tea, hibiscus, brewed 85.0 1.0 serving 0.0 05187 Turkey from whole, dark meat, meat only, raw 85.0 1.0 serving 0.0 1997 Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated 28.5 1.0 ors shank 0.0 19355 Syrups, sorghum 330.0 1.0 drumstick with skin 0.0 14909 Beverages, Coconut water, ready-to-drink, unsweetened 245.0 1.0 drumstick with skin 0.0 04574 Fat, duck 12.8 1.0 dru 0.0 10910 Pork, cured, ham water added, slice, bone-in, separable lean and fat, unheated 28.35 1.0 cup 0.0 10920 Pork, cured, ham water added, slice, bone-in, separable lean and fat, unheated 28.35 1.0 cup 0.0	10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0
12062 Nuts, almonds, blanched 145.0 1.0 cup whole kernels 0.0 10178 Pork, fresh, Ioin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried 85.0 3.0 oz 0.0 14649 Beverages, tea, hibiscus, brewed 237.0 8.0 fl oz 0.0 05187 Turkey from whole, dark meat, meat only, raw 85.0 1.0 serving 0.0 10907 Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated 28.35 1.0 oz shank 0.0 19355 Syrups, sorghum 330.0 1.0 cup 0.0 19568 Chicken, dark meat, drumstick, meat and skin, with added solution, raw 143.0 1.0 drumstick with skin 0.0 14990 Beverages, Coconut water, ready-to-drink, unsweetened 245.0 1.0 cup 0.0 14957 Fat, duck 12.8 1.0 tbsp 0.0 20035 Quinoa, uncooked 170.0 1.0 cup 0.0 10910 Pork, cured, ham water added, slice, bone-in, separable lean and fat, unheated 28.35 1.0 oz 0.0 14252 Beverages, Malt liquor beverage </td <td>10944</td> <td>Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw</td> <td>85.0</td> <td>3.0 oz</td> <td>0.0</td>	10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.0
10178 Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried 85.0 3.0 oz 0.0 14649 Beverages, tea, hibiscus, brewed 237.0 8.0 fl oz 0.0 05187 Turkey from whole, dark meat, meat only, raw 85.0 1.0 serving 0.0 10907 Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated 28.35 1.0 oz shank 0.0 19355 Syrups, sorghum 330.0 1.0 cup 0.0 05688 Chicken, dark meat, drumstick, meat and skin, with added solution, raw 143.0 1.0 drumstick with skin 0.0 14090 Beverages, Coconut water, ready-to-drink, unsweetened 245.0 1.0 drumstick with skin 0.0 04574 Fat, duck 12.8 1.0 tup 0.0 2035 Quinoa, uncooked 170.0 1.0 cup 0.0 10910 Pork, cured, ham water added, slice, bone-in, separable lean and fat, unheated 28.35 1.0 oz 0.0 1092 Chicken breast, deli, roitsserie seasoned, sliced, prepackaged 12.0 1.0 slice 0.0 14252	05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	28.0	3.0 oz	0.0
14649 Beverages, tea, hibiscus, brewed 237.0 8.0 fl oz 0.0 05187 Turkey from whole, dark meat, meat only, raw 85.0 1.0 serving 0.0 10907 Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated 28.35 1.0 oz shank 0.0 19355 Syrups, sorghum 330.0 1.0 cup 0.0 05688 Chicken, dark meat, drumstick, meat and skin, with added solution, raw 143.0 1.0 drumstick with skin 0.0 14090 Beverages, Coconut water, ready-to-drink, unsweetened 245.0 1.0 cup 0.0 04574 Fat, duck 12.8 1.0 tbsp 0.0 2035 Quinoa, uncooked 170.0 1.0 cup 0.0 10910 Pork, cured, ham water added, slice, bone-in, separable lean and fat, unheated 28.35 1.0 oz 0.0 1096 Pork, cured, ham water added, sliced, prepackaged 12.0 1.0 slice 0.0 14252 Beverages, Malt liquor beverage 1184.0 1.0 bttle 0.0 19250 Mushrooms, enoki, raw 5.0 1.0 tur	12062	Nuts, almonds, blanched	145.0	1.0 cup whole kernels	0.0
05187 Turkey from whole, dark meat, meat only, raw 85.0 1.0 serving 0.0 10907 Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated 28.35 1.0 oz shank 0.0 19355 Syrups, sorghum 330.0 1.0 cup 0.0 05688 Chicken, dark meat, drumstick, meat and skin, with added solution, raw 143.0 1.0 drumstick with skin 0.0 14090 Beverages, Coconut water, ready-to-drink, unsweetened 245.0 1.0 cup 0.0 04574 Fat, duck 12.8 1.0 tbsp 0.0 20035 Quinoa, uncooked 170.0 1.0 cup 0.0 10910 Pork, cured, ham water added, slice, bone-in, separable lean and fat, unheated 28.35 1.0 oz 0.0 07961 Chicken breast, deli, rotisserie seasoned, sliced, prepackaged 12.0 1.0 slice 0.0 14252 Beverages, Malt liquor beverage 1184.0 1.0 bottle 0.0 1950 Mushrooms, enoki, raw 5.0 1.0 large 0.0 09218 Tangerines, (mandarin oranges), raw 195.0	10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.0
10907 Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated 28.35 1.0 oz shank 0.0 19355 Syrups, sorghum 330.0 1.0 cup 0.0 05688 Chicken, dark meat, drumstick, meat and skin, with added solution, raw 143.0 1.0 drumstick with skin 0.0 14090 Beverages, Coconut water, ready-to-drink, unsweetened 245.0 1.0 cup 0.0 04574 Fat, duck 12.8 1.0 tbsp 0.0 20035 Quinoa, uncooked 170.0 1.0 cup 0.0 10910 Pork, cured, ham water added, slice, bone-in, separable lean and fat, unheated 28.35 1.0 oz 0.0 10910 Pork, cured, ham water added, sliced, prepackaged 12.0 1.0 slice 0.0 10910 Pork, cured, ham water added, sliced, prepackaged 12.0 1.0 slice 0.0 14252 Beverages, Malt liquor beverage 1184.0 1.0 bottle 0.0 11950 Mushrooms, enoki, raw 5.0 1.0 large 0.0 10085 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean on	14649	Beverages, tea, hibiscus, brewed	237.0	8.0 fl oz	0.0
19355 Syrups, sorghum 330.0 1.0 cup 0.0 05688 Chicken, dark meat, drumstick, meat and skin, with added solution, raw 143.0 1.0 drumstick with skin 0.0 14090 Beverages, Coconut water, ready-to-drink, unsweetened 245.0 1.0 cup 0.0 04574 Fat, duck 12.8 1.0 tbsp 0.0 20035 Quinoa, uncooked 170.0 1.0 cup 0.0 10910 Pork, cured, ham water added, slice, bone-in, separable lean and fat, unheated 28.35 1.0 oz 0.0 07961 Chicken breast, deli, rotisserie seasoned, sliced, prepackaged 12.0 1.0 slice 0.0 14252 Beverages, Malt liquor beverage 1184.0 1.0 bottle 0.0 11950 Mushrooms, enoki, raw 5.0 1.0 large 0.0 09218 Tangerines, (mandarin oranges), raw 195.0 1.0 cup, sections 0.0 10085 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised 85.0 3.0 oz 0.0 43028 Jams and preserves, no sugar (with sodium saccharin), any flavor	05187	Turkey from whole, dark meat, meat only, raw	85.0	1.0 serving	0.0
05688 Chicken, dark meat, drumstick, meat and skin, with added solution, raw 143.0 1.0 drumstick with skin 0.0 14090 Beverages, Coconut water, ready-to-drink, unsweetened 245.0 1.0 cup 0.0 04574 Fat, duck 12.8 1.0 tbsp 0.0 20035 Quinoa, uncooked 170.0 1.0 cup 0.0 10910 Pork, cured, ham water added, slice, bone-in, separable lean and fat, unheated 28.35 1.0 oz 0.0 07961 Chicken breast, deli, rotisserie seasoned, sliced, prepackaged 12.0 1.0 slice 0.0 14252 Beverages, Malt liquor beverage 1184.0 1.0 bottle 0.0 11950 Mushrooms, enoki, raw 5.0 1.0 large 0.0 09218 Tangerines, (mandarin oranges), raw 195.0 1.0 cup, sections 0.0 10085 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised 85.0 3.0 oz 0.0 43028 Jams and preserves, no sugar (with sodium saccharin), any flavor 224.0 1.0 cup 0.0 14034 Alcoholic beverage, c	10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.0
14090 Beverages, Coconut water, ready-to-drink, unsweetened 245.0 1.0 cup 0.0 04574 Fat, duck 12.8 1.0 tbsp 0.0 20035 Quinoa, uncooked 170.0 1.0 cup 0.0 10910 Pork, cured, ham water added, slice, bone-in, separable lean and fat, unheated 28.35 1.0 oz 0.0 07961 Chicken breast, deli, rotisserie seasoned, sliced, prepackaged 12.0 1.0 slice 0.0 14252 Beverages, Malt liquor beverage 1184.0 1.0 bottle 0.0 11950 Mushrooms, enoki, raw 5.0 1.0 large 0.0 09218 Tangerines, (mandarin oranges), raw 195.0 1.0 cup, sections 0.0 10085 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised 85.0 3.0 oz 0.0 43028 Jams and preserves, no sugar (with sodium saccharin), any flavor 224.0 1.0 cup 0.0 14034 Alcoholic beverage, creme de menthe, 72 proof 33.6 1.0 fl oz 0.0	19355	Syrups, sorghum	330.0	1.0 cup	0.0
04574 Fat, duck 12.8 1.0 tbsp 0.0 20035 Quinoa, uncooked 170.0 1.0 cup 0.0 10910 Pork, cured, ham water added, slice, bone-in, separable lean and fat, unheated 28.35 1.0 oz 0.0 07961 Chicken breast, deli, rotisserie seasoned, sliced, prepackaged 12.0 1.0 slice 0.0 14252 Beverages, Malt liquor beverage 1184.0 1.0 bottle 0.0 11950 Mushrooms, enoki, raw 5.0 1.0 large 0.0 09218 Tangerines, (mandarin oranges), raw 195.0 1.0 cup, sections 0.0 10085 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised 85.0 3.0 oz 0.0 43028 Jams and preserves, no sugar (with sodium saccharin), any flavor 224.0 1.0 cup 0.0 14034 Alcoholic beverage, creme de menthe, 72 proof 33.6 1.0 fl oz 0.0	05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	143.0	1.0 drumstick with skin	0.0
20035 Quinoa, uncooked 170.0 1.0 cup 0.0 10910 Pork, cured, ham water added, slice, bone-in, separable lean and fat, unheated 28.35 1.0 oz 0.0 07961 Chicken breast, deli, rotisserie seasoned, sliced, prepackaged 12.0 1.0 slice 0.0 14252 Beverages, Malt liquor beverage 1184.0 1.0 bottle 0.0 11950 Mushrooms, enoki, raw 5.0 1.0 large 0.0 09218 Tangerines, (mandarin oranges), raw 195.0 1.0 cup, sections 0.0 10085 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised 85.0 3.0 oz 0.0 43028 Jams and preserves, no sugar (with sodium saccharin), any flavor 224.0 1.0 cup 0.0 14034 Alcoholic beverage, creme de menthe, 72 proof 33.6 1.0 fl oz 0.0	14090	Beverages, Coconut water, ready-to-drink, unsweetened	245.0	1.0 cup	0.0
Pork, cured, ham water added, slice, bone-in, separable lean and fat, unheated Chicken breast, deli, rotisserie seasoned, sliced, prepackaged 12.0 1.0 slice 0.0 14252 Beverages, Malt liquor beverage 1184.0 1.0 bottle 0.0 Mushrooms, enoki, raw 5.0 1.0 large 0.0 09218 Tangerines, (mandarin oranges), raw 195.0 1.0 cup, sections 0.0 10085 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised 85.0 3.0 oz 0.0 43028 Jams and preserves, no sugar (with sodium saccharin), any flavor 224.0 1.0 fl oz 0.0 1.0 fl oz 0.0	04574	Fat, duck	12.8	1.0 tbsp	0.0
Chicken breast, deli, rotisserie seasoned, sliced, prepackaged 12.0 1.0 slice 0.0 14252 Beverages, Malt liquor beverage 1184.0 1.0 bottle 0.0 11950 Mushrooms, enoki, raw 5.0 1.0 large 0.0 1.0 large 0.0 1.0 large 1.0 cup, sections 1.0 cup, sections 1.0 cup, sections 1.0 cup, sections 1.0 large 1.0 cup, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised 1.0 cup 1.	20035	Quinoa, uncooked	170.0	1.0 cup	0.0
Beverages, Malt liquor beverage 1184.0 1.0 bottle 0.0 Mushrooms, enoki, raw 5.0 1.0 large 0.0 9218 Tangerines, (mandarin oranges), raw 195.0 10085 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised 85.0 3.0 oz 0.0 43028 Jams and preserves, no sugar (with sodium saccharin), any flavor 224.0 1.0 cup 0.0 1.0 fl oz 0.0	10910	Pork, cured, ham water added, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.0
Mushrooms, enoki, raw 5.0 1.0 large 0.0 19218 Tangerines, (mandarin oranges), raw 195.0 1.0 cup, sections 0.0 10085 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised 85.0 3.0 oz 0.0 43028 Jams and preserves, no sugar (with sodium saccharin), any flavor 224.0 1.0 cup 0.0 14034 Alcoholic beverage, creme de menthe, 72 proof 33.6 1.0 fl oz 0.0	07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	12.0	1.0 slice	0.0
Tangerines, (mandarin oranges), raw 195.0 1.0 cup, sections 0.0 10085 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised 85.0 3.0 oz 0.0 43028 Jams and preserves, no sugar (with sodium saccharin), any flavor 224.0 1.0 cup 0.0 14034 Alcoholic beverage, creme de menthe, 72 proof 33.6 1.0 fl oz 0.0	14252	Beverages, Malt liquor beverage	1184.0	1.0 bottle	0.0
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised 85.0 3.0 oz 0.0 43028 Jams and preserves, no sugar (with sodium saccharin), any flavor 224.0 1.0 cup 0.0 14034 Alcoholic beverage, creme de menthe, 72 proof 33.6 1.0 fl oz 0.0	11950	Mushrooms, enoki, raw	5.0	1.0 large	0.0
Jams and preserves, no sugar (with sodium saccharin), any flavor 224.0 1.0 cup 0.0 14034 Alcoholic beverage, creme de menthe, 72 proof 33.6 1.0 fl oz 0.0	09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	0.0
14034 Alcoholic beverage, creme de menthe, 72 proof 33.6 1.0 fl oz 0.0	10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	0.0
	43028	Jams and preserves, no sugar (with sodium saccharin), any flavor	224.0	1.0 cup	0.0
Beverages, tea, herb, brewed, chamomile 29.6 1.0 fl oz 0.0	14034	Alcoholic beverage, creme de menthe, 72 proof	33.6	1.0 fl oz	0.0
	14545	Beverages, tea, herb, brewed, chamomile	29.6	1.0 fl oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	210.0	1.0 cup	0.0
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.0
09221	Tangerine juice, raw	247.0	1.0 cup	0.0
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	95.0	1.0 thigh	0.0
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	92.0	1.0 piece	0.0
01184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	170.0	1.0 container (6 oz)	0.0
14356	Beverages, tea, instant, decaffeinated, lemon, diet	1.6	2.0 tsp	0.0
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	85.0	3.0 oz	0.0
05741	Turkey, thigh, from whole bird, meat only, roasted	85.0	3.0 oz	0.0
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.0
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	0.0
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	138.0	1.0 rack	0.0
15172	Mollusks, scallop, mixed species, raw	30.0	1.0 unit 2 large or 5 small	0.0
05704	Turkey, whole, meat only, with added solution, raw	85.0	3.0 oz	0.0
14148	Beverages, carbonated, cola, regular	30.7	1.0 fl oz	0.0
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	134.0	1.0 cup	0.0
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	85.0	3.0 oz	0.0
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.0
01135	Egg, white, dried, flakes, stabilized, glucose reduced	28.35	1.0 oz	0.0
14277	Beverages, grape drink, canned	31.3	1.0 fl oz	0.0
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	90.0	1.0 fillet	0.0
05707	Turkey, whole, meat and skin, with added solution, roasted	85.0	3.0 oz	0.0
01258	Egg, white, dried, stabilized, glucose reduced	107.0	1.0 cup, sifted	0.0
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	140.0	1.0 cup	0.0
43131	Luncheon slices, meatless	14.0	1.0 slice, thin	0.0
14630	Beverages, Energy drink, ROCKSTAR, sugar free	240.0	8.0 fl oz	0.0
05171	Turkey, whole, giblets, raw	85.0	3.0 oz	0.0
06112	Sauce, teriyaki, ready-to-serve	18.0	1.0 tbsp	0.0
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.0
35009	Whale, beluga, meat, dried (Alaska Native)	45.0	1.0 strip	0.0
43135	Sandwich spread, meatless	15.0	1.0 tbsp	0.0
14061	Beverages, Energy Drink, sugar free	240.0	8.0 fl oz	0.0
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	0.0
14414	Alcoholic beverage, liqueur, coffee, 53 proof	34.8	1.0 fl oz	0.0
04013	Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	16.0	1.0 tbsp	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
10220	Pork, fresh, ground, cooked	85.0	3.0 oz	0.0
14167	Beverages, POWERADE, Zero, Mixed Berry	360.0	12.0 fl oz	0.0
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.0
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28.0	1.0 cup (1 NLEA serving)	0.0
14303	Limeade, frozen concentrate, prepared with water	30.9	1.0 fl oz	0.0
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.0
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	85.0	3.0 oz	0.0
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254.0	1.0 cup	0.0
14646	Beverages, Fruit flavored drink containing less than 3% fruit juice, with high vitamin C	238.0	1.0 cup (8 fl oz)	0.0
16124	Soy sauce made from soy (tamari)	18.0	1.0 tbsp	0.0
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	0.0
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	85.0	3.0 oz	0.0
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.0
19350	Syrups, corn, light	341.0	1.0 cup	0.0
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	28.35	1.0 oz	0.0
43216	Sweeteners, tabletop, fructose, dry, powder	196.0	1.0 cup	0.0
14080	Beverages, rich chocolate, powder	11.0	2.0 tbsp	0.0
01114	Whey, sweet, fluid	246.0	1.0 cup	0.0
06032	Soup, beef broth bouillon and consomme, canned, condensed	124.0	0.5 cup	0.0
14248	Alcoholic beverage, beer, light, higher alcohol	356.0	12.0 fl oz	0.0
19233	Puddings, vanilla, ready-to-eat, fat free	99.0	1.0 serving 3.5 oz shelf stable	0.0
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	166.0	1.0 cup spaghetti packed	0.0
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	85.0	3.0 oz	0.0
16389	Peanuts, all types, oil-roasted, without salt	144.0	1.0 cup,	0.0
14030	Beverages, THE COCA-COLA COMPANY, NOS energy drink, Original, grape, loaded cherry, charged citrus, fortified with vitamins B6 and B12	480.0	16.0 fl oz	0.0
14541	Beverages, fruit punch-flavor drink, powder, without added sodium, prepared with water	32.7	1.0 fl oz	0.0
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	248.0	1.0 cup	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)	0.0
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	0.0
07067	Poultry salad sandwich spread	13.0	1.0 tbsp	0.0
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	0.0
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	85.0	3.0 oz	0.0
14352	Beverages, tea, black, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	0.0
12119	Nuts, coconut water (liquid from coconuts)	240.0	1.0 cup	0.0
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	141.0	1.0 steak	0.0
02025	Spices, nutmeg, ground	2.2	1.0 tsp	0.0
09149	Kumquats, raw	19.0	1.0 fruit without refuse	0.0
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0
05305	Ground turkey, raw	453.6	1.0 lb	0.0
11264	Mushrooms, canned, drained solids	156.0	1.0 cup	0.0
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.0
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	0.0
07015	Brotwurst, pork, beef, link	70.0	1.0 link	0.0
14145	Beverages, carbonated, SPRITE, lemon-lime, without caffeine	30.8	1.0 fl oz	0.0
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	28.35	1.0 oz	0.0
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.0
90240	Mollusks, scallop, (bay and sea), cooked, steamed	85.0	3.0 oz	0.0
14269	Beverages, Fruit punch drink, frozen concentrate, prepared with water	30.9	1.0 fl oz	0.0
10130	Canadian bacon, unprepared	85.0	3.0 oz	0.0
43125	Beans, liquid from stewed kidney beans	240.0	1.0 cup	0.0
14627	Beverages, Energy Drink, Monster, fortified with vitamins C, B2, B3, B6, B12	240.0	1.0 serving	0.0
16104	Bacon, meatless	144.0	1.0 cup	0.0
05168	Turkey, whole, meat only, cooked, roasted	85.0	3.0 oz	0.0
06081	Soup, chicken broth cubes, dry	4.8	1.0 cube	0.0
10885	Pork, cured, ham water added, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.0
19303	Marmalade, orange	20.0	1.0 tbsp	0.0
08489	Cereals, MALT-O-MEAL, Maple & Brown Sugar Hot Wheat Cereal, dry	45.0	0.25 cup (1 NLEA serving)	0.0
14219	Beverages, coffee, instant, decaffeinated, prepared with water	29.9	1.0 fl oz	0.0
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.0	3.0 oz	0.0
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	85.0	3.0 oz	0.0
14223	Beverages, coffee, instant, chicory	29.9	1.0 fl oz	0.0
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
02048	Vinegar, cider	14.9	1.0 tbsp	0.0
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	135.0	1.0 chop	0.0
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	85.0	3.0 oz	0.0
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.0
14293	Lemonade, frozen concentrate, white, prepared with water	30.9	1.0 fl oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
05028	Chicken, liver, all classes, cooked, simmered	44.0	1.0 liver	0.0
05717	Turkey, retail parts, thigh, meat only, raw	85.0	3.0 oz	0.0
12023	Seeds, sesame seeds, whole, dried	144.0	1.0 cup	0.0
01284	Yogurt, Greek, strawberry, lowfat	150.0	1.0 container (5.3 oz)	0.0
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	28.35	1.0 oz	0.0
08173	Cereals, farina, enriched, cooked with water, with salt	233.0	1.0 cup	0.0
09116	Grapefruit, raw, white, all areas	230.0	1.0 cup sections, with juice	0.0
14641	Beverages, Energy drink, VAULT Zero, sugar-free, citrus flavor	246.0	1.0 serving (8 fl oz)	0.0
16121	Soy protein concentrate, produced by alcohol extraction	28.35	1.0 oz	0.0
05181	Turkey from whole, light meat, meat and skin, raw	85.0	3.0 oz	0.0
13321	Beef, variety meats and by-products, heart, raw	28.35	1.0 oz	0.0
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	28.35	1.0 oz spiral slice	0.0
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	0.0
43212	Bacon bits, meatless	7.0	1.0 tbsp	0.0
14075	Beverages, GEROLSTEINER BRUNNEN GmbH & Dr. KG, Gerolsteiner naturally sparkling mineral water,	240.0	8.0 fl oz	0.0
10994	Bacon, pre-sliced, reduced/low sodium, unprepared	26.0	1.0 slice	0.0
20027	Cornstarch	128.0	1.0 cup	0.0
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	0.0
19226	Frostings, chocolate, creamy, ready-to-eat	41.0	2.0 tbsp creamy	0.0
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	0.0
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85.0	3.0 oz	0.0
06480	Soup, chicken broth or bouillon, dry, prepared with water	241.0	1.0 cup 8 fl oz	0.0
14026	Beverages, THE COCA-COLA COMPANY, NOS Zero, energy drink, sugar-free with guarana, fortified with vitamins B6 and B12	480.0	16.0 fl oz	0.0
14462	Beverages, Propel Zero, fruit-flavored, non-carbonated	29.6	1.0 fl oz	0.0
12665	Nuts, almonds, oil roasted, lightly salted	157.0	1.0 cup whole kernels	0.0
19867	Ice creams, vanilla, fat free	67.0	0.5 cup	0.0
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
03015	Babyfood, meat, turkey, strained	15.0	1.0 tbsp	0.0
10866	Pork, cured, ham water added, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.0
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	0.0
07064	Pork sausage, link/patty, cooked, pan-fried	27.0	1.0 patty	0.0
14191	Beverages, tea, green, ready-to-drink, citrus, diet, fortified with vitamin C	265.0	1.0 cup	0.0
03166	Babyfood, juice, apple	31.7	1.0 fl oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.0
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	85.0	3.0 oz	0.0
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	85.0	3.0 oz	0.0
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	0.0
19154	Candies, sesame crunch	28.35	1.0 oz	0.0
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)	0.0
05228	Turkey, wing, from whole bird, meat only, roasted	85.0	3.0 oz	0.0
06189	Sauce, teriyaki, ready-to-serve, reduced sodium	36.0	2.0 Tbsp	0.0
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	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
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.0
05698	Turkey, skin from whole (light and dark), with added solution, raw	28.35	1.0 oz	0.0
14136	Beverages, carbonated, ginger ale	30.5	1.0 fl oz	0.0
11417	Pumpkin flowers, cooked, boiled, drained, without salt	134.0	1.0 cup	0.0
20055	Rice, white, glutinous, unenriched, cooked	174.0	1.0 cup	0.0
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.0
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.0
16091	Peanuts, spanish, raw	146.0	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
10119	Pork, fresh, variety meats and by-products, stomach, raw	28.35	1.0 oz	0.0
19106	Candies, gumdrops, starch jelly pieces	182.0	1.0 cup gumdrops	0.0
14049	Alcoholic beverage, distilled, gin, 90 proof	27.8	1.0 fl oz	0.0
14605	Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors	237.0	8.0 fl oz (1 NLEA serving)	0.0
05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	0.0
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.0
18372	Leavening agents, baking soda	4.6	1.0 tsp	0.0
19297	Jams and preserves	20.0	1.0 tbsp	0.0
14216	Beverages, aloe vera juice drink, fortified with Vitamin C	240.0	8.0 fl oz	0.0
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	0.0
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.0
20001	Amaranth grain, uncooked	193.0	1.0 cup	0.0
06008	Soup, beef broth or bouillon canned, ready-to-serve	240.0	1.0 cup	0.0
07909	Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite	56.0	2.0 oz (1 serving)	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
19177	Gelatins, dry powder, unsweetened	7.0	1.0 envelope (1 tbsp)	0.0
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.0
14407	Beverages, orange-flavor drink, breakfast type, powder	26.0	1.0 serving 2 tbsp	0.0
04001	Fat, beef tallow	12.8	1.0 tbsp	0.0
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	0.0
07032	Ham and cheese loaf or roll	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.0
05023	Chicken, gizzard, all classes, raw	28.35	1.0 oz	0.0
05714	Turkey, skin, from retail parts, from dark meat, raw	28.35	1.0 oz	0.0
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	0.0
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	114.0	4.0 oz	0.0
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	233.0	1.0 cup	0.0
14638	Beverages, Horchata, as served in restaurant	228.0	1.0 cup	0.0
05178	Turkey, liver, all classes, cooked, simmered	53.0	1.0 liver cooked	0.0
10898	Pork, pickled pork hocks	117.0	3.0 oz	0.0
19336	Sugars, powdered	120.0	1.0 cup unsifted	0.0
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	29.0	1.0 cup (1 NLEA serving)	0.0
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	91.0	1.0 drumstick without skin	0.0
43155	Alcoholic beverage, wine, light	29.5	1.0 fl oz	0.0
06970	Soup, chicken broth, low sodium, canned	240.0	1.0 cup	0.0
14068	Beverages, KELLOGG'S SPECIAL K20 protein powder	14.5	1.0 packet	0.0
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	122.0	1.0 rack	0.0
20019	Corn flour, masa, unenriched, white	114.0	1.0 cup	0.0
07952	Bologna, chicken, turkey, pork	28.0	1.0 serving	0.0
14239	Alcoholic beverage, malt beer, hard lemonade	335.0	11.2 fl oz	0.0
23640	Beef, variety meats and by-products, tripe, cooked, simmered	85.0	1.0 serving	0.0
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	121.0	1.0 cup sliced	0.0
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	85.0	3.0 oz	0.0
08092	Cereals, QUAKER, corn grits, instant, plain, dry	29.0	1.0 packet	0.0
14021	Beverages, Energy drink, Citrus	240.0	8.0 fl oz	0.0
14436	Beverages, orange breakfast drink, ready-to-drink, with added nutrients	31.6	1.0 fl oz	0.0
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)	0.0
10863	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	85.0	3.0 oz	0.0
17218	Veal, variety meats and by-products, thymus, raw	28.35	1.0 oz	0.0
43390	Turkey, light or dark meat, smoked, cooked, with skin, bone removed	85.0	3.0 oz, boneless	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
14188	Beverages, tea, green, ready to drink, ginseng and honey, sweetened	260.0	1.0 cup	0.0
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149.0	1.0 fillet	0.0
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.0
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	0.0
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.0
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	85.0	3.0 oz	0.0
14323	Beverages, orange drink, canned, with added vitamin C	31.0	1.0 fl oz	0.0
05732	Turkey, retail parts, breast, meat and skin, raw	85.0	3.0 oz	0.0
05216	Turkey, back, from whole bird, meat only, roasted	85.0	3.0 oz	0.0
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	85.0	3.0 oz	0.0
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	0.0
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.0
03269	Babyfood, juice, apple, with calcium	189.0	1.0 serving	0.0
20047	Rice, white, long-grain, parboiled, enriched, cooked	158.0	1.0 cup	0.0
10005	Pork, fresh, belly, raw	28.35	1.0 oz	0.0
10917	Pork, cured, ham water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.0
16088	Peanuts, all types, cooked, boiled, with salt	63.0	1.0 cup in shell, edible yield	0.0
42131	Milk dessert, frozen, milk-fat free, chocolate	137.0	1.0 cup	0.0
44203	Beverages, Cocktail mix, non-alcoholic, concentrated, frozen	36.0	1.0 fl oz	0.0
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	0.0
14260	Beverages, tea, green, brewed, decaffeinated	240.0	240.0 ml	0.0
01243	Fat free ice cream, no sugar added, flavors other than chocolate	68.0	0.5 cup	0.0
10098	Pork, fresh, variety meats and by-products, chitterlings, raw	28.35	1.0 oz	0.0
10879	Pork, cured, ham water added, whole, boneless, separable lean only, heated, roasted	85.0	3.0 oz	0.0
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1.0 tsp	0.0
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	30.0	0.75 cup (1 NLEA serving)	0.0
14211	Beverages, tea, black, ready-to-drink, lemon, diet	265.0	1.0 cup	0.0
05663	Ground turkey, fat free, pan-broiled crumbles	85.0	3.0 oz	0.0
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	0.0
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.0
19918	Sweetener, herbal extract powder from Stevia leaf	1.0	1.0 package	0.0
14375	Beverages, tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	1.6	2.0 tsp	0.0
19173	Gelatin desserts, dry mix, prepared with water	135.0	0.5 cup	0.0
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	158.0	1.0 cup	0.0
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.0

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08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	30.0	1.0 cup (1 NLEA serving)	0.0
03997	Babyfood, Baby MUM MUM Rice Biscuits	8.0	4.0 biscuit	0.0
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0
07029	Ham, sliced, regular (approximately 11% fat)	56.0	56.0 grams 1 serving	0.0
14161	Beverages, Kiwi Strawberry Juice Drink	473.0	16.0 fl oz	0.0
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.0
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	0.0
14287	Beverages, Lemonade, powder	18.0	1.0 serving	0.0
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.0
19333	Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water	127.0	0.5 cup	0.0
14065	Beverages, The COCA-COLA company, Hi-C Flashin' Fruit Punch	200.0	6.75 fl oz	0.0
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	131.0	1.0 chop	0.0
07944	Turkey, white, rotisserie, deli cut	48.0	1.69 oz (1 serving)	0.0
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	87.0	1.0 cup whole	0.0
20522	Cornmeal, degermed, unenriched, white	157.0	1.0 cup	0.0
01221	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	0.0
09202	Oranges, raw, navels	165.0	1.0 cup sections, without membranes	0.0
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	28.35	1.0 oz	0.0
14013	Alcoholic beverage, beer, light, low carb	29.5	1.0 fl oz	0.0
14427	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	31.3	1.0 fl oz	0.0
05100	Chicken, broilers or fryers, wing, meat and skin, raw	107.0	1.0 piece	0.0
03008	Babyfood, meat, ham, strained	15.0	1.0 tbsp	0.0
10859	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless (yield from 189g raw meat)	0.0
07052	Pastrami, turkey	57.0	2.0 slices	0.0
08346	Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	0.0
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.0
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	84.0	1.0 thigh without skin	0.0
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.0
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	114.0	4.0 oz	0.0
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.0
12078	Nuts, brazilnuts, dried, unblanched	133.0	1.0 cup, whole	0.0
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	140.0	1.0 cup	0.0
18261	English muffins, mixed-grain, toasted (includes granola)	28.35	1.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.0
06176	Sauce, oyster, ready-to-serve	18.0	1.0 tbsp	0.0
19365	Toppings, marshmallow cream	28.35	1.0 oz	0.0
10185	Pork, cured, ham, extra lean and regular, canned, roasted	140.0	1.0 cup	0.0
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	130.0	1.0 thigh with skin	0.0
43268	Whipped cream substitute, dietetic, made from powdered mix	80.0	1.0 cup	0.0
14095	Beverages, MINUTE MAID, Lemonada, Limeade	240.0	8.0 fl oz	0.0
03265	Babyfood, juice, apple and grape	31.2	1.0 fl oz	0.0
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	28.35	1.0 oz	0.0
10914	Pork, cured, ham water added, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.0
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	0.0
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	0.0
16422	Soy protein isolate, potassium type	28.35	1.0 oz	0.0
19099	Candies, fondant, prepared-from-recipe	28.35	1.0 oz	0.0
43058	Candies, hard, dietetic or low calorie (sorbitol)	3.0	1.0 piece	0.0
14553	Beverages, Wine, non-alcoholic	29.0	1.0 fl oz	0.0
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	145.0	1.0 slice	0.0
18363	Tortillas, ready-to-bake or -fry, corn	28.35	1.0 oz	0.0
07075	Sausage, smoked link sausage, pork and beef	85.0	3.0 oz	0.0
14207	Beverages, tea, ready-to-drink, lemon, diet	266.0	1.0 cup	0.0
10972	Pork, ground, 84% lean / 16% fat, raw	113.0	4.0 oz	0.0
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	211.0	1.0 can (6 fl oz)	0.0
09433	Clementines, raw	74.0	1.0 fruit	0.0
14368	Beverages, tea, instant, lemon, unsweetened	1.4	1.0 tsp, rounded	0.0
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	85.0	3.0 oz	0.0
02033	Spices, poppy seed	2.8	1.0 tsp	0.0
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.0
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	85.0	3.0 oz	0.0
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.0	1.25 cup (1 NLEA serving)	0.0
19419	Snacks, corn cakes	9.0	1.0 cake	0.0
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.0
43327	Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted	28.35	1.0 oz	0.0
07026	Ham, chopped, canned	28.35	1.0 oz	0.0
14155	Beverages, carbonated, tonic water	30.5	1.0 fl oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	85.0	3.0 oz	0.0
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.0
14281	Beverages, tea, black, ready to drink, decaffeinated	240.0	1.0 cup	0.0
05711	Turkey, retail parts, breast, meat only, cooked, roasted	863.0	1.0 breast	0.0
10152	Pork, cured, ham, whole, separable lean only, unheated	140.0	1.0 cup	0.0
05175	Turkey, heart, all classes, raw	24.0	1.0 piece	0.0
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	122.0	1.0 rack	0.0
19068	Candies, NESTLE, BIT-O'-HONEY Candy Chews	40.0	1.0 serving 6 pieces	0.0
43536	Babyfood, dessert, peach yogurt	15.0	1.0 tbsp	0.0
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	135.0	1.0 chop	0.0
14003	Alcoholic beverage, beer, regular, all	29.7	1.0 fl oz	0.0
12565	Nuts, almonds, oil roasted, with salt added	157.0	1.0 cup whole kernels	0.0
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	28.35	1.0 oz	0.0
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	28.0	1.0 slice	0.0
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.0
20110	Noodles, egg, enriched, cooked	160.0	1.0 cup	0.0
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.0
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	85.0	3.0 oz	0.0
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.0
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	0.0
02005	Spices, caraway seed	2.1	1.0 tsp	0.0
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.0
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247.0	1.0 cup	0.0
14651	Beverages, fruit juice drink, greater than 3% juice, high vitamin C	238.0	1.0 cup (8 fl oz)	0.0
05188	Turkey, from whole, dark meat, cooked, roasted	85.0	1.0 serving	0.0
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.0
19360	Syrups, table blends, pancake, with 2% maple	20.0	1.0 tbsp	0.0
15147	Crustaceans, lobster, northern, raw	150.0	1.0 lobster	0.0
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	129.0	1.0 drumstick with skin	0.0
06984	Soup, SWANSON Chicken Broth 99% Fat Free	227.0	1.0 serving 1 cup 8 oz	0.0
14091	Beverages, almond milk, unsweetened, shelf stable	262.0	1.0 cup	0.0
04575	Fat, turkey	12.8	1.0 tbsp	0.0
10911	Pork, cured, ham water added, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.0

1925 Monthic hereatipes, strine, troop	NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
10086 Pork, fresh, shoulder, blade, boston (treaks), separable lean only, cooked, broulded 85.0 3.0 or 0.0 14550 Alcoholic beveringe, distilled, all (gin, mar, vollas, whiskey) 86 proof 27.8 1.0 or 0.0 3873 Nor, carnel, harm with natural jaices, may be in, separable lean only, beated, masted 85.0 1.0 cepts, disc.d 0.0 44410 Chicken, medices, breaded, fried 9.8 1.0 cities 0.0 90722 Salami, dry or hard, pork, heef 29.0 1.0 cities 0.0 9532 Chicken, brotiles, research, seekenst 240 0.0 1.0 wing 0.0 9532 Chicken, brotiles, research, statist, decriferimed, lemon, sweetened 210 1.0 serving Schooled petite trender, boncless, separable lean and fat, raw 105.0 1.0 serving Schooled petite trender, boncless, separable lean and fat, raw 85.0 3.0 c 0.0 9742 Turkey, reall parts, bligh, meat and skin, raw 85.0 3.0 c 0.0 9744 Lemon junce, froze, unsweetened, single strength 244.0 1.0 cup 0.0 1074 Park, frash, lim, center orith (masts), bonc-in, separable lean only, conked, masted	14253	Alcoholic beverages, wine, rose	30.3	1.0 fl oz	0.0
14550 Aconotic beverage, distilled, all (gin, rum, volka, whiskey) 86 proof 27.8 1.0 floor 0.0 0	09219	Tangerines, (mandarin oranges), canned, juice pack	249.0	1.0 cup	0.0
10873 Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, rusted 85.0 1.0 serving (3 oz) 43410 Chicken, metalless, breaded, fried 1300 1.0 cup, died 0.0 07072 Salami, dry or hand, pork, beef 9.8 1.0 dug 0.0 08223 Tangerine juice, canned, sweetened 2490 1.0 cup 0.0 08362 Chicken, brotiler, ordisecie, BRQ, wing meat and skin 5.0 1.0 wing 0.0 14357 Beverages, tea, instant, destricianted, kemon, sweetened 230 1.0 serving (3 oz) 0.0 0542 Turkey, retail parts, birgh, meat and skin, raw 85.0 1.0 serving (3 oz) 0.0 0542 Turkey, retail parts, birgh, meat and skin, raw 85.0 1.0 serving (3 oz) 0.0 0542 Turkey, retail parts, birgh, meat and skin, raw 85.0 1.0 serving (3 oz) 0.0 0542 Turkey, retail parts, birgh, meat and skin, raw 85.0 1.0 serving (3 oz) 0.0 0542 Turkey, retail parts, birgh, meat and skin, raw 85.0 1.0 serving (3 oz) 0.0 1054 Lenn p	10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	0.0
43410 Chicken, meatless, breaded, fried 1300 1.0 cup, dieed 0.00 07072 Salam, dry or bard, pork, beef 98 1.0 size 0.0 0823 Tingerine juice, cannot, sweetened 290 1.0 cup 0.0 0836 Chicken, bruiler, missarie, BBQ, wing meat and skin 510 1.0 cup 0.0 1094 Pox, Shoulder petite tender, boncless, separable lean and fat, raw 1050 1.0 petics 0.0 1337 Bevenges, tea, instant, deadfriented, demon, sweetened 230 1.0 serving (sheeping 190) 0.0 05742 Turkey, retail parts, high, meat and skin, raw 830 1.0 serving (sheeping 190) 0.0 1015 Chewing gum 30 1.0 stanto 0.0 1015 Pork, fresh, bini, center in froasts), bone-in, separable lean only, cooked, rossted 240 1.0 cup 0.0 1020 Baby contere, Shirike, diried 35 1.0 cup 0.0 1122 Baby col, frish, bonnous with tajoca, strained 150 1.0 month 0.0 1123 Baby col, frish, bonnous with tajoca, strained 283	14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	27.8	1.0 fl oz	0.0
07072 Salami, dry or hard, pork, beef 9.8 1.0 since 0.0 07223 Tangerine juice, canned, sweetened 2490 1.0 cm 0.0 05262 Chicken, brotler, rotiserie, BBQ, wing meat and skin 510 1.0 cm 0.0 10561 Pork, Shoulder petite tender, boacless, separable lean and fat, raw 105.0 1.0 serving (3 heaping tsp) 0.0 16372 Turkey, retail parts, thigh, meat and skin, raw 85.0 3.0 or 0.0 05742 Turkey, retail parts, thigh, meat and skin, raw 85.0 3.0 or 0.0 05163 Chewing gum 85.0 3.0 or 0.0 05164 Lemon juice, frozen, unsweetened, single strength 244.0 1.0 cm 0.0 10515 Pork, fresh, loin, center rib (roust), bone-in, separable lean only, cooked, rousted 85.0 3.0 or 0.0 10520 Pork, fresh, loin, center rib (roust), bone-in, separable lean only, cooked, rousted 85.0 3.0 or 0.0 11268 Baby food, fruit, bannas with tapicea, strained 1.5 1.0 turkey, sell, durkey, sell, durkey, sell, durkey, sell, durkey, sell, durkey, sell, durkey, sell, sell, sell,	10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.0
6923 Tangerine juice, canned, sweetened 2490 1.0 cm 0.0 6336 Chicken, broiler, rotiseries, BIQ, wing meat and skin 3.10 1.0 nive 0.0 1036 Pork, Shoulder peitic ender, boneless, separable lean and fat, raw 1050 1.0 serving (3 beging to peit) 0.0 6874 Turkey, retail parts, thigh, meat and skin, raw 850 1.0 serving (3 beging to peit) 0.0 1913 Chewing gam 3.0 1.0 stock 0.0 1914 Limon juice, frome, unswectened, single strength 240 1.0 cut 0.0 1915 Pork, fresh, Ioin, center rib (rossis), bone-in, separable lean only, cooked, roasted 240 1.0 cut 0.0 1010 Pork, fresh, Ioin, center rib (rossis), bone-in, separable lean only, cooked, roasted 240 1.0 cut 0.0 0.0 1021 BabyGood, fruit, bananas with tapica, strained 250 1.0 cut 0.0 0.0 1022 Box (ross), bunic, cuts, strained 283 1.0 cut 0.0 0.0 1032 Pork, fresh, Ioin, country-style ribs, separable lean only, roaw 283 1.0 cut	43410	Chicken, meatless, breaded, fried	130.0	1.0 cup, diced	0.0
05562 Chicken, broiler, rotisserie, BBQ, wing meat and skin 51.0 1.0 wing 0.0 10961 Pork, Shoulder petite tender, honeless, separable lean and fat, raw 105.0 1.0 serving (3 leaping top) 0.0 05742 Turkey, retail parts, thigh, meat and skin, raw 885.0 3.0 oz 0.0 05742 Chewing guan 3.0 1.0 serving (3 leaping top) 0.0 05154 Chewing guan 3.0 1.0 serving 0.0 05154 Chewing guan 24.0 1.0 curd 0.0 05154 Chewing guan 3.0 1.0 curd 0.0 05174 Chewing guan 3.0 1.0 curd 0.0 05175 Chewing guan 3.0 3.0 0.0 05176 Chewing guan 1.0 0.0 0.0 10517 Chrisel, loin, center rib (rosast), bone-in, separable lean only, cooked, rosasted 3.0 1.0 curd 0.0 1.0 1.0 0.0 1.0 0.0 1.0 0.0 0.0 1.0 0.0 0.0 0.0 0.0	07072	Salami, dry or hard, pork, beef	9.8	1.0 slice	0.0
10961 Pork, Shoulder petite tender, boneless, separable lean and fat, raw 1050 1.0 price 0.0 14357 Beverages, tea, instant, decalferiated, lemon, sweetened 23.0 1.0 serving (3 heaping 18p) 0.0 05742 Turkey, retal parts, thigh, meta and skin, raw 85.0 3.0 oz 0.0 09154 Chewing gum 30 1.0 serving 6.0 0.0 10551 Pork, frest, loin, center rib (toxast), bone-in, separable lean only, cooked, roasted 85.0 3.0 oz 0.0 10529 Beverages, Corange juice drink 240 1.0 cup 0.0 10270 Beverages, Corange juice drink 240 1.0 cup 0.0 10281 Babyfood, fruit, bannans with rapioca, strained 15.0 1.0 mushroom 0.0 10297 Pork, frest, loin, country-style fibs, separable lean only, raw 85.0 1.0 mushroom 0.0 10207 Pork, frest, loin, country-style fibs, separable lean only, raw 28.0 3.0 oz 0.0 10208 Buverages, curbonated, reduced sugar, cola, contains caffeine and sweetners 29.0 1.0 oz 1.0 oz 0.0 <tr< td=""><td>09223</td><td>Tangerine juice, canned, sweetened</td><td>249.0</td><td>1.0 cup</td><td>0.0</td></tr<>	09223	Tangerine juice, canned, sweetened	249.0	1.0 cup	0.0
14357 Beverages, tea, instant, decaffeinated, Iemon, sweetened	05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	51.0	1.0 wing	0.0
05742 Turkey, retail parts, thigh, meat and skin, raw 85.0 3.0 oz 0.0 19163 Chewing gum 3.0 1.0 stick 0.0 09154 Lemon juice, frozen, unsweetened, single strength 244.0 1.0 cup 0.0 09154 Lemon juice, frozen, unsweetened, single strength 244.0 1.0 cup 0.0 0051 Pork, fresh, loin, center rib (rousts), bone-in, separable lean only, cooked, roasted 85.0 3.0 oz 0.0 42270 Beverages, Orange juice drink 249.0 1.0 cup 0.0 3129 Babyfood, fruit, bananas with tapioca, strained 15.0 1.0 tubsp 0.0 11208 Mushrooms, shitiake, dried 3.6 1.0 mushroom 0.0 10207 Pork, fresh, loin, country-style ribs, separable lean only, raw 85.0 3.0 oz 0.0 1575 Mollusks, squid, mixed species, raw 28.3 1.0 oz, boncless 0.0 1570 Turkey, whole, meat only, with added solution, roasted 28.0 3.0 oz 0.0 1572 Turkey, whole, meat only, with added solution, roasted 85.0	10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	105.0	1.0 piece	0.0
19163 Chewing gum 3.0 1.0 stick 0.0 09154 Lemon juice, frozen, unswectened, single strength 244.0 1.0 cup 0.0 10051 Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted 85.0 3.0 oz 0.0 42270 Beverages, Orange juice drink 249.0 1.0 cup 0.0 3129 Babyfood, fruit, bananas with tapica, strained 15.0 1.0 mushroom 0.0 11268 Mushrooms, shiitake, dried 3.6 1.0 mushroom 0.0 10207 Pork, fresh, loin, country-style ribs, separable lean only, raw 85.0 3.0 oz 0.0 15175 Mollusks, squid, mixed species, raw 28.35 1.0 oz, boneless 0.0 50705 Turkey, whole, meat only, with added solution, roasted 28.0 3.0 oz 0.0 14149 Beverages, carbonated, reduced sugar, cola, contains caffeine and swecteners 29.6 1.0 rd 0.0 1006 Pork, fresh, leg (ham), shank half, separable lean and fat, raw 85.0 3.0 oz 0.0 10927 Pork, cured, ham with natural juices, sp	14357	Beverages, tea, instant, decaffeinated, lemon, sweetened	23.0	1.0 serving (3 heaping tsp)	0.0
09154 Lemon juice, frozen, unsweetened, single strength 244.0 1.0 cup 0.0 10051 Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted 85.0 3.0 oz 0.0 42270 Beverages, Orange juice drink 249.0 1.0 cup 0.0 3129 Babyfood, fruit, bananas with tapioca, strained 15.0 1.0 mshroom 0.0 11268 Mushrooms, shifake, dried 3.6 1.0 mushroom 0.0 10207 Pork, fresh, loin, country-style ribs, separable lean only, raw 85.0 3.0 oz 0.0 15175 Mollusks, squid, mixed species, raw 28.35 1.0 oz, boneless 0.0 05705 Turkey, whole, mear only, with added solution, roasted 28.0 3.0 oz 0.0 14149 Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners 29.6 1.0 flo oz, boneless 0.0 10016 Pork, fresh, leg (ham), shank half, separable lean and fat, raw 85.0 3.0 oz 0.0 10927 Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted 145.0 1.0 slice <	05742	Turkey, retail parts, thigh, meat and skin, raw	85.0	3.0 oz	0.0
10051 Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted 850 3.0 oz 0.0 42270 Beverages, Orange juice drink 249.0 1.0 cup 0.0 03129 Babyfood, fruit, bananas with tapioca, strained 15.0 1.0 ttsp 0.0 11268 Mushrooms, shitiake, dried 3.6 1.0 mushroom 0.0 10207 Pork, fresh, loin, country-style ribs, separable lean only, raw 85.0 3.0 oz 0.0 15175 Mollusks, squid, mixed species, raw 28.35 1.0 oz, boneless 0.0 5705 Turkey, whole, meat only, with added solution, roasted 28.0 3.0 oz 0.0 4149 Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners 29.6 1.0 fl oz 0.0 20068 Tapioca, pearl, dry 152.0 1.0 cup 0.0 10016 Pork, fresh, leg (ham), shank half, separable lean and fat, raw 85.0 3.0 oz 0.0 10129 Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted 145.0 1.0 cup, sified 0.0	19163	Chewing gum	3.0	1.0 stick	0.0
42270 Beverages, Orange juice drink 249.0 1.0 cup 0.0 03129 Babyfood, fruit, bananas with tapioca, strained 15.0 1.0 thsp 0.0 11268 Mushrooms, shiitake, dried 3.6 1.0 mushroom 0.0 10207 Pork, fresh, loin, country-style ribs, separable lean only, raw 85.0 3.0 oz 0.0 15175 Mollusks, squid, mixed species, raw 28.35 1.0 oz, boneless 0.0 05705 Turkey, whole, meat only, with added solution, roasted 28.0 3.0 oz 0.0 14149 Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners 29.6 1.0 rl oz 0.0 20068 Tapioca, pearl, dry 152.0 1.0 cup 0.0 10016 Pork, fresh, leg (ham), shank half, separable lean and fat, raw 85.0 3.0 oz 0.0 10927 Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted 145.0 1.0 cup, sifted 0.0 11278 Beverages, tea, green, brewed, regular 245.0 1.0 cup 0.0 16289 Cheese spread,	09154	Lemon juice, frozen, unsweetened, single strength	244.0	1.0 cup	0.0
03129 Babyfood, fruit, bananas with tapioca, strained 15.0 1.0 tbsp 0.0 11268 Mushrooms, shiitake, dried 3.6 1.0 mushroom 0.0 10207 Pork, fresh, loin, country-style ribs, separable lean only, raw 85.0 3.0 oz 0.0 15175 Mollusks, squid, mixed species, raw 28.35 1.0 oz, boneless 0.0 05705 Turkey, whole, meat only, with added solution, roasted 28.0 3.0 oz 0.0 14149 Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners 29.6 1.0 fl oz 0.0 10068 Tapioca, pearl, dry 152.0 1.0 cup 0.0 10016 Pork, fresh, leg (ham), shank half, separable lean and fat, raw 85.0 3.0 oz 0.0 10927 Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted 145.0 1.0 cup, sifted 0.0 1136 Egg, white, dried, powder, stabilized, glucose reduced 107.0 1.0 cup 0.0 14278 Beverages, tea, green, brewed, regular 245.0 1.0 cup 0.0 10259	10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.0
11268 Mushrooms, shiitake, dried 3.6 1.0 mushroom 0.0 10207 Pork, fresh, loin, country-style ribs, separable lean only, raw 85.0 3.0 oz 0.0 15175 Mollusks, squid, mixed species, raw 28.35 1.0 oz, boneless 0.0 05705 Turkey, whole, meat only, with added solution, roasted 28.0 3.0 oz 0.0 14149 Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners 29.6 1.0 fl oz 0.0 2008 Tapioca, pearl, dry 152.0 1.0 cup 0.0 10016 Pork, fresh, leg (ham), shank half, separable lean and fat, raw 85.0 3.0 oz 0.0 1092 Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted 145.0 1.0 cup 6.0 1136 Egg, white, dried, powder, stabilized, glucose reduced 107.0 1.0 cup 0.0 14278 Beverages, tea, green, brewed, regular 245.0 1.0 cup 0.0 14278 Turkey, retail parts, breast, meat only, with added solution, raw 117.0 1.0 breast 0.0 105	42270	Beverages, Orange juice drink	249.0	1.0 cup	0.0
10207 Pork, fresh, loin, country-style ribs, separable lean only, raw 85.0 3.0 oz 0.0 15175 Mollusks, squid, mixed species, raw 28.35 1.0 oz, boneless 0.0 05705 Turkey, whole, meat only, with added solution, roasted 28.0 3.0 oz 0.0 14149 Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners 29.6 1.0 fl oz 0.0 20068 Tapioca, pearl, dry 152.0 1.0 cup 0.0 10016 Pork, fresh, leg (ham), shank half, separable lean and fat, raw 85.0 3.0 oz 0.0 10927 Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted 145.0 1.0 slice 0.0 01136 Egg, white, dried, powder, stabilized, glucose reduced 107.0 1.0 cup, sifted 0.0 14278 Beverages, tea, green, brewed, regular 245.0 1.0 cup, sifted 0.0 16289 Cheese spread, American or Cheddar cheese base, reduced fat 21.0 1.0 piece 0.0 10137 Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated 140.0 1.0 cup	03129	Babyfood, fruit, bananas with tapioca, strained	15.0	1.0 tbsp	0.0
15175 Mollusks, squid, mixed species, raw 28.35 1.0 oz, boneless 0.0 05705 Turkey, whole, meat only, with added solution, roasted 28.0 3.0 oz 0.0 14149 Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners 29.6 1.0 fl oz 0.0 20068 Tapioca, pearl, dry 152.0 1.0 cup 0.0 10016 Pork, fresh, leg (ham), shank half, separable lean and fat, raw 85.0 3.0 oz 0.0 10927 Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted 145.0 1.0 slice 0.0 01136 Egg, white, dried, powder, stabilized, glucose reduced 107.0 1.0 cup, sifted 0.0 14278 Beverages, tea, green, brewed, regular 245.0 1.0 cup, sifted 0.0 05708 Turkey, retail parts, breast, meat only, with added solution, raw 1171.0 1.0 breast 0.0 01259 Cheese spread, American or Cheddar cheese base, reduced fat 21.0 1.0 piece 0.0 0137 Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated 140.0 1.0 cup<	11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	0.0
05705 Turkey, whole, meat only, with added solution, roasted 28.0 3.0 oz 0.0 14149 Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners 29.6 1.0 fl oz 0.0 20068 Tapioca, pearl, dry 152.0 1.0 cup 0.0 10016 Pork, fresh, leg (ham), shank half, separable lean and fat, raw 85.0 3.0 oz 0.0 10927 Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted 145.0 1.0 slice 0.0 01136 Egg, white, dried, powder, stabilized, glucose reduced 107.0 1.0 cup, sifted 0.0 14278 Beverages, tea, green, brewed, regular 245.0 1.0 cup, sifted 0.0 05708 Turkey, retail parts, breast, meat only, with added solution, raw 1171.0 1.0 breast 0.0 01259 Cheese spread, American or Cheddar cheese base, reduced fat 21.0 1.0 piece 0.0 0137 Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated 140.0 1.0 cup 0.0 43132 Meatballs, meatless 144.0 1.0 cup 0.0	10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	85.0	3.0 oz	0.0
14149 Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners 29.6 1.0 fl oz 0.0 20068 Tapioca, pearl, dry 152.0 1.0 cup 0.0 10016 Pork, fresh, leg (ham), shank half, separable lean and fat, raw 85.0 3.0 oz 0.0 10927 Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted 145.0 1.0 slice 0.0 01136 Egg, white, dried, powder, stabilized, glucose reduced 107.0 1.0 cup, sifted 0.0 14278 Beverages, tea, green, brewed, regular 245.0 1.0 cup 0.0 05708 Turkey, retail parts, breast, meat only, with added solution, raw 1171.0 1.0 breast 0.0 01259 Cheese spread, American or Cheddar cheese base, reduced fat 21.0 1.0 piece 0.0 10137 Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated 140.0 1.0 cup 0.0 43132 Meatballs, meatless 144.0 1.0 cup 0.0 05172 Turkey, whole, giblets, cooked, simmered 95.0 1.0 giblets 0.0 10889 Pork, cured, ham and water product, shank, bone-in, unheated, sep	15175	Mollusks, squid, mixed species, raw	28.35	1.0 oz, boneless	0.0
20068 Tapioca, pearl, dry 152.0 1.0 cup 0.0 10016 Pork, fresh, leg (ham), shank half, separable lean and fat, raw 85.0 3.0 oz 0.0 10927 Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted 145.0 1.0 slice 0.0 01136 Egg, white, dried, powder, stabilized, glucose reduced 107.0 1.0 cup, sifted 0.0 14278 Beverages, tea, green, brewed, regular 245.0 1.0 cup 0.0 05708 Turkey, retail parts, breast, meat only, with added solution, raw 1171.0 1.0 breast 0.0 01259 Cheese spread, American or Cheddar cheese base, reduced fat 21.0 1.0 piece 0.0 10137 Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated 140.0 1.0 cup 0.0 43132 Meatballs, meatless 144.0 1.0 cup 0.0 05172 Turkey, whole, giblets, cooked, simmered 95.0 1.0 giblets 0.0 10889 Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only 85.0 3.0 oz 0.0	05705	Turkey, whole, meat only, with added solution, roasted	28.0	3.0 oz	0.0
10016 Pork, fresh, leg (ham), shank half, separable lean and fat, raw 85.0 3.0 oz 0.0 10927 Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted 145.0 1.0 slice 0.0 01136 Egg, white, dried, powder, stabilized, glucose reduced 107.0 1.0 cup, sifted 0.0 14278 Beverages, tea, green, brewed, regular 245.0 1.0 cup 0.0 05708 Turkey, retail parts, breast, meat only, with added solution, raw 1171.0 1.0 breast 0.0 01259 Cheese spread, American or Cheddar cheese base, reduced fat 21.0 1.0 piece 0.0 10137 Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated 140.0 1.0 cup 0.0 43132 Meatballs, meatless 144.0 1.0 cup 0.0 05172 Turkey, whole, giblets, cooked, simmered 95.0 1.0 giblets 0.0 01089 Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only 85.0 3.0 oz 0.0 01092 Milk, dry, nonfat, instant, with added vitamin A and vitamin D 68.0 1.0 cup 0.0	14149	Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	29.6	1.0 fl oz	0.0
Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted 145.0 1.0 slice 0.0 1136 Egg, white, dried, powder, stabilized, glucose reduced 107.0 1.0 cup, sifted 0.0 14278 Beverages, tea, green, brewed, regular 245.0 1.0 cup 0.0 05708 Turkey, retail parts, breast, meat only, with added solution, raw 1171.0 1.0 breast 0.0 01259 Cheese spread, American or Cheddar cheese base, reduced fat 21.0 1.0 piece 0.0 10137 Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated 140.0 1.0 cup 0.0 43132 Meatballs, meatless 144.0 1.0 cup 0.0 5172 Turkey, whole, giblets, cooked, simmered 95.0 1.0 giblets 0.0 10889 Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only Milk, dry, nonfat, instant, with added vitamin A and vitamin D 68.0 1.0 cup 0.0 1.0 slice 0.0 1.0 cup, sifted 0.0 1.0 cup 0.0 1.0 piece 0.0 1.0 cup 0.0 0.0 1.0 cup 0.0 0.0 1.0 giblets 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.	20068	Tapioca, pearl, dry	152.0	1.0 cup	0.0
Egg, white, dried, powder, stabilized, glucose reduced 107.0 1.0 cup, sifted 0.0 14278 Beverages, tea, green, brewed, regular 245.0 1.0 cup 0.0 05708 Turkey, retail parts, breast, meat only, with added solution, raw 1171.0 1.0 breast 0.0 01259 Cheese spread, American or Cheddar cheese base, reduced fat 21.0 1.0 piece 0.0 0137 Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated 140.0 1.0 cup 0.0 01372 Meatballs, meatless 144.0 1.0 cup 0.0 01372 Turkey, whole, giblets, cooked, simmered 95.0 1.0 giblets 0.0 010889 Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only 85.0 3.0 oz 0.0 01092 Milk, dry, nonfat, instant, with added vitamin A and vitamin D 68.0 1.0 cup 0.0	10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	85.0	3.0 oz	0.0
Beverages, tea, green, brewed, regular 14278 Beverages, tea, green, brewed, regular 245.0 1.0 cup 0.0 105708 Turkey, retail parts, breast, meat only, with added solution, raw 1171.0 1.0 breast 0.0 10259 Cheese spread, American or Cheddar cheese base, reduced fat 21.0 1037 Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated 140.0 1.0 cup 0.0 43132 Meatballs, meatless 144.0 1.0 cup 0.0 05172 Turkey, whole, giblets, cooked, simmered 95.0 1.0 giblets 0.0 10889 Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only Milk, dry, nonfat, instant, with added vitamin A and vitamin D 68.0 1.0 cup 0.0 1.0 cup 0.0	10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	0.0
Turkey, retail parts, breast, meat only, with added solution, raw 1171.0 1.0 breast 0.0 01259 Cheese spread, American or Cheddar cheese base, reduced fat 21.0 1.0 piece 0.0 10137 Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated 140.0 1.0 cup 0.0 43132 Meatballs, meatless 144.0 1.0 cup 0.0 05172 Turkey, whole, giblets, cooked, simmered 95.0 1.0 giblets 0.0 10889 Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only 85.0 3.0 oz 0.0 01092 Milk, dry, nonfat, instant, with added vitamin A and vitamin D 68.0 1.0 cup 0.0	01136	Egg, white, dried, powder, stabilized, glucose reduced	107.0	1.0 cup, sifted	0.0
Cheese spread, American or Cheddar cheese base, reduced fat 21.0 10137 Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated 140.0 1.0 cup 0.0 43132 Meatballs, meatless 144.0 1.0 cup 0.0 05172 Turkey, whole, giblets, cooked, simmered 95.0 10889 Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only 01092 Milk, dry, nonfat, instant, with added vitamin A and vitamin D 1.0 cup 0.0 1.0 cup 0.0 1.0 cup 0.0	14278	Beverages, tea, green, brewed, regular	245.0	1.0 cup	0.0
Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated 140.0 1.0 cup 0.0 43132 Meatballs, meatless 144.0 1.0 cup 0.0 55172 Turkey, whole, giblets, cooked, simmered 95.0 1.0 giblets 0.0 10889 Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only 85.0 3.0 oz 0.0 1092 Milk, dry, nonfat, instant, with added vitamin A and vitamin D 68.0 1.0 cup 0.0	05708	Turkey, retail parts, breast, meat only, with added solution, raw	1171.0	1.0 breast	0.0
Meatballs, meatless 144.0 1.0 cup 0.0 15172 Turkey, whole, giblets, cooked, simmered 95.0 1.0 giblets 0.0 10889 Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only 01092 Milk, dry, nonfat, instant, with added vitamin A and vitamin D 68.0 1.0 cup 0.0	01259	Cheese spread, American or Cheddar cheese base, reduced fat	21.0	1.0 piece	0.0
Turkey, whole, giblets, cooked, simmered 95.0 1.0 giblets 0.0 10889 Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only Milk, dry, nonfat, instant, with added vitamin A and vitamin D 68.0 1.0 giblets 0.0 1.0 cup 0.0	10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	140.0	1.0 cup	0.0
Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only Milk, dry, nonfat, instant, with added vitamin A and vitamin D 85.0 1.0 cup 0.0	43132	Meatballs, meatless	144.0	1.0 cup	0.0
Milk, dry, nonfat, instant, with added vitamin A and vitamin D 68.0 1.0 cup 0.0	05172	Turkey, whole, giblets, cooked, simmered	95.0	1.0 giblets	0.0
·	10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	85.0	3.0 oz	0.0
08495 Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES 29.0 0.75 cup (1 NLEA serving)	01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	68.0	1.0 cup	0.0
	08495	Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES	29.0	0.75 cup (1 NLEA serving)	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
15117	Fish, tuna, fresh, bluefin, raw	85.0	3.0 oz	0.0
43137	Vegetarian meatloaf or patties	56.0	1.0 slice	0.0
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	158.0	1.0 cup	0.0
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	145.0	1.0 chop	0.0
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0
43366	Turkey, wing, smoked, cooked, with skin, bone removed	19.0	1.0 oz with bone, cooked (yield after bone removed)	0.0
14171	Beverages, coconut milk, sweetened, fortified with calcium, vitamins A, B12, D2	240.0	1.0 cup	0.0
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	51.0	1.0 wing	0.0
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
10942	Pork, fresh, composite of separable fat, with added solution, raw	28.35	1.0 oz	0.0
14305	Malt beverage, includes non-alcoholic beer	29.6	1.0 fl oz	0.0
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.0
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.0
09123	Grapefruit juice, white, canned or bottled, unsweetened	247.0	1.0 cup	0.0
14647	Beverages, Fruit flavored drink, reduced sugar, greater than 3% fruit juice, high vitamin C, added calcium	240.0	8.0 fl oz	0.0
16125	Soy sauce made from hydrolyzed vegetable protein	18.0	1.0 tbsp	0.0
05185	Turkey from whole, light meat, raw	85.0	1.0 serving	0.0
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.0
19351	Syrups, corn, high-fructose	310.0	1.0 cup	0.0
14083	Beverages, chocolate malt, powder, prepared with fat free milk	256.0	1.0 serving	0.0
42040	Syrups, grenadine	20.0	1.0 tbsp	0.0
19234	Puddings, tapioca, ready-to-eat, fat free	112.0	1.0 container refrigerated 4 oz	0.0
20657	Pasta, gluten-free, corn and rice flour, cooked	141.0	1.0 cup spaghetti	0.0
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	0.0
43026	Syrups, sugar free	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
14031	Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories	240.0	8.0 fl oz	0.0
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	0.0
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	138.0	1.0 slice	0.0
14199	Beverages, tea, black, ready-to-drink, lemon, sweetened	271.0	1.0 cup	0.0
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	85.0	3.0 oz	0.0
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.0
01180	Sour cream, fat free	12.0	1.0 tablespoon	0.0
14353	Beverages, tea, instant, decaffeinated, unsweetened	0.7	1.0 serving 2 tsp	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
05739	Turkey, drumstick, from whole bird, meat only, roasted	85.0	3.0 oz	0.0
20137	Quinoa, cooked	185.0	1.0 cup	0.0
09150	Lemons, raw, without peel	212.0	1.0 cup, sections	0.0
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.0
15025	Fish, eel, mixed species, raw	85.0	3.0 oz	0.0
05306	Ground turkey, cooked	82.0	1.0 patty (4 oz, raw) (yield after cooking)	0.0
06194	Soup, chicken broth, ready-to-serve	249.0	1.0 cup	0.0
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	0.0
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)	0.0
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	114.0	4.0 oz	0.0
43297	Pork, oriental style, dehydrated	22.0	1.0 cup	0.0
14146	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine	29.6	1.0 fl oz	0.0
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.0
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.0
16099	Peanut flour, defatted	60.0	1.0 cup	0.0
18948	Pie crust, refrigerated, regular, unbaked	229.0	1.0 pie crust (average weight)	0.0
06076	Soup, beef broth, cubed, dry	3.6	1.0 cube	0.0
90480	Syrup, Cane	21.0	1.0 serving	0.0
07978	Pork sausage, reduced sodium, cooked	85.0	3.0 oz	0.0
14270	Beverages, coffee, instant, vanilla, sweetened, decaffeinated, with non dairy creamer	15.0	1.0 serving	0.0
10132	Pork, cured, feet, pickled	28.35	1.0 oz	0.0
43128	Chicken, meatless	168.0	1.0 cup	0.0
14628	Beverages, Energy drink, AMP, sugar free	240.0	8.0 fl oz	0.0
16107	Sausage, meatless	25.0	1.0 link	0.0
05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	0.0
11797	Mushrooms, white, cooked, boiled, drained, with salt	156.0	1.0 cup pieces	0.0
10886	Pork, cured, ham water added, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.0
19304	Molasses	337.0	1.0 cup	0.0
08491	Cereals ready-to-eat, MOM'S BEST, Honey Nut TOASTY O'S	30.0	1.0 cup (1 NLEA serving)	0.0
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	85.0	3.0 oz	0.0
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.0
06013	Soup, chicken broth, canned, condensed	126.0	0.5 cup (4 fl oz)	0.0
02050	Vanilla extract	4.2	1.0 tsp	0.0
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
14165	Beverages, carbonated, limeade, high caffeine	253.0	1.0 cup	0.0
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	85.0	3.0 oz	0.0
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	68.0	1.0 cup	0.0
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.0
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	128.0	1.0 cup	0.0
01285	Yogurt, Greek, strawberry, nonfat	150.0	1.0 container (5.3 oz)	0.0
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	140.0	1.0 cup	0.0
08177	Cereals, MALT-O-MEAL, chocolate, dry	35.0	3.0 tbsp (1 NLEA serving)	0.0
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	0.0
16122	Soy protein isolate	28.35	1.0 oz	0.0
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	0.0
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.0
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)	0.0
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	130.0	1.0 thigh with skin	0.0
43214	Butter replacement, without fat, powder	80.0	1.0 cup	0.0
14076	Beverages, ICELANDIC, Glacial Natural spring water	100.0	1.0 serving	0.0
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	177.0	6.0 fl oz	0.0
01112	Whey, acid, fluid	246.0	1.0 cup	0.0
14246	Beverages, tea, green, instant, decaffeinated, lemon, unsweetened, fortified with vitamin C	4.5	2.0 tbsp	0.0
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	0.0
08101	Cereals, CREAM OF RICE, cooked with water, without salt	244.0	1.0 cup	0.0
14028	Beverages, Whiskey sour mix, bottled	32.3	1.0 fl oz	0.0
14536	Alcoholic beverage, wine, dessert, dry	29.5	1.0 fl oz	0.0
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	0.0
19868	Sweeteners, tabletop, sucralose, SPLENDA packets	1.0	1.0 serving 1 packet	0.0
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)	0.0
03016	Babyfood, meat, turkey, junior	19.0	1.0 tbsp	0.0
10867	Pork, cured, ham water added, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.0
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	0.0
05354	USDA Commodity, turkey taco meat, frozen, cooked	85.0	3.0 oz	0.0
03167	Babyfood, apple-banana juice	31.2	1.0 fl oz	0.0
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.0
05736	Turkey, retail parts, drumstick, meat and skin, raw	85.0	3.0 oz	0.0
20133	Rice noodles, dry	57.0	2.0 oz	0.0

	NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
11261 Mushrooms, white, cooked, boiled, drained, without salt 1560 1.00 cpc, fresh, form, center th (cheps or roasts), borders, separable lean only, raw 850 3.0 cc 0.0 10999 Pork, fresh, form, center th (cheps or roasts), borders, separable lean only, raw 28.5 1.0 ml 0.0 14143 Recenges, cardenated, low calorie, other than cola or perper, without calfeire 29.6 1.0 ml 0.0 16000 Mush drippings, Charl, best fullow, rundon tallow) 28.3 1.0 ml 0.0 16011 Pork, check, leg Mann, book separable lean only, raw 28.3 1.0 ml 0.0 16095 Pennus, virginia, raw 1060 1.0 ml	10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
10199 Prick freik, loin, center rib (chops or roasts), boncless, separable lean only, raw 850 3.0 oz 0.0 06690 Turkey, skin from whole, (light and dark), with added solution, coated 28.35 1.0 oz 0.0 4443 Revenings, carbonated, five actionic, lother turn cool or prepayer, without caffrins 20.6 1.0 to 0.0 4460 Meat drippings (Loth, beef fallow, mutton tallow) 128 1.0 to bloom of	03119	Babyfood, vegetables, corn, creamed, strained	113.0	1.0 jar	0.0
8699 Turkey, skin from whole, (light and dark), with added solution, roasted 28.35 1.0 oz 0.0 14143 Beverages, carbonaed, low caloric, other than cola op peper, without califeine 29.6 1.0 ll doz 0.0 10010 Pork, fresh, log (fann), whole, separable lean only, raw 28.15 1.0 ac 0.0 10021 Pork, cured, lam and water product, slice, boncless, separable lean and fat, heastd, pas-hwill 136.0 1.0 ll ol 1.0 cl 10426 Bescrages, finit punch drink, without added nutrients, canned 20.0 6.0 7.675 fl oz 0.0 10120 Posk, fresh, loi, blade (chops), bone-in, separable lean only, cooked, pan-fried 8.0 3.0 oz 0.0 10120 Posk, fresh, bin, blade (chops), bone-in, separable lean only, cooked, pan-fried 8.0 3.0 oz 0.0 10172 Candies, hard 28.3 1.0 fl oz 0.0 10172 Candies, hard 28.3 1.0 fl oz 0.0 10185 Posk, fresh, bin, blade (chops), bone-in, separable lean only, cooked, pan-fried 8.0 3.0 oz 0.0 10186 Posk, fresh, bin, blade (chops), bone, blade (chops), boneles,	11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	0.0
14143 Beverages, carbonated, low calorie, other than cola or pepper, without calfeine 29.6 1.0 ft no. 0.0 104606 Most drippings thard, beaf hallow, mutton tallow 28.5 1.0 no. 0.0 10921 Pork, cruck, lag, dams, whole, separable lean and fat, heated, para-broil 136.0 1.0 stice 0.0 10932 Pork, cruck, lam and water product, slice, boncless, separable lean and fat, heated, para-broil 136.0 1.0 stice 0.0 1095 Peanuts, vriginia, raw 146.0 1.0 stice 0.0 1096 Pork, cruck, lam and water product, slice, boncless, separable lean and fat, heated, para-broil 136.0 0.0 6.75 ft no. 0.0 10107 Pork, fresh, bior, blade (chops), brone-in, separable kan only, cooked, para-fried 85.0 3.0 oz 0.0 10108 Pork, fresh, bior, blade (chops), brone-in, separable kan only, cooked, para-fried 85.0 3.0 oz 0.0 10109 Pork, fresh, bior, blade (chops), brone-in, separable kan only, cooked, para-fried 85.0 3.0 oz 0.0 10109 Pork, fresh, bior, blade (chops), brone-in, separable kan only, sooked, para-fried 85.0 3.0 oz 0.0 10109 Pork, cured, lam with natural juices, whole, boncless, separable lean only, batad, masted 85.0 3.0 oz 0.0 1085 Milk, nordar, flaid, with added vitamin A and vitamin D (fat free or skim) 245.0 1.0 cup 0.0 10867 Ground turkey, V3% lean, 7% fat, patities, brotled 85.0 3.0 oz grilled patities 0.0 10869 Pork, ground, 96% lean /4% fat, cooked, para-brotled 85.0 3.0 oz grilled patities 0.0 10860 Milk, nordar, flaid, with added sorrbic acid and calcium 250.0 8.0 ft oz 0.0 10871 Pata, cooked, unearticled, without added said 0.0 in 0.0 10881 Pork, fresh, loin, tenderion, separable lean and fat, trimmed to 0° fat, choice, raw 85.0 3.0 oz grilled patities 0.0 1089 Pork, fresh, loin, tenderion, separable lean and fat, trimmed to 0° fat, choice, raw 85.0 3.0 oz grilled patities 0.0 1098 Pork, fresh, loin, tenderion, separable lean only, cooked, rounter 248.0 1	10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.0
04666 Meat trippings (lard, beef tallow, mutton tallow) 12.8 1 Outbelopsom 0.0 1010 Pork, fresh, leg (ham), whole, separable lean only, raw 28.35 1.0 oz 0.0 1021 Pork, creed, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil 136.0 0.10 cm 0.0 1605 Peanus, virginia, raw 146.0 1.0 cm 0.0 0.0 14264 Beverages, furti punch drink, without added nutriens, canned 210.0 6.0 3.0 0.0 1010 Pork, fresh, loin, blade (chops), hone-in, separable lean only, cooked, pan-fried 85.0 3.0 0.0 1405 Alcoholic beverage, distilled, rum, 80 proof 27.8 1.0 ll o.0 1.0 0.0 1465 Beverages, Enerry drink, AMP 240.0 1.0 serving (3 oz.) 0.0 1465 Breve, whole, meat and skin, cooked, roasted 85.0 1.0 serving (3 oz.) 0.0 1086 Tikey, whole, meat and skin, cooked, roasted 85.0 1.0 serving (3 oz.) 0.0 1087 Leavening agents, cream of tartar 3.0 1.0 cup 0.0	05699	Turkey, skin from whole, (light and dark), with added solution, roasted	28.35	1.0 oz	0.0
10010 Pork, fresh, leg (ham), whole, separable lean only, raw 28.35 1.0 oz 0.0 10921 Pork, cured, ham and water product, slice, boncless, separable lean and far, heated, pan-broid 1360 1.0 slice 0.0 1695 Peanuts, virginia, raw 1460 1.0 cup 0.0 14264 Beverages, fruit punch drink, without added nutrients, canned 2100 6.0 cm/s. 3.0 cm/s. 0.0 10120 Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried 85.0 3.0 cm/s. 0.0 19107 Candies, hard 28.3 1.0 cp 0.0 14628 Beverages, disilled, rum, 80 proof 27.8 1.0 nf or 0.0 14625 Beverages, Energy drink, AMP 29.0 1.0 serving 0.0 1683 Pork, cured, ham with match and vicamin D (far fece or skim) 25.0 1.0 serving 0.0 1685 Leavening agents, cream of tartar 3.0 1.0 cp 0.0 1687 Forumd nutsey, 93% lean, 7% fact, partics, broiled 85.0 3.0 oz gilled patie 0.0 1697 Pork, ground,	14143	Beverages, carbonated, low calorie, other than cola or pepper, without caffeine	29.6	1.0 fl oz	0.0
10921 Pork, cured, ham and water product, slice, bonsless, separable lean and fat, heated, pan-broil 1360 1.0 stilled 2.0 stille	04606	Meat drippings (lard, beef tallow, mutton tallow)	12.8	1.0 tablespoon	0.0
1609 Panuts, vigninia, raw 1460 1.0 cm 0.0 14264 Beverages, finit punch drink, without added nutrients, camed 2100 6.75 for point 0.0 10120 Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried 850 3.0 or 0.0 14050 Candies, hard 28.35 1.0 no 0.0 14052 Reverages, fleitilled, rum, 80 proof 27.8 1.0 no 0.0 14625 Beverages, Energy drink, AMP 2400 1.0 no 1.0 no 0.0 1616 Turkey, whole, meat and skin, cooked, roasted 850 1.0 serving 0.0 1618 Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted 850 1.0 serving 0.0 1837 Leavening agents, cream of turtar 30 1.0 serving 0.0 1837 Leavening agents, cream of turtar 850 3.0 or grid turkey. 0.0 1897 Pork, ground, 96% lean /4% fat, cooked, pan-broiled 850 3.0 or grid part 0.0 1997 Pork, ground, 96% lean /4% fat, cooked, pan-broiled <td>10010</td> <td>Pork, fresh, leg (ham), whole, separable lean only, raw</td> <td>28.35</td> <td>1.0 oz</td> <td>0.0</td>	10010	Pork, fresh, leg (ham), whole, separable lean only, raw	28.35	1.0 oz	0.0
14264 Beverages, fruit punch drink, without added nutrients, canned 2100 675 floor 00 10120 Pork, fresh, bini, blade (chops), bone-in, separable lean only, cooked, pan-fried 85.0 3.0 oz 0.0 19107 Candies, hard 28.35 1.0 no 0.0 14050 Alcoholic beverage, distilled, rum, 80 proof 27.8 1.0 no 0.0 14625 Beverages, Energy drink, AMP 2400 1.0 serving 0.0 05166 Turkey, whole, meat and skin, cooked, roasted 85.0 3.0 oz 0.0 10883 Pork, cured, ham with added vitamin A and vitamin D (fat free or skim) 245.0 1.0 serving (3 oz) 0.0 10875 Milk, nontat, fluid, with added vitamin A and vitamin D (fat free or skim) 245.0 1.0 serving (3 oz) 0.0 18373 Leavening agents, cream of tartar 3.0 1.0 serving (3 oz) 0.0 08667 Ground turkey, 93% lean, 7% fat, patities, broiled 85.0 3.0 oz grilled patities 0.0 08797 Pork, ground, 96% lean, 4% fat, cooked, pan-broiled 85.0 3.0 oz grilled patities 0.0 <	10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	0.0
10120 Pork, fresh, bin, bindae (chops), bone-in, separable lean only, cooked, pan-fried 85.0 3.0 oz 0.0 19107 Cardies, hard 28.35 1.0 no 0.0 14050 Alcoholic beverage, distilled, rum, 80 proof 27.8 1.0 no 0.0 14052 Beverages, Farery drink, AMP 2400 1.0 serving 0.0 05166 Turkey, whole, meat and skin, cooked, roasted 85.0 3.0 oz 0.0 1083 Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted 85.0 1.0 serving (3 oz) 0.0 1085 Milk, norfat, fluid, with added viramin A and viramin D (fat free or skim) 25.0 1.0 serving (3 oz) 0.0 0567 Ground turkey, 39% lean, 7% fat, paties, broiled 85.0 3.0 oz grilled paties 0.0 0570 Fork, ground, 96% lean / 4% fat, cooked, pan-broiled 85.0 3.0 oz grilled paties 0.0 0594 Juice, apple, grape and pear bleend, with added ascorbic acid and calcium 250.0 8.0 fl.0 oz 0.0 1215 Nus, almond butter, plain, without salt added 160 1.0 cup suppletit mort pate of the pa	16095	Peanuts, virginia, raw	146.0	1.0 cup	0.0
19107 Candies, hard 28.35 1.0 oz 0.0 14050 Alcoholic beverage, distilled, rum, 80 proof 27.8 1.0 fl. oz 0.0 14625 Beverages, Energy drink, AMP 2400 1.0 serving 0.0 05166 Turkey, whole, meat and skin, cooked, roasted 85.0 3.0 oz 0.0 10833 Pork, cured, lam with added vitamin A and vitamin D (fat free or skim) 245.0 1.0 serving 3 oz 0.0 18373 Leavening agents, cream of tartar 3.0 1.0 serving 3 oz 0.0 05667 Ground turkey, 93% lean, 7% fat, patties, broiled 85.0 3.0 oz grilled patties 0.0 05679 Pork, ground, 96% lean / 4% fat, cooked, pan-broiled 85.0 3.0 oz grilled patties 0.0 04044 Juice, apple, grape and pear blend, with added accorbic acid and calcium 250.0 8.0 fl. oz 8.0 fl. oz 0.0 1295 Nats, almond butter, plain, without salt added 160 1.0 tups spaketi not packed 0.0 23045 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw 85.0 3.0 oz 0.0 </td <td>14264</td> <td>Beverages, fruit punch drink, without added nutrients, canned</td> <td>210.0</td> <td>6.75 fl oz</td> <td>0.0</td>	14264	Beverages, fruit punch drink, without added nutrients, canned	210.0	6.75 fl oz	0.0
14050 Alcoholic beverage, distilled, rum, 80 proof 27.8 1.0 fl oz 0.0 14625 Beverages, Energy drink, AMP 240.0 1.0 serving 0.0 05166 Turkey, whole, meat and skin, cooked, roasted 85.0 3.0 oz 0.0 08883 Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted 85.0 1.0 serving 3.00 0.0 18873 Leavening agents, cream of tartar 3.0 1.0 tup 0.0 05667 Ground turkey, 93% lean, 7% fat, patties, broiled 85.0 3.0 oz grilled patties 0.0 05979 Pork, ground, 96% lean /4% fat, cooked, pan-broiled 85.0 3.0 oz grilled patties 0.0 04944 Juice, apple, grape and pear blend, with added ascorbic acid and calcium 250.0 8.0 fl oz 0.0 23945 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw 85.0 3.0 oz 0.0 24421 Pasta, cooked, unenriched, without added salt 124.0 1.0 cup spaghetti not packed 0.0 056419 Soup, chicken noodle, canned, prepared with qualt volume water 85.0	10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.0
14625 Beverages, Energy drink, AMP 2400 1.0 serving 0.0 05166 Turkey, whole, meat and skin, cooked, roasted 85.0 3.0 oz 0.0 10883 Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted 85.0 1.0 serving (3 oz) 0.0 10885 Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim) 245.0 1.0 cur of 1.0	19107	Candies, hard	28.35	1.0 oz	0.0
05166 Turkey, whole, meat and skin, cooked, roasted 85.0 3.0 oz 0.0 10883 Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted 85.0 1.0 serving (3 oz) 0.0 10885 Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim) 245.0 1.0 cup 0.0 18373 Leavening agents, cream of tartar 3.0 1.0 tsp 0.0 05667 Ground turkey, 93% lean, 7% fat, paties, broiled 85.0 3.0 oz 0.0 10979 Pork, ground, 96% lean /4% fat, cooked, pan-broiled 85.0 3.0 oz grilled patities 0.0 09444 Juice, apple, grape and pear blend, with added ascorbic acid and calcium 250.0 8.0 ft oz 0.0 12195 Nuts, almond butter, plain, without salt added 16.0 1.0 tbsp 0.0 23045 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw 85.0 3.0 oz 0.0 20421 Pasta, cooked, unenriched, without added salt 124.0 1.0 cup spaghetti not packed 0.0 10619 Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted <td>14050</td> <td>Alcoholic beverage, distilled, rum, 80 proof</td> <td>27.8</td> <td>1.0 fl oz</td> <td>0.0</td>	14050	Alcoholic beverage, distilled, rum, 80 proof	27.8	1.0 fl oz	0.0
10883 Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted 85.0 1.0 serving (3 oz) 0.0 10855 Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim) 245.0 1.0 cup 0.0 18373 Leavening agents, cream of tartar 3.0 1.0 tsp 0.0 05667 Ground turkey, 95% lean, 7% fat, paties, broiled 85.0 3.0 oz grilled paties 0.0 10979 Pork, ground, 96% lean /4% fat, cooked, pan-broiled 85.0 3.0 oz grilled paties 0.0 09444 Juice, apple, grape and pear blend, with added ascorbic acid and calcium 250.0 8.0 fl oz 0.0 09444 Juice, apple, grape and pear blend, with added ascorbic acid and calcium 250.0 8.0 fl oz 0.0 23045 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw 85.0 3.0 oz 0.0 20421 Pasta, cooked, unenriched, without added salt 124.0 1.0 cup spaghett not packed 0.0 10061 Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted 85.0 3.0 oz 0.0 44408 Beverage	14625	Beverages, Energy drink, AMP	240.0	1.0 serving	0.0
01085 Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim) 245.0 1.0 cup 0.0 18373 Leavening agents, cream of tartar 3.0 1.0 tsp 0.0 05667 Ground turkey, 93% lean, 7% fat, patties, broiled 85.0 3.0 oz grilled patties 0.0 10979 Pork, ground, 96% lean/4% fat, cooked, pan-broiled 85.0 3.0 oz grilled patties 0.0 09444 Juice, apple, grape and pear blend, with added ascorbic acid and calcium 250.0 8,0 fl oz 0.0 12195 Nuts, almond butter, plain, without salt added 16.0 1.0 tbsp 0.0 23045 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw 85.0 3.0 oz 0.0 20421 Pasta, cooked, unenriched, without added salt 124.0 1.0 cup spaghetti not packed 0.0 10061 Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted 85.0 3.0 oz 0.0 6419 Soup, chicken noodle, canned, prepared with equal volume water 248.0 1.0 serving 1.0 fl oz 0.0 14408 Beverages, orange-flavor drink, breakfast type, powder, pre	05166	Turkey, whole, meat and skin, cooked, roasted	85.0	3.0 oz	0.0
18373 Leavening agents, cream of tartar 3.0 1.0 tsp 0.0 05667 Ground turkey, 93% lean, 7% fat, patties, broiled 85.0 3.0 oz 0.0 10979 Pork, ground, 96% lean / 4% fat, cooked, pan-broiled 85.0 3.0 oz grilled patties 0.0 09444 Juice, apple, grape and pear blend, with added ascorbic acid and calcium 250.0 8.0 fl oz 0.0 12195 Nuts, almond butter, plain, without salt added 16.0 1.0 tbsp 0.0 23045 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw 85.0 3.0 oz 0.0 20421 Pasta, cooked, unenriched, without added salt 124.0 1.0 cup spaghetti not packed 0.0 10061 Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted 85.0 3.0 oz 0.0 6419 Soup, chicken noodle, canned, prepared with equal volume water 33.9 1.0 serving 1 cup 0.0 6419 Beverages, orange-flavor drink, breakfast type, powder, prepared with water 33.9 1.0 tbsp 0.0 1408 Beverages, orange-flavor drink, breakfast type, powder, prepared with water <td>10883</td> <td>Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted</td> <td>85.0</td> <td>1.0 serving (3 oz)</td> <td>0.0</td>	10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.0
05667 Ground turkey, 93% lean, 7% fat, patties, broiled 85.0 3.0 oz 0.0 10979 Pork, ground, 96% lean / 4% fat, cooked, pan-broiled 85.0 3.0 oz grilled patties 0.0 09444 Juice, apple, grape and pear blend, with added ascorbic acid and calcium 250.0 8.0 fl oz 0.0 12195 Nuts, almond butter, plain, without salt added 16.0 1.0 tbsp 0.0 23045 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw 85.0 3.0 oz 0.0 20421 Pasta, cooked, unenriched, without added salt 124.0 1.0 cup spaghetti not packed 0.0 10061 Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted 85.0 3.0 oz 0.0 6419 Soup, chicken noodle, canned, prepared with equal volume water 248.0 1.0 serving 1 cup 0.0 14408 Beverages, orange-flavor drink, breakfast type, powder, prepared with water 33.9 1.0 fl oz 0.0 19438 Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares 22.0 1.0 serving 0.0 14288 Lemonade, powder, prepared with water	01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.0
10979 Pork, ground, 96% lean / 4% fat, cooked, pan-broiled 85.0 3.0 oz grilled patties 0.0 09444 Juice, apple, grape and pear blend, with added ascorbic acid and calcium 250.0 8.0 fl oz 0.0 12195 Nuts, almond butter, plain, without salt added 16.0 1.0 tbsp 0.0 23045 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw 85.0 3.0 oz 0.0 20421 Pasta, cooked, unenriched, without added salt 124.0 1.0 cup spaghetti not packed 0.0 10061 Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted 85.0 3.0 oz 0.0 06419 Soup, chicken noodle, canned, prepared with equal volume water 248.0 1.0 serving 1 cup 0.0 14408 Beverages, orange-flavor drink, breakfast type, powder, prepared with water 33.9 1.0 fl oz 0.0 19438 Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares 22.0 1.0 serving 0.0 19428 Lemonade, powder, prepared with water 33.0 1.0 fl oz 0.0 5024 Chicken, gizzard, all classes, cooked, simmered	18373	Leavening agents, cream of tartar	3.0	1.0 tsp	0.0
09444 Juice, apple, grape and pear blend, with added ascorbic acid and calcium 250.0 8.0 fl oz 0.0 12195 Nuts, almond butter, plain, without salt added 16.0 1.0 tbsp 0.0 23045 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw 85.0 3.0 oz 0.0 20421 Pasta, cooked, unenriched, without added salt 124.0 1.0 cup spaghetti not packed 0.0 10061 Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted 85.0 3.0 oz 0.0 66419 Soup, chicken noodle, canned, prepared with equal volume water 248.0 1.0 serving 1 cup 0.0 14408 Beverages, orange-flavor drink, breakfast type, powder, prepared with water 33.9 1.0 fl oz 0.0 19438 Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares 22.0 1.0 serving 0.0 19428 Lemonade, powder, prepared with water 33.0 1.0 cup chopped or dice 0.0 05024 Chicken, gizzard, all classes, cooked, simmered 145.0 1.0 cup chopped or dice 0.0 05715 Turkey, skin, from retail parts, from dark me	05667	Ground turkey, 93% lean, 7% fat, patties, broiled	85.0	3.0 oz	0.0
12195 Nuts, almond butter, plain, without salt added 16.0 1.0 tbsp 0.0 23045 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw 85.0 3.0 oz 0.0 20421 Pasta, cooked, unenriched, without added salt 124.0 1.0 cup spaghetti not packed 0.0 10061 Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted 85.0 3.0 oz 0.0 06419 Soup, chicken noodle, canned, prepared with equal volume water 248.0 1.0 serving 1 cup 0.0 14408 Beverages, orange-flavor drink, breakfast type, powder, prepared with water 33.9 1.0 fl oz 0.0 04002 Lard 12.8 1.0 tbsp 0.0 19438 Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares 22.0 1.0 serving 0.0 14288 Lemonade, powder, prepared with water 33.0 1.0 fl oz 0.0 05024 Chicken, gizzard, all classes, cooked, simmered 145.0 1.0 cup chopped or dice 0.0 05715 Turkey, skin, from retail parts, from dark meat, cooked, roasted 28.35 1.0 oz	10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.0
Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw 85.0 3.0 oz 0.0 20421 Pasta, cooked, unenriched, without added salt 124.0 1.0 cup spaghetti not packed 0.0 10061 Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted 85.0 3.0 oz 0.0 6419 Soup, chicken noodle, canned, prepared with equal volume water 248.0 1.0 serving 1 cup 0.0 14408 Beverages, orange-flavor drink, breakfast type, powder, prepared with water 33.9 1.0 fl oz 0.0 04002 Lard 12.8 1.0 tbsp 0.0 14288 Lemonade, powder, prepared with water 33.0 1.0 fl oz 0.0 14288 Lemonade, powder, prepared with water 33.0 1.0 fl oz 0.0 05024 Chicken, gizzard, all classes, cooked, simmered 145.0 1.0 cup chopped or dice 0.0 05715 Turkey, skin, from retail parts, from dark meat, cooked, roasted 10164 Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw 85.0 3.0 oz 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.	09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	250.0	8.0 fl oz	0.0
Pasta, cooked, unenriched, without added salt 124.0 1.0 cup spaghetti not packed 0.0 10061 Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted 85.0 3.0 oz 0.0 6419 Soup, chicken noodle, canned, prepared with equal volume water 248.0 1.0 serving 1 cup 0.0 14408 Beverages, orange-flavor drink, breakfast type, powder, prepared with water 33.9 1.0 fl oz 0.0 04002 Lard 12.8 1.0 tbsp 0.0 19438 Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares 22.0 1.0 serving 0.0 14288 Lemonade, powder, prepared with water 33.0 1.0 fl oz 0.0 05024 Chicken, gizzard, all classes, cooked, simmered 145.0 1.0 cup chopped or dice 0.0 05715 Turkey, skin, from retail parts, from dark meat, cooked, roasted 10164 Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw 85.0 3.0 oz 0.0	12195	Nuts, almond butter, plain, without salt added	16.0	1.0 tbsp	0.0
Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted 85.0 3.0 oz 0.0 06419 Soup, chicken noodle, canned, prepared with equal volume water 248.0 1.0 serving 1 cup 0.0 14408 Beverages, orange-flavor drink, breakfast type, powder, prepared with water 33.9 1.0 fl oz 0.0 04002 Lard 12.8 1.0 tbsp 0.0 19438 Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares 22.0 1.0 serving 0.0 14288 Lemonade, powder, prepared with water 33.0 1.0 fl oz 0.0 05024 Chicken, gizzard, all classes, cooked, simmered 145.0 1.0 cup chopped or dice 0.0 05715 Turkey, skin, from retail parts, from dark meat, cooked, roasted 10164 Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw 85.0 3.0 oz 0.0	23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
06419Soup, chicken noodle, canned, prepared with equal volume water248.01.0 serving 1 cup0.014408Beverages, orange-flavor drink, breakfast type, powder, prepared with water33.91.0 fl oz0.004002Lard12.81.0 tbsp0.019438Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares22.01.0 serving0.014288Lemonade, powder, prepared with water33.01.0 fl oz0.005024Chicken, gizzard, all classes, cooked, simmered145.01.0 cup chopped or dice0.005715Turkey, skin, from retail parts, from dark meat, cooked, roasted28.351.0 oz0.010164Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw85.03.0 oz0.0	20421	Pasta, cooked, unenriched, without added salt	124.0	1.0 cup spaghetti not packed	0.0
14408Beverages, orange-flavor drink, breakfast type, powder, prepared with water33.91.0 fl oz0.004002Lard12.81.0 tbsp0.019438Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares22.01.0 serving0.014288Lemonade, powder, prepared with water33.01.0 fl oz0.005024Chicken, gizzard, all classes, cooked, simmered145.01.0 cup chopped or dice0.005715Turkey, skin, from retail parts, from dark meat, cooked, roasted28.351.0 oz0.010164Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw85.03.0 oz0.0	10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	0.0
04002Lard12.81.0 tbsp0.019438Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares22.01.0 serving0.014288Lemonade, powder, prepared with water33.01.0 fl oz0.005024Chicken, gizzard, all classes, cooked, simmered145.01.0 cup chopped or dice0.005715Turkey, skin, from retail parts, from dark meat, cooked, roasted28.351.0 oz0.010164Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw85.03.0 oz0.0	06419	Soup, chicken noodle, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.0
19438 Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares 22.0 1.0 serving 0.0 14288 Lemonade, powder, prepared with water 33.0 1.0 fil oz 0.0 05024 Chicken, gizzard, all classes, cooked, simmered 145.0 1.0 cup chopped or dice 0.0 05715 Turkey, skin, from retail parts, from dark meat, cooked, roasted 28.35 1.0 oz 0.0 10164 Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw 85.0 3.0 oz 0.0	14408	Beverages, orange-flavor drink, breakfast type, powder, prepared with water	33.9	1.0 fl oz	0.0
14288Lemonade, powder, prepared with water33.01.0 fl oz0.005024Chicken, gizzard, all classes, cooked, simmered145.01.0 cup chopped or dice0.005715Turkey, skin, from retail parts, from dark meat, cooked, roasted28.351.0 oz0.010164Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw85.03.0 oz0.0	04002	Lard	12.8	1.0 tbsp	0.0
Chicken, gizzard, all classes, cooked, simmered 145.0 1.0 cup chopped or dice 0.0 05715 Turkey, skin, from retail parts, from dark meat, cooked, roasted 28.35 1.0 oz 0.0 10164 Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw 85.0 3.0 oz 0.0	19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22.0	1.0 serving	0.0
Turkey, skin, from retail parts, from dark meat, cooked, roasted 28.35 1.0 oz 0.0 Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw 85.0 3.0 oz 0.0	14288	Lemonade, powder, prepared with water	33.0	1.0 fl oz	0.0
Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw 85.0 3.0 oz 0.0	05024	Chicken, gizzard, all classes, cooked, simmered	145.0	1.0 cup chopped or dice	0.0
	05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	28.35	1.0 oz	0.0
19128 Syrups, table blends, pancake, reduced-calorie 73.0 1.0 serving 1/4 cup 0.0	10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0.0
	19128	Syrups, table blends, pancake, reduced-calorie	73.0	1.0 serving 1/4 cup	0.0

	NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
1318 Bect, variety must and by-products, brain, raw 28.35	08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	0.0
1318 Beef, variety meats and by-products, brain, raw	09111	Grapefruit, raw, pink and red and white, all areas	230.0	1.0 cup sections, with juice	0.0
10899 Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil 85.0 1.0 serving (3 oz) 0.0 19337 Sweetners, inblisting, separatine, EQUAL, packets 3.5 1.0 cm 0.0 19388 Cereals ready-to-ent, USDA Commodify Corn and Rice (includes all commodity brands) 29.0 1.0 cm 0.0 15190 Salmon, red (sockeye), files with skin, smoked (Alaska Native) 108.0 1.0 files 0.0 143188 Sweetners, tubletop, saccharin (sodium saccharin) 1.0 1.0 serving I packet 0.0 144173 Beverages, ZEPUA, cola 255.0 1.0 cam 0.0 16922 Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled 12.2 1.0 thup 0.0 16929 Pork, fresh, shoulder, arm picale, separable lean and fat, cooked, broiled 12.2 1.0 cam 1.0 cam 0.0 16975 Pork, fresh, shoulder, arm picale, separable lean and fat, cooked, broiled 85.0 3.0 oz 0.0 16976 Pork, fresh, shoulder, arm picale, separable lean and fat, cooked, braised 85.0 1.0 cam 0.0 16976 Pork, fresh, shoulder, arm picale, separable lean and fat, cooked, braised 85.0 1.0 cam 0.0 16980 Cereals, QUAREE, cong gits, fastuat, plan, prepared (microwaved or boiling water added), without salt 2200 1.0 serving cup 0.0 16980 Cereals, QUAREE, cong gits, fastuat, plan, prepared (microwaved or boiling water added), without salt 2400 8.0 fl o. 0.0 16980 Cereals, QUAREE, cong gits, fastuat, plan, prepared (microwaved or boiling water added), without salt 2400 8.0 fl o. 0.0 16980 Pork, fresh, shoulder, stocked, shoulder, stocked, realed 85.0 3.0 oz 0.0 16980 Pork, bactor, reduced fat, crocked 85.0 3.0 oz 0.0 16980 Pork, bactor, entered fat, crocked 85.0 1.0 medium slice (preport 3° x 2° x 14° z 0.0 16981 Pork, bactor, reduced fat, crocked 0.0 0.0 16982 Pork, fresh, loin, tenderion, separable lean and fat, crocked, roasted 85.0 1.0 medium slice (preport 3° x 2° x 14° z 0.0 1698	05179	Turkey from whole, neck, meat only, raw	28.35	1.0 oz	0.0
19337 Sweeteners, tabletop, aspartame, EQUAL, packets 3.5 1.0 top 0.0 19589 Cereals ready-to-cat, USDA Commodity Corn and Rice (includes all commodity brands) 29.0 1.0 top 0.0 1958 Salmon, red Coackeys, filed swith kirk, smoked (Altacka Naive) 108.0 1.0 filed 0.0 14158 Sweeteners, tabletop, saccharin (sodium saccharin) 1.0 1.0 serving I packet 0.0 14073 Beverages, ZEVIA, cola 1.0 cam 0.0 14073 Beverages, ZEVIA, cola 1.0 cam 0.0 1992 Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled 12.0 1.0 cam 1.0 cam 0.0 1992 Pork, fresh, boin, country-style ribs, separable lean and fat, cooked, broiled 12.0 1.0 cam 0.0 1993 Orange juice, chilled, includes from concentrate 24.9 1.0 cam 0.0 19075 Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised 85.0 3.0 or 0.0 19075 Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised 85.0 3.0 or 0.0 19075 Soup, beef broth o boullon, powder, prepared with water 24.00 1.0 serving I com 0.0 19075 Soup, beef broth o boullon, powder, prepared with water 24.00 1.0 serving I com 0.0 19076 Reverages, MONSTFRe mengy drink, low carb 24.00 8.0 floor 0.0 19076 Reverages, MONSTFRe mengy drink, low carb 24.00 8.0 floor 0.0 19079 Veal, variety ments and by-products, thymus, cooked, braised 85.0 3.0 or 0.0 19721 Veal, variety ments and by-products, thymus, cooked, braised 85.0 1.0 medium slice (approx 3" x" x 1/2") 0.0 19721 Veal, variety ments and by-products, thymus, cooked, braised 24.00 1.0 medium slice (approx 3" x" x 1/2") 0.0 19722 Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, materd 85.0 1.0 medium slice (approx 3" x" x 1/2") 0.0 19723 Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted 85.0 1.0 medium slice (appr	13318	Beef, variety meats and by-products, brain, raw	28.35	1.0 oz	0.0
08508 Coreals ready-to-cart, USDA Commodity Com and Rice (includes all commodity brands) 29.0 1.0 cmp 0.0 35190 Salmon, red (sockeye), files with skin, smoked (Alaska Native) 10.80 1.0 cmp 0.0 34185 Sweeteners, tabletop, saccharin (sodium saccharin) 1.0 1.0 serving placket 0.0 14973 Beverages, ZEVIA, cola 335.0 1.0 cmp 0.0 04542 Fat. chicken 1.2.8 1.0 tbp 0.0 05929 Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled 122.0 1.0 cmp 0.0 05029 Orange juice, childre, includes from concentrate 240.0 1.0 cmp 0.0 06075 Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised 85.0 3.0 az 0.0 06175 Soup, beef broth or bouillon, prowder, prepared with water 240.0 1.0 serving 0.0 06175 Soup, beef broth or bouillon, prowder, prepared with water 240.0 1.0 cmp 0.0 14022 Beverages, MONSTER energy drink, low card 240.0 8.0 flo.cup 0.0	10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.0
851900 Salmon, red (sockeye), filets with skin, smoked (Alaska Native) 108.0 1.0 sring I packet 0.0 43158 Swesteners, tabletop, saccharin (sodium saccharin) 1.0 1.0 sring I packet 0.0 14073 Beverages, ZEVIA, cola 355.0 1.0 can 0.0 05452 Fat, chicken 12.8 1.0 rbsp 0.0 10920 Ornge juice, chilled, includes from concentrate 249.0 1.0 cup 0.0 09200 Ornge juice, chilled, includes from concentrate 249.0 1.0 cup 0.0 06753 Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised 85.0 3.0 cu 0.0 06754 Soup, beef broth or bouillon, powder, prepared with water 240.0 1.0 serving 1 cup 0.0 06903 Cereals, QUAKER, corn gric, instant, plain, prepared (microwaved or boiling water added), without stil 219.0 8.0 fl.0 serving 1 cup 0.0 1804 Pork, becon, rendered fat, cooked 8.0 fl.0 serving 1 cup 0.0 8.0 fl.0 cup 3.0 cu 0.0 1804 Pork, bearing and the periodices, fl. serving 1 cooked, presented fat, cooked, skin and bone r	19337	Sweeteners, tabletop, aspartame, EQUAL, packets	3.5	1.0 tsp	0.0
43158 Sweeteners, tabletop, saccharin (sodium saccharin)	08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	29.0	1.0 cup	0.0
10073 Bevernges, ZEVIA, coln 10 cm 0.0 10542 Fat, chicken 12.8 1.0 thsp 0.0 10592 Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled 1220 1.0 rack 0.0 10075 Pork, fresh, shoulder, arm picnic, separable lean and fat, conked, braised 249.0 1.0 cup 0.0 10075 Pork, fresh, shoulder, arm picnic, separable lean and fat, conked, braised 85.0 3.0 or 0.0 10076 Pork, fresh, shoulder, arm picnic, separable lean and fat, conked, braised 85.0 1.0 serving 1 cup 0.0 108093 Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt 2190 1.0 cup 0.0 108093 Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt 2190 1.0 cup 0.0 10840 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw 85.0 3.0 or 0.0 10841 Pork, bacon, rendered fat, cooked 58.5 3.0 or 0.0 0.0 10842 Pork, bacon, rendered fat, cooked 58.5 3.0 or 0.0 0.0 107219 Veal, variety meats and by-products, thymus, cooked, braised 85.0 3.0 or 0.0 0.0 1084391 Turkey, light or dark meat, smoked, cooked, skin and bone removed 28.0 1.0 medium slice (approx 3" x 2" x 14") 0.0 14189 Bevernges, The COCA-COLA company, Minute Maid, Lemonade 2400 8.0 fl. of 1.0 thigh with skin 0.0 10841 Fast Foods, Fried Chicken, Thigh, meat and skin, cooked, rotiseric, original seasoning 80.0 1.0 thigh with skin 0.0 10942 Pork, fresh, loin, tenderloin, separable lean and fat, cooked, rotiseric, original seasoning 80.0 1.0 thigh with skin 0.0 10952 Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, rotiseric, original seasoning 80.0 1.0 thigh with skin 0.0 10953 Turkey, terail parts, beast, meat and skin, cooked, rotiseric, original seasoning 80.0 1.0 thigh with skin 0.0 109	35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	108.0	1.0 filet	0.0
0542 Fat, chicken 12.8 1.0 tbsp 0.0 10992 Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled 122.0 1.1 crack 0.0 09209 Orange juice, chilled, includes from concentrate 249.0 1.0 cup 0.0 06475 Soup, beef broth or bouillon, powder, prepared with water 240.0 1.0 serving 1 cup 0.0 0893 Cereals, QUAKER, corn grifs, instant, plain, prepared (microwaved or boiling water added), without salt 219.0 1.0 cerving 1 cup 0.0 14022 Beverages, MONSTER energy drink, low carb 240.0 8.0 fl o. 8.0 fl o. 0.0 1864 Pork, bacon, rendered fat, cooked 85.0 3.0 oz 0.0 1884 Pork, bacon, rendered fat, cooked, braised 85.0 3.0 oz 0.0 43391 Turkey, light or dark meat, smoked, cooked, skin and bone removed 85.0 1.0 medium slice (approx 3* 2* x 14*) 0.0 5351 Chicken, broilers or fryers, thigh, meat and skin, cooked, roitsserie, original seasoning 89.0 1.0 thigh with skin 0.0 63521 Prak, fresh, loin, center loin (roasts), bone-in,	43158	Sweeteners, tabletop, saccharin (sodium saccharin)	1.0	1.0 serving 1 packet	0.0
10992 Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled 122.0 1.0 rms 0.0 09209 Orange juice, chilled, includes from concentrate 249.0 1.0 cup 0.0 10075 Pork, fresh, shoulder, arm pienic, separable lean and fat, cooked, braised 85.0 3.0 oz 0.0 06475 Soup, beef broth or bouillon, powder, prepared with water 240.0 1.0 serving 1 cup 0.0 08933 Cereals, QUAKER, corn grist, instant, plain, prepared (microwaved or boiling water added), without salt 219.0 1.0 cup 1.0 cup 0.0 14022 Beverrages, MONSTER energy drink, low carb 240.0 8.0 fl.0 cup 0.0 23061 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw 85.0 3.0 oz 0.0 10844 Pork, bacon, rendered fat, cooked 85.0 3.0 oz 0.0 43391 Turkey, light or dark meat, smoked, cooked, shin and bone removed 28.0 1.0 medium slice (approx 3" x 2" x 14") 0.0 4189 Beverages, The COCA-COLA company, Minute Maid, Lemonade 240.0 8.0 fl.0 cup 1.0 thicken, broilers or fryers, thigh, m	14073	Beverages, ZEVIA, cola	355.0	1.0 can	0.0
09209 Orange juice, chilled, includes from concentrate 249.0 1.0 cup 0.0 10075 Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised 85.0 3.0 oz 0.0 06475 Soup, beef broth or bouillon, powder, prepared with water 240.0 1.0 serving 1 cup 0.0 08093 Cercals, QUAKER, corn gris, instant, plain, prepared (microwaved or boiling water added), without salt 219.0 8.0 fl.0 cup 0.0 14022 Beverages, MONNTER energy drink, low carb 240.0 8.0 fl.0 cup 0.0 23061 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw 85.0 3.0 oz 0.0 10864 Pork, bacon, rendered fat, cooked 85.0 3.0 oz 0.0 17219 Veal, variety meats and by-products, thyrus, cooked, braised 85.0 3.0 oz 0.0 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") 0.0 45251 Chicken, broilers or fivers, ligh, meat and skin, cooked, roasted 240.0 8.0 fl.0 z 0.0 05351 Chicken, broilers o	04542	Fat, chicken	12.8	1.0 tbsp	0.0
10075 Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised 85.0 3.0 oz 0.0 106475 Soup, beef broth or bouillon, powder, prepared with water 240.0 1.0 serving 1 cup 0.0 10893 Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt 219.0 1.0 cup 0.0 14022 Beverages, MONSTER energy drink, low carb 240.0 8.0 fl oz 0.0 123061 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw 85.0 3.0 oz 0.0 10864 Pork, bacon, rendered fat, cooked 85.0 3.0 oz 0.0 17219 Veal, variety meats and by-products, thymus, cooked, braised 85.0 1.0 medium slice (approx 3" x 2" x 1/4") 0.0 14189 Beverages, The COCA-COLA company, Minute Maid, Lemonade 240.0 8.0 fl oz 0.0 1521471 Fast Foods, Fried Chicken, Thigh, meat and skin, cooked, roisted 85.0 1.0 medium slice (approx 3" x 2" x 1/4") 0.0 1621471 Fast Foods, Fried Chicken, Thigh, meat and skin and breading 136.0 1.0 thigh with skin 0.0 1622 Pork, fresh, loin, center loin (roists), bone-in, separable lean and fat, cooked, roisted 85.0 3.0 oz 0.0 1623 Turkey, retail parts, breast, meat and skin, cooked, roasted 85.0 3.0 oz 0.0 1624 Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted 85.0 3.0 oz 0.0 1625 Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted 85.0 3.0 oz 0.0 1626 Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted 85.0 3.0 oz 0.0 1627 Egg, white, ruw, frozen, pasteurized 28.0 1.0 oz 0.0 1628 Soup, chicken broth, less/reduced sodium, ready to serve 240.0 1.0 cup 0.0 1628 Soup, chicken broth, less/reduced sodium, ready to serve 240.0 1.0 cup 0.0 1629 Frostings, glaze, prepared-from-recipe 26.0 1.0 recipe yield 0.0 1629 Frostings, glaze, prepar	10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	0.0
06475 Soup, beef broth or bouillon, powder, prepared with water 240.0 1.0 serving 1 cup 0.0 08093 Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt 219.0 1.0 cup 0.0 14022 Beverages, MONSTER energy drink, low carb 240.0 8.0 fl oz 0.0 23061 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw 85.0 3.0 oz 0.0 10864 Pork, bacon, rendered fat, cooked 85.0 3.0 oz 0.0 10864 Pork, bacon, rendered fat, cooked 85.0 3.0 oz 0.0 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") 0.0 14189 Beverages, The COCA-COLA company, Minute Maid, Lemonade 240.0 8.0 fl oz 0.0 05351 Chicken, broilers or fiyers, thigh, meat and skin, cooked, rotisserie, original seasoning 89.0 1.0 thigh with skin 0.0 10039 Pork, fresh, loin, center loin (rotasts), bone-in, separable lean and fat, cooked, roasted 85.0 3.0 oz 0.0 10952	09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	0.0
08093 Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt 219.0 1.0 cup 0.0 14022 Beverages, MONSTER energy drink, low carb 240.0 8.0 fl oz 0.0 23061 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw 85.0 3.0 oz 0.0 10864 Pork, bacon, rendered fat, cooked 85.0 3.0 oz 0.0 17219 Veal, variety meats and by-products, thymus, cooked, braised 85.0 3.0 oz 0.0 14391 Turkey, light or dark meat, smoked, cooked, skin and bone removed 28.0 1.0 medium slice (approx 3" x" x" 1/4") 0.0 14189 Beverages, The COCA-COLA company, Minute Maid, Lemonade 240.0 8.0 fl oz 0.0 05351 Chicken, broilers or fryers, thigh, meat and skin, cooked, rotseerie, original seasoning 89.0 1.0 thigh 0.0 21471 Fast Foods, Fried Chicken. Thigh, meat and skin and breading 136.0 1.0 thigh with skin 0.0 10052 Pork, fresh, loin, center loin (incosts), bone-in, separable lean and fat, with added solution, cooked, roasted 85.0 3.0 oz 3.0 oz </td <td>10075</td> <td>Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised</td> <td>85.0</td> <td>3.0 oz</td> <td>0.0</td>	10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
14022 Beverages, MONSTER energy drink, low carb 240.0 8.0 fl oz 0.0	06475	Soup, beef broth or bouillon, powder, prepared with water	240.0	1.0 serving 1 cup	0.0
Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw 85.0 3.0 oz 0.0	08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	219.0	1.0 cup	0.0
10864 Pork, bacon, rendered fat, cooked 85.0 3.0 oz 0.0 17219 Veal, variety meats and by-products, thymus, cooked, braised 85.0 3.0 oz 0.0 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") 0.0 14189 Beverages, The COCA-COLA company, Minute Maid, Lemonade 240.0 8.0 fl oz 0.0 05351 Chicken, broilers or fryers, thigh, meat and skin, cooked, roisserie, original seasoning 89.0 1.0 thigh 0.0 21471 Fast Foods, Fried Chicken, Thigh, meat and skin and breading 136.0 1.0 thigh with skin 0.0 10039 Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted 85.0 3.0 oz 0.0 10952 Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted 85.0 3.0 oz 0.0 05733 Turkey, retail parts, breast, meat and skin, cooked, roasted 85.0 3.0 oz 0.0 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 20	14022	Beverages, MONSTER energy drink, low carb	240.0	8.0 fl oz	0.0
17219 Veal, variety meats and by-products, thymus, cooked, braised 85.0 3.0 oz 0.0 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") 0.0 14189 Beverages, The COCA-COLA company, Minute Maid, Lemonade 240.0 8.0 fl oz 0.0 05351 Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning 89.0 1.0 thigh 0.0 121471 Fast Foods, Fried Chicken, Thigh, meat and skin and breading 136.0 1.0 thigh with skin 0.0 10039 Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted 85.0 3.0 oz 0.0 10952 Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted 85.0 3.0 oz 0.0 10172 Egg, white, raw, frozen, pasteurized 28.0 1.0 oz 0.0 10733 Turkey, retail parts, breast, meat and skin, cooked, roasted 85.0 3.0 oz 0.0 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) 0.0 10042 Turkey, breast, from whole bird, meat only, raw 114.0 4.0 oz 0.0 1083 Soup, chicken broth, less/reduced sodium, ready to serve 240.0 1.0 cup 0.0 109375 Frostings, glaze, prepared-from-recipe 327.0 1.0 recipe yield 0.0 109375 Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry 33.0 3.0 tablespoon (1 NLEA serving) 0.0	23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
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") 0.0 14189 Beverages, The COCA-COLA company, Minute Maid, Lemonade 240.0 8.0 ft oz 0.0 05351 Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning 89.0 1.0 thigh with skin 0.0 21471 Fast Foods, Fried Chicken, Thigh, meat and skin and breading 136.0 1.0 thigh with skin 0.0 10039 Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted 85.0 3.0 oz 0.0 10952 Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted 85.0 3.0 oz 0.0 01172 Egg, white, raw, frozen, pasteurized 28.0 1.0 oz 0.0 05733 Turkey, retail parts, breast, meat and skin, cooked, roasted 85.0 3.0 oz 0.0 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) 0.0 05219 Turkey, breast, from whole bird, meat only, raw 114.0 4	10864	Pork, bacon, rendered fat, cooked	85.0	3.0 oz	0.0
14189 Beverages, The COCA-COLA company, Minute Maid, Lemonade 240.0 8.0 fl oz 0.0	17219	Veal, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	0.0
Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning 136.0 1.0 thigh 0.0 15471 Fast Foods, Fried Chicken, Thigh, meat and skin and breading 136.0 Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted 85.0 1.0 thigh with skin 0.0 10039 Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, with added solution, cooked, roasted 85.0 1.0 cooked, roasted 1.0 cooked chop, with refuse (Yield from 1 cooked chop, with refuse, weighing 209g) 1.0 cooked, broiled 1.0 cooked chop, with refuse, weighing 209g) 1.0 cooked, broiled 1.0 cooked chop, with refuse, weighing 209g) 1.0 cooked, broiled 1.0 cooked chop, with refuse, weighing 209g) 1.0 cooked, broiled 1.0 cooked chop, with refuse, weighing 209g) 1.0 cooked chop, with refuse weighing 209g, and a cooked, a	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")	0.0
Fast Foods, Fried Chicken, Thigh, meat and skin and breading Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted Egg, white, raw, frozen, pasteurized Turkey, retail parts, breast, meat and skin, cooked, roasted Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled Turkey, breast, from whole bird, meat only, raw Turkey, breast, from whole bird, meat only, cooked, broiled Turkey, breast, from whole bird, meat only, cooked, broiled Turkey, breast, from whole bird, meat only, cooked, broiled Turkey, breast, from whole bird, meat only, cooked, broiled Turkey, breast, from whole bird, meat only, cooked, broiled Turkey, breast, from whole bird, meat only, cooked, broiled Turkey, breast, from whole bird, meat only, cooked, broiled Turkey, breast, leaf to the from 1 cooked chop, with refuse (Yield from 1 cooked chop, with refuse (Yield from 1	14189	Beverages, The COCA-COLA company, Minute Maid, Lemonade	240.0	8.0 fl oz	0.0
Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted Egg, white, raw, frozen, pasteurized Egg, white, raw, frozen, pasteurized Turkey, retail parts, breast, meat and skin, cooked, roasted Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, roasted Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, roasted Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted Pork, fresh, loin, tenderloin, separable	05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0.0
Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted Egg, white, raw, frozen, pasteurized Turkey, retail parts, breast, meat and skin, cooked, roasted Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled 146.0 100 to chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g) 114.0 114.0 114.0 114.0 114.0 115.0 cup 116.0 cup 117.0 cup 117.0 cup 118.0 118.0 cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry 118.0	21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	136.0	1.0 thigh with skin	0.0
Egg, white, raw, frozen, pasteurized Egg, white, raw, frozen, pasteurized 1.0 oz 0.0 1.0 oz 0.0 1.0 oz 0.0 1.0 oz 0.0 1.0 cy 1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g) 1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g) 1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g) 1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g) 1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g) 1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g) 1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g) 1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g) 1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g) 1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g) 1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g) 1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g) 1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g) 1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g) 1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g) 1.0 chop without refuse (Yield from 1 cooked chop, with refuse (Yield from 1 cooked ch	10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0
Turkey, retail parts, breast, meat and skin, cooked, roasted 85.0 1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g) Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled 146.0 11.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g) 11.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g) 11.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g) 11.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g) 11.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g) 11.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g) 11.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g) 11.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g) 11.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g) 11.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g) 11.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g) 11.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g) 11.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g) 11.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g) 11.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g) 11.0 chop without refuse (Yield from 1 cooked chop, with refuse (Yield from 1 cook	10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	85.0	3.0 oz	0.0
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) 15219 Turkey, breast, from whole bird, meat only, raw 114.0 4.0 oz 106183 Soup, chicken broth, less/reduced sodium, ready to serve 240.0 1.0 cup 1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g) 107 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0	01172	Egg, white, raw, frozen, pasteurized	28.0	1.0 oz	0.0
Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled 146.0 with refuse, weighing 209g) 114.0 Turkey, breast, from whole bird, meat only, raw 114.0 Soup, chicken broth, less/reduced sodium, ready to serve 240.0 1.0 cup 1.0 recipe yield 0.0 08573 Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry 33.0 3.0 tablespoon (1 NLEA serving)	05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	85.0	3.0 oz	0.0
Soup, chicken broth, less/reduced sodium, ready to serve 240.0 1.0 cup 0.0 19375 Frostings, glaze, prepared-from-recipe 327.0 1.0 recipe yield 0.0 Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry 33.0 3.0 tablespoon (1 NLEA serving) 0.0	10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	146.0		0.0
Frostings, glaze, prepared-from-recipe 327.0 1.0 recipe yield 0.0 08573 Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry 33.0 3.0 tablespoon (1 NLEA serving) 0.0	05219	Turkey, breast, from whole bird, meat only, raw	114.0	4.0 oz	0.0
08573 Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry 33.0 3.0 tablespoon (1 NLEA serving) 0.0	06183	Soup, chicken broth, less/reduced sodium, ready to serve	240.0	1.0 cup	0.0
	19375	Frostings, glaze, prepared-from-recipe	327.0	1.0 recipe yield	0.0
Pork, fresh, backribs, separable lean and fat, raw 85.0 3.0 oz	08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	33.0	3.0 tablespoon (1 NLEA serving)	0.0
	10192	Pork, fresh, backribs, separable lean and fat, raw	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	0.0
05696	Turkey from whole, light meat, meat only, with added solution, raw	114.0	4.0 oz	0.0
14121	Beverages, carbonated, club soda	29.6	1.0 fl oz	0.0
10006	Pork, fresh, separable fat, raw	28.35	1.0 oz	0.0
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.0
16089	Peanuts, all types, oil-roasted, with salt	144.0	1.0 cup, chopped	0.0
07969	Kielbasa, fully cooked, pan-fried	370.0	1.0 link	0.0
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	33.0	3.0 tablespoon (1 serving)	0.0
14261	Beverages, tea, green, ready to drink, unsweetened	473.0	16.0 fl oz	0.0
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	85.0	3.0 oz	0.0
43098	Pie fillings, cherry, low calorie	85.0	1.0 serving	0.0
10880	Pork, cured, ham water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.0
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1.0 tsp	0.0
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	0.0
11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	0.0
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.0
19919	Candies, fruit snacks, with high vitamin C	44.0	1.0 serving	0.0
14376	Beverages, tea, instant, lemon, diet	29.8	1.0 fl oz	0.0
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	0.0
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15.0	1.0 tbsp	0.0
19175	Gelatin desserts, dry mix, reduced calorie, with aspartame	6.4	1.0 serving	0.0
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.0
14400	Beverages, carbonated, cola, fast-food cola	258.0	1.0 serving child 12 fl oz, without ice	0.0
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.0
43345	Beverages, fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie	2.0	1.0 tsp	0.0
07030	Ham, minced	28.35	1.0 oz	0.0
14162	Beverages, Apple juice drink, light, fortified with vitamin C	240.0	8.0 fl oz	0.0
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.0
14636	Beverages, fruit juice drink, reduced sugar, with vitamin E added	209.0	1.0 container	0.0
05176	Turkey, heart, all classes, cooked, simmered	20.0	1.0 heart	0.0
06125	Gravy, turkey, canned, ready-to-serve	238.0	1.0 cup	0.0
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	28.35	1.0 oz spiral slice	0.0
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
19334	Sugars, brown	3.0	1.0 tsp unpacked	0.0
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	30.0	1.0 cup (NLEA serving)	0.0
14066	Beverages, Protein powder whey based	32.0	0.33 cup	0.0
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	0.0
20017	Corn flour, masa, enriched, white	114.0	1.0 cup	0.0
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	249.0	1.0 cup	0.0
16055	Carob flour	103.0	1.0 cup	0.0
43543	Milk, imitation, non-soy	244.0	1.0 cup	0.0
14237	Beverages, coffee substitute, cereal grain beverage, prepared with water	30.1	1.0 fl oz	0.0
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	0.0
01222	Yogurt, chocolate, nonfat milk, fortified with vitamin D	170.0	1.0 container (6 oz)	0.0
09203	Oranges, raw, Florida	185.0	1.0 cup sections, without membranes	0.0
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.0
08090	Cereals, corn grits, white, regular and quick, enriched, dry	9.7	1.0 tbsp	0.0
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	240.0	8.0 fl oz	0.0
14429	Beverages, water, tap, municipal	29.6	1.0 fl oz	0.0
12632	Nuts, macadamia nuts, dry roasted, with salt added	132.0	1.0 cup, whole or halves	0.0
03009	Babyfood, meat, ham, junior	28.35	1.0 oz	0.0
07053	Pate, chicken liver, canned	13.0	1.0 tbsp	0.0
08347	Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	0.0
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	102.0	1.0 back	0.0
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	37.0	1.0 wing without skin	0.0
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.0
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	146.0	1.0 chop	0.0
08675	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & amp; almonds	30.0	0.75 cup (1 NLEA serving)	0.0
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.0
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	140.0	1.0 cup	0.0
19147	Candies, peanut bar	28.35	1.0 oz	0.0
03967	Toddler formula, MEAD JOHNSON, ENFAGROW, PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), powder	8.8	1.0 scoop	0.0
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	142.0	1.0 chop	0.0
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	0.0
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	0.0
07005	Blood sausage	100.0	4.0 slices	0.0
19097	Sherbet, orange	74.0	0.5 cup (4 fl oz)	0.0

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20045	Rice, white, long-grain, regular, enriched, cooked	158.0	1.0 cup	0.0
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	0.0
10915	Pork, cured, ham water added, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.0
42128	Turkey ham, sliced, extra lean, prepackaged or deli-sliced	138.0	1.0 cup pieces	0.0
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	85.0	3.0 oz	0.0
04705	Salad dressing, caesar, fat-free	34.0	2.0 tbsp (1 NLEA serving)	0.0
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	85.0	3.0 oz	0.0
11028	Bamboo shoots, canned, drained solids	131.0	1.0 cup (1/8" slices)	0.0
16424	Soy sauce made from soy and wheat (shoyu), low sodium	14.2	1.0 tbsp	0.0
43060	Chewing gum, sugarless	2.0	1.0 piece	0.0
14555	Water, bottled, generic	29.6	1.0 fl oz	0.0
19280	Frozen novelties, ice type, lime	99.0	0.5 cup (4 fl oz)	0.0
05661	Chicken, liver, all classes, cooked, pan-fried	44.0	1.0 liver	0.0
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	0.0
19041	Snacks, pork skins, plain	28.35	1.0 oz	0.0
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	239.0	1.0 cup	0.0
09434	Guanabana nectar, canned	251.0	1.0 cup	0.0
14370	Beverages, tea, instant, lemon, sweetened, powder	23.0	1.0 serving (3 heaping tsp)	0.0
20321	Pasta, cooked, enriched, with added salt	124.0	1.0 cup spaghetti not packed	0.0
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0
15036	Fish, halibut, Atlantic and Pacific, raw	85.0	3.0 oz	0.0
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	71.0	1.0 drumstick	0.0
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
07027	Ham, chopped, not canned	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.0
14156	Beverages, Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12	250.0	1.0 serving 8.3 fl oz can	0.0
10020	Pork, fresh, loin, whole, separable lean and fat, raw	85.0	3.0 oz	0.0
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.0
05712	Turkey, retail parts, wing, meat only, raw	28.0	3.0 oz	0.0
11987	Mushrooms, oyster, raw	148.0	1.0 large	0.0
10153	Pork, cured, ham, whole, separable lean only, roasted	140.0	1.0 cup	0.0
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	0.0
14063	Beverages, chocolate powder, no sugar added	11.0	2.0 tbsp	0.0
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	0.0

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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)	0.0
04679	Oil, PAM cooking spray, original	0.3	1.0 spray , about 1/3 second (1 NLEA serving)	0.0
20510	Noodles, egg, cooked, unenriched, with added salt	160.0	1.0 cup	0.0
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	145.0	1.0 chop	0.0
06456	Soup, cream of shrimp, canned, prepared with equal volume water	244.0	1.0 cup	0.0
14006	Alcoholic beverage, beer, light	29.5	1.0 fl oz	0.0
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	85.0	3.0 oz	0.0
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	0.0
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	142.0	1.0 breast without skin	0.0
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.0
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	85.0	3.0 oz	0.0
08672	Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS	30.0	0.75 cup (1 NLEA serving)	0.0
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.0
12065	Nuts, almonds, oil roasted, without salt added	157.0	1.0 cup whole kernels	0.0
02007	Spices, celery seed	2.0	1.0 tsp	0.0
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.0
09127	Grapefruit juice, pink or red, with added calcium	240.0	8.0 fl oz	0.0
06174	Soup, stock, fish, home-prepared	233.0	1.0 cup	0.0
10909	Pork, cured, ham water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.0
19361	Syrups, table blends, cane and 15% maple	315.0	1.0 cup	0.0
15148	Crustaceans, lobster, northern, cooked, moist heat	145.0	1.0 cup	0.0
14092	Beverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E	240.0	1.0 cup	0.0
03245	Babyfood, dessert, custard pudding, vanilla, strained	229.0	1.0 cup	0.0
10912	Pork, cured, ham water added, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.0
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	140.0	1.0 cup	0.0
44018	Sweeteners, tabletop, fructose, liquid	0.1	1.0 serving	0.0
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252.0	1.0 cup	0.0
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	85.0	3.0 oz	0.0
43046	Candies, nougat, with almonds	14.0	1.0 piece	0.0
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	0.0
14036	Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	414.0	14.0 fl oz	0.0
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	27.8	1.0 fl oz	0.0
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.0
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.0

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14366	Beverages, tea, instant, unsweetened, powder	0.7	1.0 serving 1 tsp	0.0
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	0.0
20310	Noodles, egg, cooked, enriched, with added salt	160.0	1.0 cup	0.0
09156	Lemon peel, raw	6.0	1.0 tbsp	0.0
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.0
11269	Mushrooms, shiitake, cooked, without salt	145.0	1.0 cup pieces	0.0
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)	0.0
05706	Turkey, whole, meat and skin, with added solution, raw	85.0	3.0 oz	0.0
43325	Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted	28.35	1.0 oz, boneless	0.0
07024	Frankfurter, chicken	85.0	3.0 oz	0.0
14151	Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine	29.6	1.0 fl oz	0.0
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.0
14279	Beverages, tea, black, ready-to-drink, peach, diet	268.0	1.0 cup	0.0
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.0
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	28.35	1.0 oz	0.0
19116	Candies, marshmallows	50.0	1.0 cup of miniature	0.0
43134	Vegetarian fillets	85.0	1.0 fillet	0.0
14060	Beverages, Energy Drink with carbonated water and high fructose corn syrup	240.0	8.0 fl oz	0.0
05173	Turkey, gizzard, all classes, raw	63.0	1.0 raw gizzard	0.0
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.0