

USDA National Nutrient Database for Standard Reference Release 28

Nutrients: Vitamin A, IU (IU)

Food Subset: All Foods

Ordered by: Nutrient Content

Measured by: Household

Report Run at: October 21, 2015 11:25 EDT

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	113.0	4.0 oz	106670
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	85.0	3.0 oz	59539
17369	Lamb, New Zealand, imported, liver, raw	113.0	4.0 oz	58135
17203	Veal, variety meats and by-products, liver, cooked, braised	80.0	1.0 slice	56451
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	85.0	3.0 oz	56304
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	51627
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	51627
11683	Carrot, dehydrated	74.0	1.0 cup	50665
11655	Carrot juice, canned	236.0	1.0 cup	45133
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	67.0	1.0 slice	44883
11508	Sweet potato, cooked, baked in skin, flesh, without salt	200.0	1.0 cup	38436
11424	Pumpkin, canned, without salt	245.0	1.0 cup	38129
11846	Pumpkin, canned, with salt	245.0	1.0 cup	38129
11517	Sweet potato, frozen, cooked, baked, without salt	176.0	1.0 cup, cubes	36731
05150	Goose, liver, raw	94.0	1.0 liver	29138
11877	Sweet potato, frozen, cooked, baked, with salt	176.0	1.0 cup, cubes	28882
03100	Babyfood, vegetables, carrots, junior	224.0	1.0 cup	26454
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	26449
14056	Beverages, Acai berry drink, fortified	266.0	8.0 fl oz	25797
03099	Babyfood, vegetables, carrots, strained	224.0	1.0 cup	25673
11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	24715
11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	24715
11866	Squash, winter, butternut, cooked, baked, with salt	205.0	1.0 cup, cubes	22868
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	22868
11426	Pumpkin pie mix, canned	270.0	1.0 cup	22405
11514	Sweet potato, canned, mashed	255.0	1.0 cup	22182
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	85.0	3.0 oz	22098
13326	Beef, variety meats and by-products, liver, cooked, braised	68.0	1.0 slice	21566
11124	Carrots, raw	128.0	1.0 cup chopped	21384

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	182.0	1.0 cup	21205
17200	Lamb, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	21203
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	81.0	1.0 slice	21131
05177	Turkey, liver, all classes, raw	78.0	1.0 raw liver	20983
11461	Spinach, canned, regular pack, drained solids	214.0	1.0 cup	20974
11512	Sweet potato, canned, vacuum pack	255.0	1.0 cup, mashed	20357
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.0	1.0 cup, chopped	19538
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	170.0	1.0 cup, chopped	19538
05138	Chicken, capons, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	19236
11791	Kale, frozen, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	19115
11236	Kale, frozen, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	19115
05178	Turkey, liver, all classes, cooked, simmered	53.0	1.0 liver cooked	18993
11581	Vegetables, mixed, canned, drained solids	163.0	1.0 cup	18991
11855	Spinach, canned, no salt added, solids and liquids	234.0	1.0 cup	18917
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	18917
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	18869
11854	Spinach, cooked, boiled, drained, with salt	180.0	1.0 cup	18866
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	18866
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	18293
11516	Sweet potato, frozen, unprepared	176.0	1.0 cup, cubes	18246
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	17971
11790	Kale, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	17707
11234	Kale, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	17707
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	17655
05143	Duck, domesticated, liver, raw	44.0	1.0 liver	17559
11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	17478
11271	Mustard greens, cooked, boiled, drained, without salt	140.0	1.0 cup, chopped	17318
05021	Chicken, broilers or fryers, giblets, cooked, fried	145.0	1.0 cup, chopped or diced	17297
11645	Sweet potato, canned, syrup pack, solids and liquids	228.0	1.0 cup	17168
05137	Chicken, capons, giblets, raw	115.0	1.0 giblets	16751
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	16308
11759	Carrots, canned, no salt added, drained solids	146.0	1.0 cup, sliced	16308
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	15297
11782	Dandelion greens, cooked, boiled, drained, with salt	105.0	1.0 cup, chopped	15271
11126	Carrots, canned, regular pack, solids and liquids	123.0	0.5 cup slices	15085
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	119.0	1.0 cup	15076

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	14882
03109	Babyfood, vegetables, sweet potatoes, junior	224.0	1.0 cup	14865
11274	Mustard spinach, (tendergreen), raw	150.0	1.0 cup, chopped	14850
11801	Mustard spinach, (tendergreen), cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	14760
11275	Mustard spinach, (tendergreen), cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	14760
11799	Mustard greens, cooked, boiled, drained, with salt	140.0	1.0 cup, chopped	14752
11318	Peas and carrots, canned, regular pack, solids and liquids	255.0	1.0 cup	14714
05172	Turkey, whole, giblets, cooked, simmered	95.0	1.0 giblets	14627
11768	Collards, cooked, boiled, drained, with salt	190.0	1.0 cup, chopped	14440
11162	Collards, cooked, boiled, drained, without salt	190.0	1.0 cup, chopped	14440
03108	Babyfood, vegetables, sweet potatoes strained	224.0	1.0 cup	14421
13325	Beef, variety meats and by-products, liver, raw	85.0	3.0 oz	14363
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	165.0	1.0 cup	14355
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	165.0	1.0 cup	14355
11845	Pumpkin, cooked, boiled, drained, with salt	245.0	1.0 cup, mashed	14100
11423	Pumpkin, cooked, boiled, drained, without salt	245.0	1.0 cup, mashed	14100
11245	Lambsquarters, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	14069
11794	Lambsquarters, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	14069
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	163.0	1.0 cup	14038
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	14038
11350	Pokeberry shoots, (poke), raw	160.0	1.0 cup	13920
05128	Chicken, stewing, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	13827
11490	Squash, winter, hubbard, baked, without salt	205.0	1.0 cup, cubes	13745
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	13745
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	13739
07207	OSCAR MAYER, Braunschweiger Liver Sausage (sliced)	85.0	3.0 oz	13382
03053	Babyfood, dinner, vegetables and beef, strained	256.0	1.0 cup	12611
03054	Babyfood, dinner, vegetables and beef, junior	256.0	1.0 cup	12611
11579	Vegetables, mixed, canned, solids and liquids	245.0	1.0 cup	12448
05116	Chicken, roasting, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	11797
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	11458
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	11458
03084	Babyfood, dinner, vegetables and turkey, strained	256.0	1.0 cup	11254
05171	Turkey, whole, giblets, raw	85.0	3.0 oz	11160
17202	Veal, variety meats and by-products, liver, raw	28.35	1.0 oz	11072
03085	Babyfood, dinner, vegetables and turkey, junior	256.0	1.0 cup	11072

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
11087	Beet greens, cooked, boiled, drained, without salt	144.0	1.0 cup (1" pieces)	11022
11736	Beet greens, cooked, boiled, drained, with salt	144.0	1.0 cup (1" pieces)	11022
11891	Turnip greens, cooked, boiled, drained, with salt	144.0	1.0 cup, chopped	10980
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	10980
09031	Apricots, dehydrated (low-moisture), sulfured, stewed	249.0	1.0 cup	10973
11765	Chard, swiss, cooked, boiled, drained, with salt	175.0	1.0 cup, chopped	10717
11148	Chard, swiss, cooked, boiled, drained, without salt	175.0	1.0 cup, chopped	10717
11863	Squash, winter, all varieties, cooked, baked, with salt	205.0	1.0 cup, cubes	10707
11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	10707
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	150.0	1.0 cup, chopped	10614
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	150.0	1.0 cup, chopped or diced	10614
03073	Babyfood, dinner, vegetables chicken, strained	256.0	1.0 cup	10578
03127	Babyfood, vegetables, spinach, creamed, strained	240.0	1.0 cup	10008
11422	Pumpkin, raw	116.0	1.0 cup (1" cubes)	9875
11962	Peppers, hot chile, sun-dried	37.0	1.0 cup	9801
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	9452
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	9452
03279	Babyfood, dinner, mixed vegetable, junior	99.0	1.0 serving	9154
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	9094
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	8827
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	8724
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	73.0	1.0 pepper	8681
43387	Turnip greens, canned, no salt added	144.0	1.0 cup	8574
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145.0	1.0 cup chopped or dice	8510
07942	Pate, truffle flavor	56.0	1.0 serving 2 oz	8400
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	240.0	1.0 cup, mashed	8014
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240.0	1.0 cup, mashed	8014
36620	Restaurant, Chinese, shrimp and vegetables	601.0	1.0 order	7933
21377	McDONALD'S Bacon Ranch Salad with Crispy Chicken	319.0	1.0 item 11.3 oz	7927
36619	Restaurant, Chinese, kung pao chicken	604.0	1.0 order	7846
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	7611
11272	Mustard greens, frozen, unprepared	146.0	1.0 cup, chopped	7526
09110	Goji berries, dried	28.0	5.0 tbsp	7510
07911	Liverwurst spread	55.0	0.25 cup	7500
22979	KASHI Black Bean Mango, frozen, unprepared	283.0	1.0 entree	7500
03061	Babyfood, dinner, vegetables and ham, strained	256.0	1.0 cup	7352

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
03062	Babyfood, dinner, vegetables and ham, junior	256.0	1.0 cup	7352
36603	Restaurant, Chinese, beef and vegetables	574.0	1.0 order	7244
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	7223
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	7223
11208	Dandelion greens, cooked, boiled, drained, without salt	105.0	1.0 cup, chopped	7179
06064	Soup, turkey, chunky, canned, ready-to-serve	236.0	1.0 cup (8 fl oz)	7156
22528	Turkey Pot Pie, frozen entree	397.0	1.0 package yields	7015
17199	Lamb, variety meats and by-products, liver, raw	28.35	1.0 oz	6978
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	6850
25012	Snacks, sweet potato chips, unsalted	28.35	1.0 oz	6712
03274	Babyfood, dinner, vegetables and chicken, junior	256.0	1.0 cup	6687
11322	Peas and carrots, frozen, unprepared	70.0	0.5 cup	6648
22953	Egg rolls, pork, refrigerated, heated	85.0	1.0 roll	6633
11277	New Zealand spinach, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	6520
11802	New zealand spinach, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	6520
06018	Soup, chunky chicken noodle, canned, ready-to-serve	530.0	1.0 can	6487
21378	McDONALD'S, Bacon Ranch Salad without chicken	223.0	1.0 item 7.8 oz	6447
06434	CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup	247.0	1.0 cup	6410
09357	Apricots, canned, heavy syrup, drained	219.0	1.0 cup, halves	6404
06730	Soup, split pea with ham, chunky, reduced fat, reduced sodium, ready-to-serve, single brand	243.0	1.0 serving	6379
11568	Turnip greens, raw	55.0	1.0 cup, chopped	6373
05661	Chicken, liver, all classes, cooked, pan-fried	44.0	1.0 liver	6326
11781	Cress, garden, cooked, boiled, drained, with salt	135.0	1.0 cup	6276
11204	Cress, garden, cooked, boiled, drained, without salt	135.0	1.0 cup	6276
11521	Taro leaves, cooked, steamed, without salt	145.0	1.0 cup	6145
11879	Taro, leaves, cooked, steamed, with salt	145.0	1.0 cup	6145
10110	Pork, fresh, variety meats and by-products, liver, raw	28.35	1.0 oz	6138
21376	McDONALD'S, Bacon Ranch Salad with Grilled Chicken	305.0	1.0 item 10.8 oz	6137
22986	KASHI Mayan Harvest Bake, frozen, unprepared	283.0	1.0 entree	6017
06974	Soup, vegetable chicken, canned, prepared with water, low sodium	241.0	1.0 cup	6015
06388	CAMPBELL'S CHUNKY Soups, Beef with Country Vegetables Soup	245.0	1.0 cup	6000
09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	5986
11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	5878
05028	Chicken, liver, all classes, cooked, simmered	44.0	1.0 liver	5864
03059	Babyfood, dinner, vegetables and bacon, strained	256.0	1.0 cup	5847
06022	Soup, chicken rice, canned, chunky, ready-to-serve	240.0	1.0 cup	5803

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
11576	Turnip greens and turnips, frozen, unprepared	95.0	0.33 package (10 oz)	5803
09034	Apricots, dried, sulfured, stewed, with added sugar	270.0	1.0 cup, halves	5775
06749	Soup, beef and vegetables, canned, ready-to-serve	250.0	1.0 cup	5725
11207	Dandelion greens, raw	55.0	1.0 cup, chopped	5589
35206	Plums, wild (Northern Plains Indians)	161.0	1.0 cup	5577
35203	Rose Hips, wild (Northern Plains Indians)	127.0	1.0 cup	5518
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	269.0	1.0 cup	5509
11487	Squash, winter, butternut, frozen, unprepared	113.0	0.33 package (12 oz)	5413
11616	Dock, raw	133.0	1.0 cup, chopped	5320
14119	Beverages, Mixed vegetable and fruit juice drink, with added nutrients	247.0	8.0 fl oz	5145
03066	Babyfood, dinner, vegetables and lamb, strained	256.0	1.0 cup	5107
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	98.0	1.0 cup, chopped	5096
11504	Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt	98.0	1.0 cup, chopped	5096
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	5071
11297	Parsley, fresh	60.0	1.0 cup chopped	5054
03055	Babyfood, dinner, beef with vegetables	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	5013
14619	Beverages, V8 SPLASH Juice Drinks, Tropical Blend	243.0	1.0 serving 8 oz	5001
31007	HEALTHY REQUEST Tomato juice	243.0	8.0 fl oz	5001
14616	Beverages, V8 SPLASH Juice Drinks, Orchard Blend	243.0	1.0 serving 8 oz	5001
14613	Beverages, V8 SPLASH Juice Drinks, Guava Passion Fruit	243.0	1.0 serving 8 oz	5001
14607	Beverages, V8 SPLASH Juice Drinks, Diet Berry Blend	243.0	8.0 fl oz	5001
14617	Beverages, V8 SPLASH Juice Drinks, Strawberry Banana	243.0	1.0 serving 8 oz	5001
14614	Beverages, V8 SPLASH Juice Drinks, Mango Peach	243.0	1.0 serving 8 oz	5001
14611	Beverages, V8 SPLASH Juice Drinks, Berry Blend	243.0	1.0 serving 8 oz	5001
31010	CAMPBELL'S, V8 Vegetable Juice, Essential Antioxidants V8	243.0	8.0 oz	5001
14618	Beverages, V8 SPLASH Juice Drinks, Strawberry Kiwi	243.0	1.0 serving 8 oz	5001
14615	Beverages, V8 SPLASH Juice Drinks, Orange Pineapple	243.0	1.0 serving 8 oz	5001
14612	Beverages, V8 SPLASH Juice Drinks, Fruit Medley	243.0	1.0 serving 8 oz	5001
06241	CAMPBELL'S CHUNKY Microwavable Bowls, Beef with Country Vegetables Soup, ready-to-serve	245.0	1.0 serving 1 cup	5000
14609	Beverages, V8 SPLASH Juice Drinks, Diet Strawberry Kiwi	238.0	1.0 serving	5000
14610	Beverages, V8 SPLASH Juice Drinks, Diet Tropical Blend	238.0	1.0 serving 8 oz	5000
14608	Beverages, V8 SPLASH Juice Drinks, Diet Fruit Medley	238.0	1.0 serving 8 oz	5000
09507	Fruit juice smoothie, NAKED JUICE, MIGHTY MANGO	240.0	8.0 fl oz	4999
07041	Liver sausage, liverwurst, pork	18.0	1.0 slice (2-1/2" dia x 1/4" thick)	4980
14633	Beverages, Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C	238.0	1.0 serving	4974
07040	Liver cheese, pork	28.35	1.0 oz	4958

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06978	Soup, beef and mushroom, low sodium, chunk style	251.0	1.0 cup	4937
05027	Chicken, liver, all classes, raw	44.0	1.0 liver	4874
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	4872
11583	Vegetables, mixed, frozen, unprepared	95.0	0.33 package (10 oz)	4824
09022	Apricots, canned, water pack, with skin, solids and liquids	243.0	1.0 cup, halves	4760
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	4685
11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped	4665
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	4511
11789	Jute, potherb, cooked, boiled, drained, with salt	87.0	1.0 cup	4511
04589	Fish oil, cod liver	4.5	1.0 tsp	4500
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	51.0	12.0 fries	4424
36626	Restaurant, Chinese, chicken and vegetables	693.0	1.0 order	4366
06039	Soup, minestrone, canned, chunky, ready-to-serve	240.0	1.0 cup	4279
11570	Turnip greens, canned, solids and liquids	117.0	0.5 cup	4196
42316	Babyfood, carrots, toddler	28.35	1.0 oz	4170
03282	Babyfood, vegetables, mix vegetables junior	99.0	1.0 serving 3.5 oz serving	4153
09024	Apricots, canned, juice pack, with skin, solids and liquids	244.0	1.0 cup, halves	4126
19182	Desserts, mousse, chocolate, prepared-from-recipe	808.0	1.0 recipe yield	4113
09023	Apricots, canned, water pack, without skin, solids and liquids	227.0	1.0 cup, whole, without pits	4109
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	4094
09035	Apricots, frozen, sweetened	242.0	1.0 cup	4066
06429	CAMPBELL'S CHUNKY Soups, Manhattan Clam Chowder	245.0	1.0 cup	4001
06408	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Vegetable Soup	245.0	1.0 cup	4001
06447	CAMPBELL'S CHUNKY Soups, Savory Vegetable Soup	245.0	1.0 cup	4001
14622	Beverages, V8 V-FUSION Juices, Tropical	246.0	1.0 serving 8 oz	4000
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	3983
11190	Cornsalad, raw	56.0	1.0 cup	3972
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	135.0	1.0 cup, strips	3970
06007	Soup, bean with ham, canned, chunky, ready-to-serve	243.0	1.0 cup (8 fl oz)	3951
11658	Spinach souffle	136.0	1.0 cup	3932
06071	Soup, vegetable beef, canned, condensed	126.0	0.5 cup	3911
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	91.0	0.5 cup	3892
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	91.0	0.5 cup	3892
11097	Broccoli raab, cooked	85.0	1.0 NLEA serving	3853
11974	Grape leaves, raw	14.0	1.0 cup	3853
06471	Soup, vegetable beef, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	3787

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
43365	Tomato and vegetable juice, low sodium	242.0	1.0 cup	3770
11613	Borage, raw	89.0	1.0 cup (1" pieces)	3738
11004	Amaranth leaves, cooked, boiled, drained, without salt	132.0	1.0 cup	3656
11700	Amaranth leaves, cooked, boiled, drained, with salt	132.0	1.0 cup	3656
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	246.0	1.0 cup, whole, without pits	3619
06068	Soup, vegetarian vegetable, canned, condensed	126.0	0.5 cup	3581
14315	Beverages, OVALTINE, chocolate malt powder	78.0	1.0 cup	3545
11503	Swamp cabbage, (skunk cabbage), raw	56.0	1.0 cup, chopped	3528
14086	Beverages, V8 SPLASH Smoothies, Peach Mango	245.0	1.0 serving 8 oz	3501
06441	CAMPBELL'S CHUNKY Soups, Savory Pot Roast Soup	245.0	1.0 cup	3501
11978	Peppers, ancho, dried	17.0	1.0 pepper	3474
09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	3461
11203	Cress, garden, raw	50.0	1.0 cup	3458
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241.0	1.0 cup	3425
36622	Restaurant, Chinese, sweet and sour pork	609.0	1.0 order	3368
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	253.0	1.0 cup, halves	3345
09403	Apricot nectar, canned, with added ascorbic acid	251.0	1.0 cup	3303
09036	Apricot nectar, canned, without added ascorbic acid	251.0	1.0 cup	3303
06027	Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	240.0	1.0 cup (8 fl oz)	3216
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	258.0	1.0 cup, whole, without pits	3199
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	227.0	1.0 cup	3196
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	3188
14316	Beverages, Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	3177
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	3173
03114	Babyfood, vegetable, butternut squash and corn	113.0	1.0 jar, Gerber (4 oz)	3156
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	247.0	1.0 cup, halves	3139
11116	Cabbage, chinese (pak-choi), raw	70.0	1.0 cup, shredded	3128
06740	Soup, chicken vegetable, chunky, reduced fat, reduced sodium, ready-to-serve, single brand	240.0	1.0 serving	3079
09185	Melon balls, frozen	173.0	1.0 cup, unthawed	3069
06026	Soup, chili beef, canned, condensed	263.0	1.0 cup (8 fl oz)	3022
09231	Passion-fruit, (granadilla), purple, raw	236.0	1.0 cup	3002
06374	CAMPBELL'S Red and White, Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	3000
06729	Soup, sirloin burger with vegetables, ready-to-serve, single brand	240.0	1.0 serving	3000
06457	CAMPBELL'S CHUNKY Soups, Slow Roasted Beef with Mushrooms Soup	245.0	1.0 cup	2999
06251	CAMPBELL'S CHUNKY Microwavable Bowls, Old Fashioned Vegetable Beef Soup, ready-to-serve	245.0	1.0 serving 1 cup	2999
06244	CAMPBELL'S CHUNKY Microwavable Bowls, Classic Chicken Noodle, ready-to-serve	245.0	1.0 serving 1 cup	2999

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
06403	CAMPBELL'S CHUNKY Soups, Grilled Sirloin Steak with Hearty Vegetables Soup	245.0	1.0 cup	2999
06400	CAMPBELL'S CHUNKY Soups, Grilled Chicken with Vegetables & Pasta Soup	245.0	1.0 cup	2999
06418	CAMPBELL'S CHUNKY Soups, Hearty Chicken with Vegetables Soup	245.0	1.0 serving	2999
06396	CAMPBELL'S CHUNKY Soups, Fajita Chicken with Rice & Beans Soup	245.0	1.0 cup	2999
36043	CARRABBA'S ITALIAN GRILL, lasagne	437.0	1.0 serving	2993
09021	Apricots, raw	155.0	1.0 cup, halves	2985
15025	Fish, eel, mixed species, raw	85.0	3.0 oz	2955
11223	Drumstick leaves, cooked, boiled, drained, without salt	42.0	1.0 cup, chopped	2945
11786	Drumstick leaves, cooked, boiled, drained, with salt	42.0	1.0 cup, chopped	2945
05127	Chicken, stewing, giblets, raw	28.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2939
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	2926
22983	KASHI, Chicken Florentine, Frozen Entree	283.0	1.0 package	2887
11214	Escarole, cooked, boiled, drained, no salt added	150.0	1.0 cup	2832
31024	Sweet Potatoes, french fried, crosscut, frozen, unprepared	85.0	3.0 oz	2822
11457	Spinach, raw	30.0	1.0 cup	2813
06725	Soup, chicken corn chowder, chunky, ready-to-serve, single brand	240.0	1.0 serving	2760
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	2758
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	2733
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	240.0	1.0 cup	2693
11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	2666
06070	Soup, chunky beef, canned, ready-to-serve	245.0	1.0 cup	2666
06024	Soup, chicken and vegetable, canned, ready-to-serve	255.0	1.0 cup	2662
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	2645
09276	Pitanga, (surinam-cherry), raw	173.0	1.0 cup	2595
11623	Kale, scotch, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	2592
11792	Kale, scotch, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	2592
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	2588
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	2588
06025	Soup, chicken vegetable, canned, condensed	121.0	0.5 cup	2585
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	100.0	1.0 cup (1" pieces)	2572
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	100.0	1.0 cup (1" pieces)	2572
11525	Taro, tahitian, raw	125.0	1.0 cup slices	2556
31025	Sweet Potato puffs, frozen, unprepared	85.0	3.0 oz	2550
09282	Plums, canned, purple, juice pack, solids and liquids	252.0	1.0 cup, pitted	2543
35197	Lambquarters, steamed (Northern Plains Indians)	65.0	1.0 cup	2523
36041	Restaurant, Italian, lasagna with meat	457.0	1.0 serving	2514

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
11982	Peppers, pasilla, dried	7.0	1.0 pepper	2503
14058	Beverages, Whey protein powder isolate	86.0	3.0 scoop	2500
06084	CAMPBELL'S Red and White, Chicken Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	2500
06992	HEALTHY REQUEST, Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	2500
06373	CAMPBELL'S Red and White, Vegetarian Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	2500
06414	CAMPBELL'S CHUNKY Soups, Hearty Bean 'N' Ham Soup	245.0	1.0 cup	2499
06438	CAMPBELL'S CHUNKY Soups, Salisbury Steak with Mushrooms & Onions Soup	245.0	1.0 serving	2499
06459	CAMPBELL'S CHUNKY Soups, Split Pea 'N' Ham Soup	245.0	1.0 cup	2499
06389	CAMPBELL'S CHUNKY Soups, Beef with White and Wild Rice Soup	245.0	1.0 cup	2499
06252	CAMPBELL'S CHUNKY Microwavable Bowls, Sirloin Burger with Country Vegetables Soup, ready-to-serve	245.0	1.0 serving 1 cup	2499
06242	CAMPBELL'S CHUNKY Microwavable Bowls, Chicken and Dumplings Soup, ready-to-serve	245.0	1.0 serving 1 cup	2499
06439	CAMPBELL'S CHUNKY Soups, Savory Chicken with White & Wild Rice Soup	245.0	1.0 cup	2499
14310	Beverages, Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	2496
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	189.0	1.0 cup	2480
21379	McDONALD'S, Side Salad	87.0	1.0 item 3.1 oz	2480
11276	New Zealand spinach, raw	56.0	1.0 cup, chopped	2464
25008	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Honey Nut Oat Bar	55.0	1.0 bar	2448
25006	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Double Chocolate Nut Bar	55.0	1.0 bar	2445
06466	Soup, turkey vegetable, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	2444
11881	Taro, tahitian, cooked, with salt	137.0	1.0 cup slices	2417
11526	Taro, tahitian, cooked, without salt	137.0	1.0 cup slices	2417
06067	Soup, chunky vegetable, canned, ready-to-serve	230.0	1.0 cup	2413
36050	Restaurant, Mexican, cheese enchilada	244.0	1.0 serving serving size varied from 1 to 3 enchiladas	2411
11086	Beet greens, raw	38.0	1.0 cup	2404
11649	Tomato products, canned, sauce, spanish style	244.0	1.0 cup	2403
05115	Chicken, roasting, giblets, raw	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2398
11695	Tomatoes, orange, raw	158.0	1.0 cup, chopped	2364
27044	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	2362
18501	KELLOGG, KELLOG'S NUTRI-GRAIN CEREAL BARS, Mixed Berry	116.0	1.0 bar (NLEA serving)	2351
11551	Tomato products, canned, sauce, with mushrooms	245.0	1.0 cup	2340
06440	Soup, minestrone, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	2338
09233	Passion-fruit juice, yellow, raw	247.0	1.0 cup	2329
09289	Prunes, dehydrated (low-moisture), uncooked	132.0	1.0 cup	2326
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	134.0	1.0 cup	2324
11417	Pumpkin flowers, cooked, boiled, drained, without salt	134.0	1.0 cup	2324

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
03154	Babyfood, fruit and vegetable, apple and sweet potato	113.0	1.0 jar, Gerber (4 oz)	2316
11632	Peppers, jalapeno, canned, solids and liquids	136.0	1.0 cup, chopped	2312
11917	Peppers, sweet, red, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	2307
09174	Loquats, raw	149.0	1.0 cup, cubed	2277
09281	Plums, canned, purple, water pack, solids and liquids	249.0	1.0 cup, pitted	2276
18327	Pie, pumpkin, prepared from recipe	28.35	1.0 oz	2274
06387	CAMPBELL'S CHUNKY Soups, Beef Rib Roast with Potatoes & Herbs Soup	245.0	1.0 cup	2249
36621	Restaurant, Chinese, sweet and sour chicken	706.0	1.0 order	2238
09447	Plantains, yellow, fried, Latino restaurant	169.0	1.0 cup	2227
36056	Restaurant, Mexican, cheese tamales	302.0	1.0 serving serving size varied from 1 to 3 tamales	2208
11147	Chard, swiss, raw	36.0	1.0 cup	2202
36623	Restaurant, Chinese, chicken chow mein	604.0	1.0 order	2186
06967	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	253.0	1.0 cup	2176
06217	Soup, vegetable, canned, low sodium, condensed	126.0	0.5 cup	2168
03290	Babyfood, carrots and beef, strained	15.0	1.0 tbsp	2168
06101	Soup, cream of vegetable, dry, powder	18.0	1.0 packet	2159
15118	Fish, tuna, fresh, bluefin, cooked, dry heat	85.0	3.0 oz	2142
09111	Grapefruit, raw, pink and red and white, all areas	230.0	1.0 cup sections, with juice	2132
11740	Broccoli, flower clusters, raw	71.0	1.0 cup flowerets	2130
11849	Purslane, cooked, boiled, drained, with salt	115.0	1.0 cup	2130
11428	Purslane, cooked, boiled, drained, without salt	115.0	1.0 cup	2130
09219	Tangerines, (mandarin oranges), canned, juice pack	249.0	1.0 cup	2121
43027	Jellies, no sugar (with sodium saccharin), any flavors	300.0	1.0 cup	2121
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252.0	1.0 cup	2117
06040	Soup, minestrone, canned, condensed	123.0	0.5 cup (4 fl oz)	2101
06072	Soup, vegetable with beef broth, canned, condensed	123.0	0.5 cup	2100
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	777.0	1.0 order	2098
11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	2098
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160.0	1.0 cup	2098
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	160.0	1.0 cup	2098
11553	Tomato products, canned, sauce, with onions	245.0	1.0 cup	2082
11622	Kale, scotch, raw	67.0	1.0 cup, chopped	2077
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	340.0	1.0 bowl	2071
11960	Carrots, baby, raw	15.0	1.0 large	2068
06472	Soup, vegetable with beef broth, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	2056
43417	Babyfood, meat, beef with vegetables, toddler	179.0	1.0 jar NFS	2041

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
22906	Chicken pot pie, frozen entree, prepared	302.0	1.0 pie	2038
05020	Chicken, broilers or fryers, giblets, raw	23.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2035
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	2025
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	2011
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	2011
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	2011
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	2002
25004	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Chewy Chocolate Peanut Bar	55.0	1.0 bar	2000
08652	Cereals ready-to-eat, KELLOGG'S KRAVE chocolate cereal	31.0	0.75 cup (1 NLEA serving)	2000
14048	Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6	500.0	1.0 bottle	2000
14621	Beverages, V8 V-FUSION Juices, Strawberry Banana	246.0	1.0 serving 8 oz	2000
31011	CAMPBELL'S, V8 Vegetable Juice, Calcium Enriched V8	243.0	8.0 fl oz	2000
31016	CAMPBELL'S, V8 60% Vegetable Juice, V8 V-Lite	243.0	8.0 fl oz	2000
31012	CAMPBELL'S, V8 Vegetable Juice, Low Sodium V8	243.0	8.0 fl oz	2000
31008	CAMPBELL'S, V8 100% Vegetable Juice	243.0	8.0 fl oz	2000
31005	CAMPBELL'S, V8 Vegetable Juice, Organic V8	243.0	8.0 fl oz	2000
31017	CAMPBELL'S, V8 Vegetable Juice, Low Sodium Spicy Hot	243.0	8.0 fl oz	2000
06393	CAMPBELL'S CHUNKY Soups, Chicken Corn Chowder	245.0	1.0 cup	1999
06580	CAMPBELL'S Homestyle Vegetable Medley Soup	245.0	1.0 cup	1999
11015	Asparagus, canned, drained solids	242.0	1.0 cup	1989
09063	Cherries, sour, red, raw	155.0	1.0 cup, without pits	1989
06980	Soup, beef stroganoff, canned, chunky style, ready-to-serve	240.0	1.0 cup	1968
11559	Tomato products, canned, sauce, with tomato tidbits	244.0	1.0 cup	1954
36037	Restaurant, family style, chili with meat and beans	136.0	1.0 cup	1953
36019	APPLEBEE'S, chili	136.0	1.0 cup	1953
22997	KASHI, Tuscan Veggie Bake, Frozen Entree	283.0	1.0 package	1950
09175	Mammy-apple, (mamey), raw	846.0	1.0 fruit without refuse	1946
06742	Soup, vegetable beef, microwavable, ready-to-serve, single brand	292.0	1.0 serving	1898
22985	KASHI, Lemongrass Coconut Chicken, Frozen Entree	283.0	1.0 package	1896
11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	1896
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	1892
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	1892
11506	Sweet potato leaves, cooked, steamed, without salt	64.0	1.0 cup	1881
11874	Sweet potato leaves, cooked, steamed, with salt	64.0	1.0 cup	1881
09288	Prunes, canned, heavy syrup pack, solids and liquids	234.0	1.0 cup	1865
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	1863

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	184.0	1.0 cup	1860
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	1860
06739	Soup, vegetable beef, canned, condensed, single brand	136.0	1.0 serving	1859
15117	Fish, tuna, fresh, bluefin, raw	85.0	3.0 oz	1856
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244.0	1.0 cup	1840
09065	Cherries, sour, red, canned, light syrup pack, solids and liquids	252.0	1.0 cup	1830
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	256.0	1.0 cup	1828
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	1822
09278	Plantains, cooked	200.0	1.0 cup, mashed	1818
09067	Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	1817
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	365.0	1.0 serving varied from 8 to 10 ravioli per serving	1810
11161	Collards, raw	36.0	1.0 cup, chopped	1807
11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	1793
11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	1791
35205	Stinging Nettles, blanched (Northern Plains Indians)	89.0	1.0 cup	1790
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	1786
09176	Mangos, raw	165.0	1.0 cup pieces	1785
09232	Passion-fruit juice, purple, raw	247.0	1.0 cup	1771
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	1764
36055	Restaurant, Italian, cheese ravioli with marinara sauce	427.0	1.0 serving serving size varied by diameter and count of ravioli	1764
06391	CAMPBELL'S CHUNKY, Creamy Chicken and Dumplings Soup	245.0	1.0 cup	1754
14635	Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E	246.0	1.0 serving 8 oz	1754
22914	Pasta with tomato sauce, no meat, canned	252.0	1.0 serving (1 NLEA serving)	1754
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	80.0	1.0 bar	1750
25005	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON MULTIGRAIN CRUNCH BAR	55.0	1.0 bar	1750
01224	Protein supplement, milk based, Muscle Milk Light, powder	50.0	2.0 scoop	1750
25031	Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	50.0	1.0 bar	1750
35237	Tamales, masa and pork filling (Hopi)	113.0	4.0 oz	1749
36042	OLIVE GARDEN, lasagna classico	422.0	1.0 serving	1747
01134	Egg, whole, dried, stabilized, glucose reduced	85.0	1.0 cup, sifted	1742
06006	Soup, bean with frankfurters, canned, condensed	263.0	1.0 cup (8 fl oz)	1741
16272	Vitasoy USA Nasoya, Lite Silken Tofu	91.0	0.2 package	1741
09436	Mango nectar, canned	251.0	1.0 cup	1737

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	55.0	1.0 bar	1723
03283	Babyfood, vegetables, garden vegetable, strained	28.35	1.0 oz	1720
06190	Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	1720
36629	Restaurant, Chinese, orange chicken	648.0	1.0 order	1711
11270	Mustard greens, raw	56.0	1.0 cup, chopped	1693
11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	1680
11814	Peas, green, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	1680
09277	Plantains, raw	148.0	1.0 cup, sliced	1668
14044	Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan	295.0	1.0 bottle	1667
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	295.0	1.0 bottle	1667
14059	Beverages, KELLOGG'S, SPECIAL K Protein Shake	296.0	1.0 serving	1666
11152	Chicory greens, raw	29.0	1.0 cup, chopped	1658
21503	KASHI Pizza, Mediterranean, frozen, unprepared	120.0	0.33 pizza	1652
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	1652
11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	1652
09106	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids	259.0	1.0 cup	1650
11809	Peas, edible-podded, cooked, boiled, drained, with salt	160.0	1.0 cup	1648
11301	Peas, edible-podded, boiled, drained, without salt	160.0	1.0 cup	1648
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	1646
09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	116.0	1.0 cup	1644
01009	Cheese, cheddar	132.0	1.0 cup, diced	1639
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	245.0	1.0 cup	1629
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	1613
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	68.0	1.0 cup	1608
36633	Restaurant, Chinese, sesame chicken	547.0	1.0 order	1603
11233	Kale, raw	16.0	1.0 cup 1" pieces, loosely packed	1598
11222	Drumstick leaves, raw	21.0	1.0 cup, chopped	1588
11489	Squash, winter, hubbard, raw	116.0	1.0 cup, cubes	1586
11643	Squash, winter, all varieties, raw	116.0	1.0 cup, cubes	1586
03070	Babyfood, dinner, chicken soup, strained	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	1564
11231	Jute, potherb, raw	28.0	1.0 cup	1557
01024	Cheese, limburger	134.0	1.0 cup	1548
06316	Soup, HEALTHY CHOICE Garden Vegetable Soup, canned	246.0	1.0 serving 1 cup	1520
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	1514
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	129.0	1.0 cup	1512

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
14036	Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	414.0	14.0 fl oz	1511
16210	Vitasoy USA, Nasoya Lite Firm Tofu	79.0	0.2 package	1503
06587	CAMPBELL'S Soup on the Go, Chicken with Mini Noodles Soup	305.0	1.0 container	1501
06482	CAMPBELL'S Low Sodium Soups, Chicken with Noodles Soup	305.0	1.0 serving 1 container	1501
28011	KELLOGG'S, EGGO, Waffles, Cinnamon Toast	92.0	3.0 sets	1500
06544	CAMPBELL'S Homestyle Minestrone Soup	245.0	1.0 cup	1499
31018	CAMPBELL'S, V8 Vegetable Juice, High Fiber V8	243.0	8.0 fl oz	1499
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	454.0	1.0 serving varied from 7-9 ravioli per serving	1498
21499	KASHI Pizza, Roasted Vegetable, frozen, unprepared	116.0	0.33 pizza	1494
09103	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	249.0	1.0 cup	1494
11246	Leeks, (bulb and lower leaf-portion), raw	89.0	1.0 cup	1484
06426	Soup, chili beef, canned, prepared with equal volume water	261.0	1.0 cup	1469
22956	Lasagna, Vegetable, frozen, baked	227.0	1.0 serving	1469
09290	Prunes, dehydrated (low-moisture), stewed	280.0	1.0 cup	1464
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	537.0	1.0 serving	1461
36032	DENNY'S, spaghetti and meatballs	565.0	1.0 serving	1458
11709	Asparagus, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	1451
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	1451
01043	Cheese, pasteurized process, pimento	140.0	1.0 cup, diced	1442
01034	Cheese, port de salut	132.0	1.0 cup, diced	1441
11969	Broccoli, chinese, cooked	88.0	1.0 cup	1441
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155.0	1.0 cup	1435
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	155.0	1.0 cup	1435
01005	Cheese, brick	132.0	1.0 cup, diced	1426
11956	Tomatoes, sun-dried, packed in oil, drained	110.0	1.0 cup	1415
19272	Snacks, FARLEY CANDY, FARLEY Fruit Snacks, with vitamins A, C, and E	26.0	1.0 pouch	1413
09446	Plantains, green, fried	118.0	1.0 cup	1407
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	58.0	1.0 cup	1401
11710	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	58.0	1.0 cup	1401
08688	Cereals, QUAKER, Instant Oatmeal, Cinnamon Swirl, high fiber	45.0	1.0 packet (1 NLEA serving)	1400
06192	Split pea soup, canned, reduced sodium, prepared with water or ready-to-serve	253.0	1.0 cup	1397
09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	1390
01040	Cheese, swiss	132.0	1.0 cup, diced	1382
06314	Soup, HEALTHY CHOICE Chicken Noodle Soup, canned	243.0	1.0 serving 1 cup	1380
09226	Papayas, raw	145.0	1.0 cup 1" pieces	1378
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	1359

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
11446	Seaweed, laver, raw	26.0	10.0 sheets	1353
11520	Taro leaves, raw	28.0	1.0 cup	1351
09068	Cherries, sour, red, frozen, unsweetened	155.0	1.0 cup, unthawed	1348
43398	Cheese, pasteurized process, cheddar or American, low sodium	140.0	1.0 cup, diced	1343
14062	Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	254.0	8.0 fl oz	1339
01030	Cheese, muenster	132.0	1.0 cup, diced	1336
11779	Cowpeas, young pods with seeds, cooked, boiled, drained, with salt	95.0	1.0 cup	1330
11198	Cowpeas, young pods with seeds, cooked, boiled, drained, without salt	95.0	1.0 cup	1330
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	1328
36625	Restaurant, Chinese, vegetable lo mein, without meat	741.0	1.0 order	1326
08204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	30.0	1.0 cup	1323
11505	Sweet potato leaves, raw	35.0	1.0 cup, chopped	1322
01169	Cheese, low-sodium, cheddar or colby	132.0	1.0 cup, diced	1315
01011	Cheese, colby	132.0	1.0 cup, diced	1312
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	165.0	1.0 cup	1305
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	1305
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	1298
36025	CRACKER BARREL, coleslaw	167.0	1.0 serving	1298
11753	Cabbage, savoy, cooked, boiled, drained, with salt	145.0	1.0 cup, shredded	1289
11115	Cabbage, savoy, cooked, boiled, drained, without salt	145.0	1.0 cup, shredded	1289
11197	Cowpeas, young pods with seeds, raw	94.0	1.0 cup	1287
36630	Restaurant, Italian, spaghetti with meat sauce	554.0	1.0 serving	1285
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	255.0	1.0 cup	1285
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	1282
11811	Peas, green, cooked, boiled, drained, with salt	160.0	1.0 cup	1282
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	1275
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	1275
06038	CAMPBELL'S, Cheddar Cheese Soup, condensed	124.0	0.5 cup condensed	1270
06444	Soup, mushroom with beef stock, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	1254
43528	Beverages, ABBOTT, ENSURE PLUS, ready-to-drink	252.0	1.0 cup	1252
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	1252
16155	Peanut butter, smooth, vitamin and mineral fortified	32.0	2.0 tbsp	1250
16156	Peanut butter, chunky, vitamin and mineral fortified	32.0	2.0 tbsp	1250
08712	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN with cranberries	59.0	1.25 Cups (1 NLEA serving)	1250
08538	Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Blueberry Clusters	55.0	1.0 cup (1 NLEA serving)	1250
08653	Cereals ready-to-eat, KELLOGG'S RICE KRISPIES, Gluten Free	30.0	1.0 cup (1 NLEA serving)	1250

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	30.0	1.0 cup (NLEA serving)	1250
08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES	30.0	0.75 cup (1 NLEA serving)	1250
08025	Cereals ready-to-eat, RALSTON CRISP RICE	33.0	1.25 cup (1 NLEA serving)	1250
08590	Cereals ready-to-eat, KASHI HEART TO HEART, Warm Cinnamon	33.0	0.75 cup (1 NLEA serving)	1250
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.0	1.25 cup (1 NLEA serving)	1250
08387	Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat	33.0	0.75 cup (1 NLEA serving)	1250
08318	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal	50.0	1.0 cup (1 NLEA serving)	1250
06146	CAMPBELL'S Red and White, Beef with Vegetables and Barley Soup, condensed	126.0	1.0 serving 1/2 cup	1250
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31.0	0.75 cup (1 NLEA serving)	1250
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	29.0	1.0 cup (1 NLEA serving)	1250
31013	CAMPBELL'S, V8 Vegetable Juice, Spicy Hot V8	243.0	8.0 fl oz	1249
14163	Beverages, chocolate drink, milk and soy based, ready to drink, fortified	237.0	8.0 fl oz	1249
01250	Nutritional supplement for people with diabetes, liquid	227.0	1.0 can	1248
43144	Cabbage, mustard, salted	128.0	1.0 cup	1243
06211	Soup, cheese, canned, prepared with equal volume milk	251.0	1.0 cup	1242
11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	1241
09002	Acerola juice, raw	242.0	1.0 cup	1232
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	385.0	1.0 serving	1228
11481	Squash, summer, zucchini, italian style, canned	227.0	1.0 cup	1224
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	1222
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	1216
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	1207
11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	1207
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	339.0	1.0 serving	1207
01020	Cheese, fontina	132.0	1.0 cup, diced	1205
11555	Tomato products, canned, sauce, with herbs and cheese	122.0	0.5 cup	1204
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	1204
06405	CAMPBELL'S CHUNKY, HEALTHY REQUEST Chicken Noodle Soup	245.0	1.0 cup	1203
06629	Sauce, pesto, CLASSICO, basil pesto, ready-to-serve	62.0	0.25 cup	1196
01212	Milk, dry, whole, without added vitamin D	128.0	1.0 cup	1196
11191	Cowpeas (blackeyes), immature seeds, raw	145.0	1.0 cup	1185
09508	Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	275.0	1.0 cup	1177
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	1174
11884	Tomatoes, red, ripe, cooked, with salt	240.0	1.0 cup	1174
06167	Sauce, homemade, white, thick	250.0	1.0 cup	1172
14083	Beverages, chocolate malt, powder, prepared with fat free milk	256.0	1.0 serving	1172

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
09192	Oheloberries, raw	140.0	1.0 cup	1162
01035	Cheese, provolone	132.0	1.0 cup, diced	1162
08639	Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar	34.0	1.0 packet (1 NLEA serving)	1159
11527	Tomatoes, green, raw	180.0	1.0 cup	1156
08694	Cereals, QUAKER, Instant Oatmeal, weight control, cinnamon	45.0	1.0 packet (1 NLEA serving)	1151
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	119.0	1.0 cup, shredded	1151
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119.0	1.0 cup, shredded	1151
08687	Cereals, QUAKER, Weight Control Instant Oatmeal, banana bread	45.0	1.0 packet (1 NLEA serving)	1145
06002	Soup, black bean, canned, condensed	257.0	1.0 cup (8 fl oz)	1144
36021	APPLEBEE'S, coleslaw	76.0	1.0 serving	1143
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	237.0	1.0 bottle	1138
11419	Pumpkin leaves, cooked, boiled, drained, without salt	71.0	1.0 cup	1136
11848	Pumpkin leaves, cooked, boiled, drained, with salt	71.0	1.0 cup	1136
06549	Soup, chicken mushroom, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	1135
02028	Spices, paprika	2.3	1.0 tsp	1133
09044	Cherries, tart, dried, sweetened	40.0	0.25 cup	1132
42290	Milk, fluid, nonfat, calcium fortified (fat free or skim)	247.0	1.0 cup	1131
22904	Chili con carne with beans, canned entree	242.0	1.0 cup	1130
08685	Cereals ready-to-eat, QUAKER WHOLE HEARTS oat cereal	28.0	0.75 cup (1 NLEA serving)	1110
11304	Peas, green, raw	145.0	1.0 cup	1109
08228	Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry	37.0	1.0 packet	1107
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	240.0	1.0 cup	1104
22969	Chili with beans, microwavable bowls	244.0	1.0 cup	1103
08642	Cereals, QUAKER, Instant Oatmeal, Apple and Cinnamon, reduced sugar	31.0	1.0 packet (1 NLEA serving)	1100
08417	Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry	41.0	1.0 packet (1 NLEA serving)	1100
08225	Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	35.0	1.0 packet	1100
06627	Sauce, pesto, ready-to-serve, shelf stable	61.0	0.25 cup	1099
08411	Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry	50.0	1.0 packet (1 NLEA serving)	1098
14285	Beverages, OCEAN SPRAY, Ruby Red cranberry	227.0	8.0 fl oz	1096
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	1094
11540	Tomato juice, canned, with salt added	243.0	1.0 cup	1094
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	1094
08686	Cereals, QUAKER, Weight Control Instant Oatmeal, maple and brown sugar	45.0	1.0 packet (1 NLEA serving)	1093
21339	McDONALD'S, McFLURRY with OREO cookies	337.0	1.0 regular (12 fl oz)	1089
09404	Grapefruit juice, pink, raw	247.0	1.0 cup	1087
06411	Soup, cheese, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	1087

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
21338	McDONALD'S, McFLURRY with M&M'S CANDIES	348.0	1.0 regular (12 fl oz)	1086
11591	Watercress, raw	34.0	1.0 cup, chopped	1085
21363	McDONALD'S, Deluxe Breakfast, with syrup and margarine	420.0	1.0 item 14.8 oz	1084
11094	Broccoli, frozen, spears, unprepared	95.0	0.33 package (10 oz)	1081
09104	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids	252.0	1.0 cup	1081
09102	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	245.0	1.0 cup	1078
36035	Restaurant, family style, coleslaw	108.0	1.0 serving	1076
15026	Fish, eel, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	1074
06061	Soup, tomato beef with noodle, canned, condensed	251.0	1.0 cup (8 fl oz)	1067
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	1066
11549	Tomato products, canned, sauce	245.0	1.0 cup	1066
01137	Egg, yolk, dried	67.0	1.0 cup, sifted	1065
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	1065
28015	KELLOGG'S, EGGO, Waffles, Homestyle	70.0	2.0 waffles	1065
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	1064
36052	Restaurant, Mexican, cheese quesadilla	205.0	1.0 serving serving size varied on diameter and count of quesadilla	1062
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	1058
09127	Grapefruit juice, pink or red, with added calcium	240.0	8.0 fl oz	1056
43541	Ice creams, chocolate, rich	148.0	1.0 cup	1055
08124	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry	43.0	1.0 packet (1 NLEA serving)	1055
11096	Broccoli raab, raw	40.0	1.0 cup chopped	1049
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	1044
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	478.0	1.0 serving	1042
03092	Babyfood, vegetables, green beans, junior	240.0	1.0 cup	1039
08047	Cereals ready-to-eat, QUAKER, KING VITAMAN	31.0	1.5 cup (1 NLEA serving)	1039
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	249.0	1.0 cup	1038
08699	Cereals ready-to-eat, KELLOGG'S KRAVE Smores	31.0	0.75 Cup (1 NLEA serving)	1033
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	510.0	1.0 serving	1030
09139	Guavas, common, raw	165.0	1.0 cup	1030
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	92.0	0.5 cup	1029
06193	Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	1017
01025	Cheese, monterey	132.0	1.0 cup, diced	1015
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	234.0	1.0 cup, cooked	1013
11011	Asparagus, raw	134.0	1.0 cup	1013
09138	Groundcherries, (cape-gooseberries or poha), raw	140.0	1.0 cup	1008

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	1007
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	124.0	1.0 leek	1007
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	1006
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	1006
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	90.0	0.5 cup slices	1005
06630	Sauce, pesto, MEZZETTA, NAPA VALLEY BISTRO, basil pesto, ready-to-serve	60.0	0.25 cup	1004
27021	CAMPBELL'S Homestyle HEALTHY REQUEST Chicken with Whole Grain Pasta Soup	246.0	1.0 cup	1004
36631	OLIVE GARDEN, spaghetti with meat sauce	525.0	1.0 serving	1003
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	268.0	1.0 cup	1002
01263	Ice cream, light, soft serve, chocolate	298.0	1.0 medium	1001
14620	Beverages, V8 V-FUSION Juices, Peach Mango	246.0	1.0 serving 8 oz	1001
16241	SILK Plus Omega-3 DHA, soymilk	243.0	1.0 cup	1001
16245	SILK Very Vanilla, soymilk	243.0	1.0 cup	1001
21011	Fast foods, croissant, with egg and cheese	127.0	1.0 croissant	1001
06366	CAMPBELL'S Red and White, Minestrone Soup, condensed	126.0	1.0 serving 1/2 cup	1000
06364	CAMPBELL'S Red and White, Manhattan Clam Chowder, condensed	126.0	1.0 serving 1/2 cup	1000
22937	SPAGHETTIOS, SpaghettiOs in Meat Sauce	252.0	1.0 cup (1 serving)	1000
27022	CAMPBELL'S Soup on the GO, HEALTHY REQUEST Chicken with Mini Noodles Soup	305.0	1.0 container	1000
28010	KELLOGG'S, EGGO, Waffles, Buttermilk	70.0	2.0 waffles	1000
28024	KELLOGG'S, EGGO, Waffles, Strawberry	70.0	2.0 waffles	1000
28021	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Original	70.0	2.0 waffles	1000
28018	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Blueberry	70.0	2.0 waffles	1000
18506	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat	70.0	2.0 waffles 1 serving	1000
18951	Waffles, chocolate chip, frozen, ready-to-heat	70.0	2.0 waffles	1000
28022	KELLOGG'S, EGGO Seasons, Waffles, Pumpkin Spice	70.0	2.0 waffles	1000
28019	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Honey Oat	70.0	2.0 waffles	1000
28012	KELLOGG'S, EGGO, FIBERPLUS Waffles, Buttermilk	70.0	2.0 waffles	1000
28009	KELLOGG'S, EGGO, Waffles, Blueberry	70.0	2.0 waffles	1000
28023	KELLOGG'S, SIMPLY EGGO, Original	70.0	2.0 waffles	1000
28016	KELLOGG'S, EGGO Protein, Waffles, Homestyle	70.0	2.0 waffles	1000
28260	KELLOGG'S, EGGO, Waffles, Chocolate Chip	70.0	2.0 waffles	1000
18505	KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat	70.0	2.0 waffles 1 serving	1000
28013	KELLOGG'S, EGGO, FIBERPLUS Waffles, Chocolate Chip	70.0	2.0 waffles	1000
28007	KELLOGG'S, EGGO, Wafflers, Brown Sugar Cinnamon Roll	76.0	2.0 waffles	1000
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	56.0	1.0 cup (1 NLEA serving)	1000
28008	KELLOGG'S, EGGO, Wafflers, Strawberry Strudel	76.0	2.0 waffles	1000

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
06237	PREGO Pasta, Heart Smart- Roasted Red Pepper and Garlic Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	1000
18499	KELLOGG, KELLOGG'S EGGO, Buttermilk Pancake	116.0	3.0 pancakes (NLEA serving)	1000
18998	KELLOGG'S, EGGO, French Toaster Sticks, Original	90.0	2.0 pieces	1000
28014	KELLOGG'S, EGGO, Waffles, French Toast	45.0	1.0 waffle	1000
28025	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Brown Sugar	55.0	1.0 waffle	1000
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	33.0	1.25 cup (1 NLEA serving)	1000
28259	KELLOGG'S, EGGO Minis, Pancakes, Buttermilk	110.0	11.0 pancakes	1000
28026	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Original	55.0	1.0 waffle	1000
18997	KELLOGG'S, EGGO, French Toaster Sticks, Cinnamon	90.0	2.0 pieces	1000
08074	Cereals ready-to-eat, RALSTON TASTEEOS	28.0	1.0 cup (1 NLEA serving)	1000
08506	Cereals ready-to-eat, RALSTON Corn Flakes	28.0	1.0 cup (1 NLEA serving)	1000
06994	PREGO Pasta, Chunky Garden Combination Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	1000
16594	MORNINGSTAR FARMS Lasagna with Veggie Sausage, frozen, unprepared	284.0	1.0 entree	1000
28004	KELLOGG'S, EGGO, Pancakes, Chocolate Chip	105.0	3.0 pancakes	1000
06505	CAMPBELL'S Red and White - Microwaveable Bowls, Vegetable Beef Soup	245.0	1.0 cup	1000
06548	CAMPBELL'S Homestyle Chicken with White & Wild Rice Soup	245.0	1.0 cup	1000
28005	KELLOGG'S, CINNABON, Pancakes, Caramel	105.0	3.0 pancakes	1000
27017	CAMPBELL'S Homestyle Microwaveable Bowls, HEALTHY REQUEST Italian Wedding Soup	245.0	1.0 cup	1000
14087	Beverages, V8 SPLASH Smoothies, Strawberry Banana	245.0	1.0 serving 8 oz	1000
27007	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Microwavable Bowls, Chicken Noodle Soup	245.0	1.0 serving	1000
28006	KELLOGG'S, CINNABON, Pancakes, Original	105.0	3.0 pancakes	1000
28003	KELLOGG'S, EGGO, Pancakes, Blueberry	105.0	3.0 pancakes	1000
06617	CAMPBELL'S Homestyle Light Italian-Style Wedding Soup	245.0	1.0 cup	1000
06014	CAMPBELL'S Red and White, Broccoli Cheese Soup, condensed	124.0	1.0 serving 1/2 cup	999
06343	CAMPBELL'S Red and White, Creamy Chicken Noodle Soup, condensed	124.0	1.0 serving 1/2 cup	999
06215	CAMPBELL'S, 98% Fat Free Broccoli Cheese Soup, condensed	124.0	0.5 cup condensed	999
06584	Soup, broccoli cheese, canned, condensed, commercial	121.0	1.0 serving 1/2 cup	998
11291	Onions, spring or scallions (includes tops and bulb), raw	100.0	1.0 cup, chopped	997
22987	KASHI Pesto Pasta Primavera, frozen, unprepared	283.0	1.0 entree	996
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	43.0	1.0 packet	993
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	993
11977	Peppers, serrano, raw	105.0	1.0 cup, chopped	984
01228	Cheese, fresh, queso fresco	122.0	1.0 cup, crumbled	983
11310	Peas, green, canned, seasoned, solids and liquids	227.0	1.0 cup	983
08501	Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES	27.0	0.75 cup	980
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	979

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
01032	Cheese, parmesan, grated	100.0	1.0 cup	974
18326	Pie, pumpkin, commercially prepared	28.35	1.0 oz	974
06628	Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated	63.0	0.25 cup	973
06626	Sauce, pesto, ready-to-serve, refrigerated	63.0	0.25 cup	973
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	171.0	1.0 sandwich	971
11979	Peppers, jalapeno, raw	90.0	1.0 cup, sliced	970
21461	Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise	268.0	1.0 sandwich	962
06028	Soup, clam chowder, manhattan, canned, condensed	126.0	0.5 cup (4 fl oz)	960
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	230.0	1.0 cup	959
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	242.0	1.0 cup	958
21500	KASHI Pizza, Mushroom Trio & Spinach, frozen, unprepared	113.0	0.33 pizza	958
16223	Soymilk (All flavors), enhanced	243.0	1.0 cup	955
14309	Beverages, OVALTINE, Classic Malt powder	21.0	1.0 serving (4 tbsp or 1 envelope)	954
11698	Chrysanthemum leaves, raw	51.0	1.0 cup, chopped	954
06990	HEALTHY REQUEST, Minestrone Soup, condensed	120.0	1.0 serving 1/2 cup	953
09238	Peaches, canned, juice pack, solids and liquids	250.0	1.0 cup	952
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	950
42266	Babyfood, juice, apple-sweet potato	30.8	1.0 fl oz	949
11707	Asparagus, canned, no salt added, solids and liquids	122.0	0.5 cup	947
06166	Sauce, homemade, white, medium	250.0	1.0 cup	942
11537	Tomatoes, red, ripe, canned, with green chilies	241.0	1.0 cup	940
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	85.0	3.0 oz	937
01139	Egg, goose, whole, fresh, raw	144.0	1.0 egg	936
11671	Potatoes, o'brien, home-prepared	194.0	1.0 cup	933
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.0	0.5 cup	930
21462	Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise	271.0	1.0 sandwich	930
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	249.0	1.0 serving 1 cup	929
36059	Restaurant, Italian, chicken parmesan without pasta	301.0	1.0 serving	924
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	924
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30.0	1.25 cup (1 NLEA serving)	923
06208	Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	245.0	1.0 cup	919
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	489.0	1.0 serving	914
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	914
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	905
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	905
09229	Papaya nectar, canned	250.0	1.0 cup	902

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
03286	Babyfood, vegetables, mix vegetables strained	28.35	1.0 oz	898
42279	Babyfood, peas and brown rice	230.0	1.0 cup	897
36012	Restaurant, family style, fried mozzarella sticks	245.0	1.0 serving	897
14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	26.0	1.0 scoop	896
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	889
21405	McDONALD'S, Premium Crispy Chicken Club Sandwich	254.0	1.0 item 9 oz	881
19439	Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar	37.0	1.0 bar	881
06358	Soup, tomato bisque, canned, prepared with equal volume milk	251.0	1.0 cup (8 fl oz)	878
08129	Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	240.0	1.0 cup	878
11483	Squash, winter, acorn, cooked, baked, without salt	205.0	1.0 cup, cubes	877
11864	Squash, winter, acorn, cooked, baked, with salt	205.0	1.0 cup, cubes	877
09326	Watermelon, raw	154.0	1.0 cup, balls	876
09088	Elderberries, raw	145.0	1.0 cup	870
06406	Soup, bean with frankfurters, canned, prepared with equal volume water	250.0	1.0 cup (8 fl oz)	870
09241	Peaches, canned, heavy syrup pack, solids and liquids	262.0	1.0 cup	870
11723	Beans, snap, green, cooked, boiled, drained, with salt	125.0	1.0 cup	864
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	44.0	1.0 packet	863
16059	Chili with beans, canned	256.0	1.0 cup	863
06404	Soup, bean with pork, canned, prepared with equal volume water	266.0	1.0 serving 1 cup	862
06004	Soup, bean with pork, canned, condensed	130.0	0.5 cup	861
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	860
32000	Rice and vermicelli mix, beef flavor, unprepared	61.0	0.333 cup	856
22954	Egg rolls, chicken, refrigerated, heated	80.0	1.0 roll	853
03091	Babyfood, vegetables, green beans, strained	240.0	1.0 cup	852
01133	Egg, whole, dried	85.0	1.0 cup, sifted	849
09292	Plums, dried (prunes), stewed, without added sugar	248.0	1.0 cup, pitted	848
06748	Soup, PROGRESSO, beef barley, traditional, ready to serve	210.0	1.0 cup	842
11957	Fennel, bulb, raw	87.0	1.0 cup, sliced	838
06498	Soup, tomato, dry, mix, prepared with water	265.0	1.0 cup 8 fl oz	832
06976	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	128.0	1.0 serving 1/2 cup	832
11985	Fireweed, leaves, raw	23.0	1.0 cup, chopped	828
21013	Fast foods, croissant, with egg, cheese, and ham	155.0	1.0 item	820
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	30.0	0.75 cup (1 NLEA serving)	819
11003	Amaranth leaves, raw	28.0	1.0 cup	817
21012	Fast foods, croissant, with egg, cheese, and bacon	128.0	1.0 item	817
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	132.0	1.0 serving 1/2 cup	814

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	29.0	1.0 cup	810
04676	Margarine-like spread, SMART BEAT Smart Squeeze	14.0	1.0 tablespoon	808
06315	Soup, HEALTHY CHOICE Chicken and Rice Soup, canned	240.0	1.0 serving 1 cup	802
02009	Spices, chili powder	2.7	1.0 tsp	801
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	51.0	1.0 pastry	797
32032	Sausage, egg and cheese breakfast biscuit	126.0	1.0 biscuit	796
21404	MCDONALD'S, Premium Grilled Chicken Club Sandwich	223.0	1.0 item 7.9 oz	792
11053	Beans, snap, green, cooked, boiled, drained, without salt	125.0	1.0 cup	791
36058	OLIVE GARDEN, chicken parmigiana without pasta	304.0	1.0 serving	787
11199	Yardlong bean, raw	91.0	1.0 cup slices	787
36611	DENNY'S, mozzarella cheese sticks	228.0	1.0 serving	782
11764	Celery, cooked, boiled, drained, with salt	150.0	1.0 cup, diced	782
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	782
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	28.0	0.75 cup (1 NLEA serving)	779
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	254.0	1.0 item	777
01227	Cheese, dry white, queso seco	97.0	1.0 cup grated	776
03278	Babyfood, dinner, mixed vegetable, strained	28.35	1.0 oz	773
05133	Chicken, capons, meat and skin and giblets and neck, raw	85.0	3.0 oz	769
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	242.0	1.0 cup, whole	767
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	159.0	1.0 cup	766
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	27.0	0.75 cup (1 NLEA serving)	762
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup (1 NLEA serving)	761
21403	MCDONALD'S, Premium Crispy Chicken Classic Sandwich	230.0	1.0 item	759
11418	Pumpkin leaves, raw	39.0	1.0 cup	757
06375	CAMPBELL'S, Vegetable Beef Soup, condensed	126.0	0.5 cup condensed	757
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	757
04677	Margarine-like spread, SMART BALANCE Omega Plus Spread (with plant sterols & fish oil)	14.0	1.0 tablespoon	757
01203	Yogurt, fruit, lowfat, with low calorie sweetener	170.0	1.0 container (6 oz)	753
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	753
09001	Acerola, (west indian cherry), raw	98.0	1.0 cup	752
22951	SWANSON, Chicken A La King	298.0	1.0 can (1 serving)	751
06585	CAMPBELL'S Soup on the Go, Vegetable with Mini Round Noodles Soup	305.0	1.0 container	750
08544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	48.0	0.75 cup (1 NLEA serving)	750
43245	Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	55.0	1.0 cup (1 NLEA serving)	750
42265	Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan	55.0	0.75 cup (1 NLEA serving)	750
08192	Cereals ready-to-eat, POST SELECTS Blueberry Morning	55.0	1.25 cup (1 NLEA serving)	750

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
08710	Cereals ready-to-eat, KELLOGG'S, SPECIAL K gluten free, touch of brown sugar	49.0	1.0 Cup (1 NLEA serving)	750
08189	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	49.0	0.5 cup (1 NLEA serving)	750
08707	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolate Almond	28.0	0.67 Cup (1 NLEA serving)	750
06222	PREGO Pasta, Diced Onion and Garlic Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	750
06236	PREGO Pasta, Roasted Garlic Parmesan Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	750
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan,	26.0	1.0 scoop	750
06235	P REGO Pasta, Roasted Garlic and Herb Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	750
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	32.0	1.0 cup (1 NLEA serving)	750
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt	32.0	0.75 cup (1 NLEA serving)	750
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	32.0	1.5 cup (1 NLEA serving)	750
08471	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Protein Plus	32.0	0.75 cup (1 NLEA serving)	750
42240	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	32.0	0.75 cup (1 NLEA serving)	750
08073	Cereals ready-to-eat, POST, GOLDEN CRISP	27.0	0.75 cup (1 NLEA serving)	750
08034	Cereals ready-to-eat, POST, FRUITY PEBBLES	27.0	0.75 cup (1 NLEA serving)	750
08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins	60.0	0.667 cup (1 NLEA serving)	750
08665	Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	30.0	0.75 cup (1 NLEA serving)	750
06233	PREGO Pasta, Organic Tomato and Basil Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	750
08603	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry	30.0	0.75 cup (1 NLEA serving)	750
08305	Cereals ready-to-eat, Post, Waffle Crisp	30.0	1.0 cup (1 NLEA serving)	750
08553	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry	30.0	0.75 cup (1 NLEA serving)	750
18982	KASHI, H2H Woven Wheat Cracker, Roasted Garlic	30.0	7.0 cracker	750
06231	PREGO Pasta, Mushroom and Parmesan Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	750
08029	Cereals ready-to-eat, POST Bran Flakes	30.0	0.75 cup (1 NLEA serving)	750
18979	KASHI, H2H Woven Wheat Cracker, Original	30.0	7.0 cracker	750
28105	KEEBLER, GRIPZ, Cinnamon Grahams, bite-size	25.0	1.0 pouch	750
08002	Cereals ready-to-eat, POST, ALPHA-BITS	30.0	1.0 cup (1 NLEA serving for adults)	750
08595	Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX	30.0	0.75 cup (1 NLEA serving)	750
06232	PREGO Pasta, Organic Mushroom Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	750
08602	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan	30.0	0.75 cup (1 NLEA serving)	750
08543	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	30.0	0.75 cup (1 NLEA serving)	750
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30.0	1.0 cup (1 NLEA serving)	750
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	29.0	0.75 cup (1 NLEA serving)	750
08039	Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	29.0	0.75 cup (1 NLEA serving)	750
08613	Cereals ready-to-eat, KELLOGG'S SPECIAL K Multigrain Oats and Honey	29.0	0.666 cup (1 NLEA serving)	750
08453	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Chocolatey Strawberry	29.0	0.75 Cup (1 NLEA serving)	750
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29.0	0.75 cup (1 NLEA serving)	750

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
08495	Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES	29.0	0.75 cup (1 NLEA serving)	750
08655	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	29.0	0.75 cup (1 NLEA serving)	750
08370	Cereals ready-to-eat, GENERAL MILLS, RICE CRUNCHINS	21.0	1.0 bowl (3/4 cup) (1 NLEA serving)	750
08711	Cereals ready-to-eat, KELLOGG'S, SPECIAL K protein, cinnamon brown sugar crunch	31.0	0.75 Cup (1 NLEA serving)	750
08083	Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	31.0	1.0 cup (1 NLEA serving)	750
42297	Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	59.0	1.0 cup (1 NLEA serving)	750
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight	31.0	0.75 cup (1 NLEA serving)	750
08662	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with real strawberries	31.0	0.75 cup (1 NLEA serving)	750
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	750
08701	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Multi-grain	31.0	1.0 Cup (1 NLEA serving)	750
42261	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	52.0	0.75 cup (1 NLEA serving)	750
08554	Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	52.0	0.75 cup (1 NLEA serving)	750
27008	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Microwavable Bowls, Grilled Chicken & Sausage Gumbo Soup	245.0	1.0 cup	750
06454	CAMPBELL'S CHUNKY Soups, Grilled Steak- Steak Chili with Beans	245.0	1.0 cup	750
27032	CAMPBELL'S Red and White, Lentil Soup, condensed	126.0	0.5 cup	750
06365	CAMPBELL'S Red and White, Mega Noodle in Chicken Broth, condensed	126.0	1.0 serving 1/2 cup	750
06054	CAMPBELL'S Red and White, Chicken Alphabet Soup, condensed	126.0	0.5 cup	750
06029	CAMPBELL'S, HEALTHY REQUEST, chicken with rice, condensed	126.0	0.5 cup	750
02031	Spices, pepper, red or cayenne	1.8	1.0 tsp	749
08130	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	43.0	1.0 packet	746
15105	Fish, sturgeon, mixed species, cooked, dry heat	85.0	3.0 oz	744
19403	Snacks, crisped rice bar, almond	28.0	1.0 bar (1 oz)	741
11656	Corn pudding, home prepared	250.0	1.0 cup	740
21407	McDONALD'S, Premium Crispy Chicken Ranch BLT Sandwich	240.0	1.0 item 8.5 oz	734
09514	Fruit juice smoothie, BOLTHOUSE FARMS, BERRY BOOST	252.0	1.0 cup	731
09379	Plums, canned, heavy syrup, drained	183.0	1.0 cup, with pits, yields	730
11916	Peppers, sweet, red, canned, solids and liquids	140.0	1.0 cup, halves	728
01271	Cheese, mozzarella, low moisture, part-skim, shredded	86.0	1.0 cup	728
06158	Soup, tomato bisque, canned, condensed	129.0	0.5 cup (4 fl oz)	725
42155	Cheese, monterey, low fat	132.0	1.0 cup, diced	725
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	723
03945	Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA	30.5	1.0 fl oz	723
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237.0	1.0 cup	723
04674	Margarine-like spread, SMART BALANCE Light Buttery Spread	14.0	1.0 tbsp	723
06558	Soup, tomato bisque, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	721

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
08122	Cereals, oats, instant, fortified, plain, dry	28.0	1.0 packet	721
06733	Soup, beef with vegetables and barley, canned, condensed, single brand	127.0	1.0 serving	720
09423	Prune puree	36.0	2.0 tbsp	720
05109	Chicken, roasting, meat and skin and giblets and neck, raw	85.0	3.0 oz	717
11278	Okra, raw	100.0	1.0 cup	716
01182	USDA Commodity, cheese, cheddar, reduced fat	113.0	1.0 cup shredded	715
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	714
15200	Fish, mackerel, king, cooked, dry heat	85.0	3.0 oz	713
09250	Peaches, frozen, sliced, sweetened	250.0	1.0 cup, thawed	710
06195	CAMPBELL'S, HEALTHY REQUEST, cream of chicken soup, condensed	124.0	0.5 cup condensed	708
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	43.0	1.0 packet (1 NLEA serving)	708
03934	Babyfood, corn and sweet potatoes, strained	28.35	1.0 oz	708
01129	Egg, whole, cooked, hard-boiled	136.0	1.0 cup, chopped	707
09293	Plums, dried (prunes), stewed, with added sugar	248.0	1.0 cup, pitted	707
21006	Fast foods, biscuit with egg and steak	148.0	1.0 biscuit	704
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	281.0	1.0 serving varied from 1 to 3 tacos per serving	702
01208	Cheese, provolone, reduced fat	132.0	1.0 cup, diced	702
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	85.0	3.0 oz	702
11114	Cabbage, savoy, raw	70.0	1.0 cup, shredded	700
19089	Ice creams, vanilla, rich	107.0	0.5 cup	699
08216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	57.0	1.25 cup (1 NLEA serving)	698
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	692
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	262.0	1.0 cup	692
11224	Hyacinth-beans, immature seeds, raw	80.0	1.0 cup	691
03303	Babyfood, dinner, sweet potatoes and chicken, strained	16.0	1.0 tbsp	691
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	690
11843	Potatoes, au gratin, home-prepared from recipe using margarine	245.0	1.0 cup	686
43597	Cheese, mozzarella, low sodium	132.0	1.0 cup, diced	682
09450	Naranjilla (lulo) pulp, frozen, unsweetened	120.0	1.0 cup thawed	682
21402	McDONALD'S, Premium Grilled Chicken Classic Sandwich	200.0	1.0 item 7 oz	678
09143	Guava sauce, cooked	238.0	1.0 cup	674
11660	Tomatoes, red, ripe, cooked, stewed	101.0	1.0 cup	673
42303	Cheese, muenster, low fat	113.0	1.0 cup, shredded	670
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258.0	1.0 cup, pitted	668
21265	TACO BELL, BURRITO SUPREME with beef	241.0	1.0 burrito	668
21064	Fast foods, burrito, with beans, cheese, and beef	241.0	1.0 burrito	668

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
09239	Peaches, canned, extra light syrup, solids and liquids	247.0	1.0 cup, halves or slices	667
08632	Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	56.0	1.0 cup (1 NLEA serving)	666
08214	Cereals ready-to-eat, QUAKER, Oatmeal Squares	56.0	1.0 cup (1 NLEA serving)	665
11098	Brussels sprouts, raw	88.0	1.0 cup	664
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	663
08215	Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon	56.0	1.0 cup (1 NLEA serving)	662
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	662
22955	Egg rolls, vegetable, frozen, prepared	68.0	1.0 egg roll	661
28169	KELLOGG'S, POP-TARTS, Frosted Cookies & Creme Toaster Pastries	50.0	1.0 pastry	660
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	45.0	1.0 packet	660
11964	Nopales, cooked, without salt	149.0	1.0 cup	660
12160	Seeds, cottonseed kernels, roasted (glandless)	149.0	1.0 cup	659
22972	Pulled pork in barbecue sauce	249.0	1.0 cup	657
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	85.0	3.0 oz	655
06165	Sauce, homemade, white, thin	250.0	1.0 cup	655
01229	Cheese, white, queso blanco	118.0	1.0 cup, crumbled	655
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	30.0	0.25 cup	654
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	257.0	1.0 serving	653
21018	Fast foods, egg, scrambled	96.0	2.0 eggs	652
22911	Chili, no beans, canned entree	240.0	1.0 cup	650
22912	Spaghetti, with meatballs in tomato sauce, canned	246.0	1.0 cup	649
11373	Potatoes, au gratin, home-prepared from recipe using butter	245.0	1.0 cup	647
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	14.9	1.0 tbsp	644
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	14.9	1.0 tbsp	644
36028	DENNY'S, coleslaw	91.0	1.0 serving	643
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	28.35	1.0 oz	643
11416	Pumpkin flowers, raw	33.0	1.0 cup	643
09251	Peach nectar, canned, without added ascorbic acid	249.0	1.0 cup	642
09407	Peach nectar, canned, with added ascorbic acid	249.0	1.0 cup	642
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	642
04687	Margarine-like spread, BENECOL Light Spread	14.0	1.0 tablespoon (1 NLEA serving)	639
11667	Seaweed, spirulina, dried	112.0	1.0 cup	638
18489	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted strawberry	52.0	1.0 pastry	638
21406	McDONALD'S, Premium Grilled Chicken Ranch BLT Sandwich	202.0	1.0 item 7.1 oz	636
06615	Soup, SWANSON, vegetable broth	220.0	1.0 cup	636

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
18479	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted brown sugar cinnamon	50.0	1.0 pastry	635
12151	Nuts, pistachio nuts, raw	123.0	1.0 cup	635
01019	Cheese, feta	150.0	1.0 cup, crumbled	633
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	632
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	632
11054	Beans, snap, green, canned, regular pack, solids and liquids	240.0	1.0 cup	631
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	43.0	1.0 packet (1 NLEA serving)	631
09223	Tangerine juice, canned, sweetened	249.0	1.0 cup	630
21341	McDONALD'S, BIG BREAKFAST	269.0	1.0 item 9.5 oz	629
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	629
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	170.0	1.0 cup	629
04675	Margarine-like spread, SMART BEAT Super Light without saturated fat	14.0	1.0 tablespoon	628
06023	Soup, chicken with rice, canned, condensed	126.0	0.5 cup	627
03077	Babyfood, dinner, pasta with vegetables	113.0	1.0 jar, Gerber (4 oz)	627
21501	KASHI Pizza, Margherita, frozen, unprepared	113.0	0.33 pizza	626
14654	Beverages, nutritional shake mix, high protein, powder	10.0	1.0 tbsp	625
09221	Tangerine juice, raw	247.0	1.0 cup	625
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	624
22910	Lasagna, cheese, frozen, prepared	225.0	1.0 cup 1 serving	623
21002	Fast foods, biscuit, with egg	136.0	1.0 biscuit	620
01287	Yogurt, Greek, plain, lowfat	200.0	1.0 container (7 oz)	618
15049	Fish, mackerel, king, raw	85.0	3.0 oz	618
28176	KELLOGG'S, POP-TARTS, Frosted Wild Grape Toaster Pastries	50.0	1.0 pastry	616
21157	SUBWAY, meatball marinara sub on white bread (no toppings)	209.0	6.0 inch sub	610
21158	Fast foods, submarine sandwich, meatball marinara on white bread	209.0	6.0 inch sub	610
21604	School Lunch, pizza, sausage topping, thin crust, whole grain, frozen, cooked	133.0	1.0 piece 4" x 6"	608
01204	Cheese, parmesan, dry grated, reduced fat	100.0	1.0 cup	605
28163	KELLOGG'S, POP-TARTS, Frosted Apple Strudel Toaster Pastries	50.0	1.0 pastry	604
06309	CAMPBELL'S, Chicken with Rice Soup, condensed	126.0	0.5 cup condensed	604
21227	Pizza, meat and vegetable topping, rising crust, frozen, cooked	170.0	1.0 serving 6 servings per 34.98 oz package	604
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	252.0	1.0 cup	602
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	233.0	1.0 sandwich	601
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	600
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	600
04665	Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated), for flaky pastries	14.0	1.0 tbsp	600
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	114.0	0.5 cup	598

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	117.0	1.0 slice	598
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	117.0	1.0 slice 1/8 pizza	598
15005	Fish, bluefish, raw	150.0	1.0 fillet	597
09114	Grapefruit, raw, pink and red, Florida	230.0	1.0 cup sections, with juice	596
09113	Grapefruit, raw, pink and red, California and Arizona	230.0	1.0 cup sections, with juice	596
15104	Fish, sturgeon, mixed species, raw	85.0	3.0 oz	595
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	237.0	1.0 cup	592
28168	KELLOGG'S, POP-TARTS, Frosted Confetti Cake Toaster Pastries	50.0	1.0 pastry	591
21083	Fast foods, taco salad	198.0	1.5 cup	588
08481	Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES	30.0	0.75 cup (1 NLEA serving)	588
09510	Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E	250.0	1.0 cup	588
11100	Brussels sprouts, frozen, unprepared	95.0	0.33 package (10 oz)	586
22916	Lasagna with meat & sauce, frozen entree	134.0	1.0 piece side	586
09351	Fruit cocktail, canned, heavy syrup, drained	214.0	1.0 cup	584
09283	Plums, canned, purple, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	582
27062	Soup, beef barley, ready to serve	208.0	1.0 cup	580
06159	Soup, tomato, canned, condensed	148.0	1.0 cup	580
11157	Chrysanthemum, garland, raw	25.0	1.0 cup (1" pieces)	580
42267	Babyfood, juice, orange-carrot	30.8	1.0 fl oz	579
11062	Beans, snap, green, frozen, all styles, microwaved	111.0	1.0 cup	576
43595	Breakfast bar, corn flake crust with fruit	28.35	1.0 oz	575
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	85.0	3.0 oz	574
20023	Cornmeal, yellow, self-rising, bolted, plain, enriched	122.0	1.0 cup	572
16168	Soymilk, chocolate, with added calcium, vitamins A and D	243.0	1.0 cup	571
09279	Plums, raw	165.0	1.0 cup, sliced	569
17198	Veal, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	569
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	262.0	1.0 cup	569
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	28.0	1.0 cup (1 NLEA serving)	568
11427	Purslane, raw	43.0	1.0 cup	568
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	568
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	250.0	1.0 cup	568
11090	Broccoli, raw	91.0	1.0 cup chopped	567
16007	Beans, baked, canned, with beef	266.0	1.0 cup	567
21360	McDONALD'S, Bacon Egg & Cheese Biscuit	142.0	1.0 item 4.9 oz	567
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	566
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	192.0	1.0 cup	564

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	192.0	1.0 cup	564
08675	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & almonds	30.0	0.75 cup (1 NLEA serving)	563
06363	CAMPBELL'S, Homestyle Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	562
06416	Soup, cream of chicken, canned, prepared with equal volume water	244.0	1.0 cup	561
09046	Blackberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	561
21396	Fast foods, cheeseburger; double, large patty; with condiments	280.0	1.0 item	560
21345	McDONALD'S, DOUBLE QUARTER POUNDER with Cheese	280.0	1.0 item	560
21335	McDONALD'S, Hot Caramel Sundae	182.0	1.0 item (6.4 oz)	559
14164	Beverages, chocolate malt powder, prepared with 1% milk, fortified	98.0	1.0 cup dry mix	559
11050	Beans, shellie, canned, solids and liquids	245.0	1.0 cup	559
21235	McDONALD'S, QUARTER POUNDER with Cheese	199.0	1.0 item 7.1 oz	557
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	227.0	0.5 lb	556
06001	Soup, cream of asparagus, canned, condensed	126.0	0.5 cup (4 fl oz)	556
28101	KEEBLER, Cinnamon Toast Grahams	37.0	1.0 package	555
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	35.0	1.0 bar	554
21359	McDONALD'S, Sausage McMUFFIN with Egg	165.0	1.0 item 5.8 oz	553
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	552
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	551
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	215.0	1.0 sandwich	550
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	215.0	1.0 sandwich	550
11018	Asparagus, frozen, unprepared	58.0	4.0 spears	550
08641	Cereals, QUAKER, Instant Oatmeal, fruit and cream, variety of flavors, reduced sugar	33.0	1.0 packet	550
06402	Soup, black bean, canned, prepared with equal volume water	247.0	1.0 cup	548
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	28.35	1.0 oz	548
18092	Cake, pudding-type, carrot, dry mix	28.35	1.0 oz	547
42304	Cheese, mozzarella, nonfat	113.0	1.0 cup, shredded	544
06063	Soup, tomato rice, canned, condensed	129.0	0.5 cup (4 fl oz)	543
11213	Endive, raw	25.0	0.5 cup, chopped	542
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	31.0	0.5 cup (1 NLEA serving)	542
06734	Soup, chicken with star-shaped pasta, canned, condensed, single brand	125.0	1.0 serving	541
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	85.0	3.0 oz	541
11933	Beans, snap, yellow, canned, no salt added, drained solids	153.0	1.0 cup	540
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	540
22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	538
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	222.0	1.0 serving	537
21269	TACO BELL, Nachos Supreme	222.0	1.0 serving	537

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
15189	Fish, bluefish, cooked, dry heat	117.0	1.0 fillet	537
04633	Margarine-like, vegetable oil spread, 20% fat, with salt	15.0	1.0 tbsp	537
06955	Soup, cream of chicken, canned, condensed, reduced sodium	124.0	0.5 cup	536
04624	Margarine-like, vegetable oil spread, fat free, liquid, with salt	15.0	1.0 tbsp	536
04673	Margarine-like spread, SMART BALANCE Regular Buttery Spread with flax oil	14.0	1.0 tablespoon	535
06461	Soup, tomato beef with noodle, canned, prepared with equal volume water	244.0	1.0 cup	534
08706	Cereals ready-to-eat, KELLOGG SCOOPY-DOO! cereal	32.0	1.0 Cup (1 NLEA serving)	533
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	109.0	1.0 burrito	533
21365	McDONALD'S, Hotcakes (with 2 pats margarine & syrup)	221.0	1.0 item	533
11670	Peppers, hot chili, green, raw	45.0	1.0 pepper	531
08696	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN, Cinnamon Almond	58.0	1.25 cup (1 NLEA serving)	527
11184	Corn with red and green peppers, canned, solids and liquids	227.0	1.0 cup	527
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	73.0	1.0 pepper	526
06700	Soup, vegetable broth, ready to serve	221.0	1.0 cup	526
21329	McDONALD'S, Sausage, Egg & Cheese McGRIDDLES	199.0	1.0 item 7 oz	525
08580	Incaparina, dry mix (corn and soy flours), unprepared	8.9	1.0 tbsp	525
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	524
01057	Eggnog	254.0	1.0 cup	523
18932	Waffles, buttermilk, frozen, ready-to-heat	39.0	1.0 waffle, square	523
12129	Nuts, ginkgo nuts, canned	155.0	1.0 cup (78 kernels)	522
08588	Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal	30.0	1.0 cup (1 NLEA serving)	522
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	33.0	1.25 cup (1 NLEA serving)	521
14407	Beverages, orange-flavor drink, breakfast type, powder	26.0	1.0 serving 2 tbsp	520
06995	PREGO Pasta, Chunky Garden Tomato, Onion and Garlic Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	520
06463	Soup, tomato rice, canned, prepared with equal volume water	247.0	1.0 cup	519
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	518
09530	Fruit juice smoothie, ODWALLA, strawberry banana	233.0	1.0 cup	517
08383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries	31.0	1.0 cup (1 NLEA serving)	517
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31.0	1.0 cup (1 NLEA serving)	517
08615	Cereals ready-to-eat, KELLOGG'S CRUNCHY NUT Golden Honey Nut flakes	31.0	0.75 cup (1 NLEA serving)	517
21327	McDONALD'S, Bacon, Egg & Cheese McGRIDDLES	165.0	1.0 item 5.8 oz	516
15224	Fish, wolffish, Atlantic, cooked, dry heat	119.0	0.5 fillet	515
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	515
06219	CAMPBELL'S, 98% Fat Free Cream of Chicken Soup, condensed	124.0	0.5 cup condensed	515
11482	Squash, winter, acorn, raw	140.0	1.0 cup, cubes	514
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	29.0	1.0 serving (NLEA serving size = 0.75 cup)	514

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	513
06989	CAMPBELL'S HEALTHY REQUEST, Homestyle Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	513
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	85.0	3.0 oz	513
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	14.3	1.0 tbsp	511
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1.0 tbsp	511
11986	Malabar spinach, cooked	44.0	1.0 cup	510
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248.0	1.0 cup	508
06019	Soup, chicken noodle, canned, condensed	124.0	0.5 cup	508
09247	Peaches, dried, sulfured, stewed, without added sugar	258.0	1.0 cup	508
04617	Margarine, regular, 80% fat, composite, stick, without salt	14.2	1.0 tbsp	508
04618	Margarine, regular, 80% fat, composite, tub, without salt	14.2	1.0 tbsp	508
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	507
04611	Margarine, regular, 80% fat, composite, tub, with salt	14.2	1.0 tbsp	507
21602	School Lunch, pizza, pepperoni topping, thin crust, whole grain, frozen, cooked	127.0	1.0 piece 4"x6"	507
01236	Ice cream, soft serve, chocolate	86.0	0.5 cup	507
19090	Ice creams, french vanilla, soft-serve	86.0	0.5 cup (4 fl oz)	507
21099	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham	254.0	1.0 sandwich	505
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.1	1.0 tbsp	504
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	242.0	1.0 cup	503
16222	Soymilk (all flavors), unsweetened, with added calcium, vitamins A and D	243.0	1.0 cup	503
36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	503
09236	Peaches, yellow, raw	154.0	1.0 cup slices	502
43260	Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	5.6	1.0 tbsp	502
08309	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES	30.0	0.75 cup (1 NLEA serving)	501
22899	Ravioli, cheese-filled, canned	242.0	1.0 cup	501
22984	KASHI, Chicken Pasta Pomodoro, Frozen Entree	283.0	1.0 package	501
04695	Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D	14.0	1.0 tbsp	501
42256	Margarine-like, vegetable oil spread, stick or tub, sweetened	14.0	1.0 tablespoon	501
04692	Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	14.0	1.0 tbsp	501
04626	Margarine-like spread with yogurt, 70% fat, stick, with salt	14.0	1.0 tablespoon	501
04696	Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D	14.0	1.0 tbsp	501
42307	Margarine-like, butter-margarine blend, 80% fat, stick, without salt	14.0	1.0 tablespoon	501
04693	Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	14.0	1.0 tbsp	501
04627	Margarine-like spread with yogurt, approximately 40% fat, tub, with salt	14.0	1.0 tablespoon	501
04620	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt	14.0	1.0 tbsp	501

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
04697	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D	14.0	1.0 tbsp	501
04694	Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	14.0	1.0 tbsp	501
04691	Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	14.0	1.0 tablespoon	501
16244	SILK Unsweetened, soymilk	243.0	1.0 cup	501
16238	SILK Light Plain, soymilk	243.0	1.0 cup	501
16235	SILK Plain, soymilk	243.0	1.0 cup	501
16229	Soymilk (All flavors), lowfat, with added calcium, vitamins A and D	243.0	1.0 cup	501
31002	CAMPBELL'S, Tomato juice, low sodium	243.0	8.0 fl oz	501
16242	SILK Plus for Bone Health, soymilk	243.0	1.0 cup	501
16239	SILK Light Vanilla, soymilk	243.0	1.0 cup	501
16236	SILK Vanilla, soymilk	243.0	1.0 cup	501
16230	Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	501
22966	SPAGHETTIOS, SpaghettiOs with Meatballs - Easy Open	206.0	1.0 can (1 serving)	501
16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	243.0	1.0 cup	501
16243	SILK Plus Fiber, soymilk	243.0	1.0 cup	501
16240	SILK Light Chocolate, soymilk	243.0	1.0 cup	501
16237	SILK Chocolate, soymilk	243.0	1.0 cup	501
16231	Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	501
31006	CAMPBELL'S, Organic Tomato juice	243.0	8.0 fl oz	501
31001	CAMPBELL'S, Tomato juice	243.0	8.0 fl oz	501
16228	Soymilk, original and vanilla, light, unsweetened, with added calcium, vitamins A and D	243.0	1.0 cup	501
06609	SWANSON BROTH, Certified Organic Vegetable Broth	235.0	1.0 cup	501
22965	SPAGHETTIOS, SpaghettiOs Original, easy open	213.0	1.0 can (1 serving)	501
27033	PREGO Pasta, Heart Smart- Traditional Sauce, ready-to-serve	130.0	0.5 cup	500
06229	PREGO Pasta, Mushroom and Garlic Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	500
21096	Fast foods, cheeseburger; single, large patty; plain	182.0	1.0 sandwich	500
06225	PREGO Pasta, Garlic Supreme Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	500
06240	PREGO Pasta, Zesty Mushroom Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	500
18934	Waffle, buttermilk, frozen, ready-to-heat, microwaved	35.0	1.0 waffle	500
06223	PREGO Pasta, Flavored with Meat Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	500
06220	PREGO Pasta, Chunky Garden Mushroom and Green Pepper Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	500
06228	PREGO Pasta, Mini Meatball Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	500
06932	PREGO Pasta, Traditional Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	500
06224	PREGO Pasta, Fresh Mushroom Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	500
06221	PREGO Pasta, Chunky Garden Mushroom Supreme Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	500
06117	CAMPBELL'S Red and White, Bean with Bacon Soup, condensed	128.0	1.0 serving 1/2 cup	500

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
18486	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted raspberry	52.0	1.0 pastry	500
18476	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Blueberry	52.0	1.0 pastry	500
08587	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Low Fat Granola	52.0	0.5 cup (1 NLEA serving)	500
08702	Cereals, KELLOGG'S SPECIAL K NOURISH, Cinnamon Raisin Pecan, dry	52.0	1.0 Container (1 NLEA serving)	500
18490	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted wild berry	52.0	1.0 pastry	500
18487	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, S'mores	52.0	1.0 pastry	500
18481	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted cherry	52.0	1.0 pastry	500
18477	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted blueberry	52.0	1.0 pastry	500
08703	Cereals, KELLOGG'S SPECIAL K NOURISH, Cranberry Almond, dry	52.0	1.0 Container (1 NLEA serving)	500
18488	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Strawberry	52.0	1.0 pastry	500
28172	KELLOGG'S, POP-TARTS, Frosted Spring Berry Toaster Pastries	52.0	1.0 pastry	500
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52.0	1.0 pastry	500
08704	Cereals, KELLOGG'S SPECIAL K NOURISH, Maple Brown Sugar Crunch, dry	52.0	1.0 Container (1 NLEA serving)	500
06349	CAMPBELL'S Red and White, SCOOBY-DOO Soup, condensed	126.0	1.0 serving 1/2 cup	500
06041	CAMPBELL'S Red and White, Chicken and Dumplings Soup, condensed	126.0	1.0 serving 1/2 cup	500
27015	CAMPBELL'S Red and White, PHINEAS and FERB Soup, condensed	126.0	0.5 cup serving	500
06350	CAMPBELL'S Red and White, DOUBLE NOODLE in Chicken Broth Soup, condensed	126.0	1.0 serving 1/2 cup	500
06351	CAMPBELL'S Red and White, Old Fashioned Tomato Rice Soup, condensed	126.0	1.0 serving 1/2 cup	500
06082	CAMPBELL'S Red and White, Chicken NOODLEO's Soup, condensed	126.0	1.0 serving 1/2 cup	500
06357	CAMPBELL'S Red and White, GOLDFISH Pasta with Chicken in Chicken Broth, condensed	126.0	1.0 serving 1/2 cup	500
06047	CAMPBELL'S Red and White, Chicken and Stars Soup, condensed	126.0	1.0 serving 1/2 cup	500
27014	CAMPBELL'S Red and White, Italian Style Wedding Soup, condensed	126.0	0.5 cup	500
27023	CAMPBELL'S Soup on the Go, HEALTHY REQUEST Classic Tomato Soup	305.0	1.0 container	500
06592	CAMPBELL'S Soup on the Go, Creamy Tomato Soup	305.0	1.0 container	500
06588	CAMPBELL'S Soup on the Go, Classic Tomato Soup	305.0	1.0 container	500
06586	CAMPBELL'S Soup on the Go, Chicken & Stars Soup	305.0	1.0 container	500
08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	32.0	1.0 cup (1 NLEA serving)	500
08666	Cereals ready-to-eat, GENERAL MILLS, Cinnamon Burst CHEERIOS	32.0	1.0 cup (1 NLEA serving)	500
28181	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Strawberry Milkshake Toaster Pastries	48.0	1.0 pastry	500
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	32.0	0.75 cup (1 NLEA serving)	500
28182	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Vanilla Milkshake Toaster Pastries	48.0	1.0 pastry	500
28179	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Ice Creme Sandwich Toaster Pastries	48.0	1.0 pastry	500
08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	30.0	0.75 cup (1 NLEA serving)	500
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30.0	0.75 cup (1 NLEA serving)	500
08206	Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	30.0	0.75 cup (1 NLEA serving)	500
08669	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Chocolate Squares	30.0	0.75 cup (1 NLEA serving)	500

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
42236	Cereals ready-to-eat, frosted oat cereal with marshmallows	30.0	0.75 cup (1 NLEA serving)	500
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	30.0	0.333 cup (1 NLEA serving)	500
08679	Cereals ready-to-eat, GENERAL MILLS, FROSTED TOAST CRUNCH	30.0	0.75 cup (1 NLEA serving)	500
08346	Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	500
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30.0	0.75 cup (1 NLEA serving)	500
08676	Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS	30.0	1.0 cup (1 NLEA serving)	500
08658	Cereals ready-to-eat, KELLOGG'S KRAVE double chocolate cereal	30.0	0.75 cup (1 NLEA serving)	500
08651	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Honey Squares	30.0	0.75 cup (1 NLEA serving)	500
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	30.0	0.75 cup (1 NLEA serving)	500
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	30.0	1.0 cup (1 NLEA serving)	500
08635	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar	30.0	1.0 cup (1 NLEA serving)	500
08347	Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	500
08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	30.0	1.0 cup	500
08659	Cereals ready-to-eat, KELLOGG'S FROSTED FLAKES, CHOCO ZUCARITAS	30.0	0.75 cup (1 NLEA serving)	500
08674	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey	30.0	0.75 cup (1 NLEA serving)	500
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30.0	0.75 cup (1 NLEA serving)	500
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	47.0	0.75 cup (1 NLEA serving)	500
08660	Cereals ready-to-eat, KELLOGG'S APPLE JACKS with marshmallows	28.0	1.0 cup (1 NLEA serving)	500
08513	Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS	28.0	0.75 cup (1 NLEA serving)	500
08682	Cereals ready-to-eat, GENERAL MILLS, Multi Grain CHEERIOS, Peanut Butter	28.0	0.75 cup (1 NLEA serving)	500
08661	Cereals ready-to-eat, KELLOGG'S CINNAMON JACKS	28.0	1.0 cup (1 NLEA serving)	500
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28.0	1.0 cup (1 NLEA serving)	500
08592	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut	28.0	0.75 cup (1 NLEA serving)	500
08586	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIx	28.0	1.0 cup	500
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	28.0	1.0 cup (1 NLEA serving)	500
08593	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate	27.0	0.75 cup (1 NLEA serving)	500
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	27.0	0.75 cup (1 NLEA serving)	500
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	27.0	1.0 cup (1 NLEA serving)	500
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS	27.0	0.75 cup (1 NLEA serving)	500
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	27.0	0.75 cup (1 NLEA serving)	500
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	27.0	0.75 cup (1 NLEA serving)	500
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	27.0	0.75 cup (1 NLEA serving)	500
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	27.0	0.75 cup (1 NLEA serving)	500
08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS	27.0	0.75 cup (1 NLEA serving)	500
08671	Cereals ready-to-eat, GENERAL MILLS, Dulce De Leche CHEERIOS	27.0	0.75 cup (1 NLEA serving)	500
08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	27.0	0.75 cup (1 NLEA serving)	500

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
08637	Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch	27.0	0.75 cup (1 NLEA serving)	500
08582	Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER	27.0	0.75 cup (1 NLEA serving)	500
08678	Cereals ready-to-eat, GENERAL MILLS, Apple Cinnamon CHEX	31.0	0.75 cup (1 NLEA serving)	500
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	31.0	1.0 cup (1 NLEA serving)	500
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	31.0	0.75 cup (1 NLEA serving)	500
08634	Cereals ready-to-eat, GENERAL MILLS, PEANUT BUTTER TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	500
08409	Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	31.0	0.75 cup (1 NLEA serving)	500
28183	KELLOGG'S, POP-TARTS MINI CRISPS, Cinnamon Brown Sugar Baked Bites	23.0	1.0 pouch	500
28000	KELLOGG'S, EGGO, Mini Muffin Tops, Chocolate Chip	46.0	1.0 set	500
28184	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Chocolate Baked Bites	23.0	1.0 pouch	500
18999	KELLOGG'S, EGGO, Mini Muffin Tops, Blueberry	46.0	1.0 set	500
08596	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight	50.0	1.0 cup (1 NLEA serving)	500
28173	KELLOGG'S, POP-TARTS, Frosted Sugar Cookie Toaster Pastries	50.0	1.0 pastry	500
28170	KELLOGG'S, POP-TARTS, Frosted Orange Cream Toaster Pastries	50.0	1.0 pastry	500
28167	KELLOGG'S, POP-TARTS, Frosted Cinnamon Roll Toaster Pastries	50.0	1.0 pastry	500
28180	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Rainbow Chip Toaster Pastries	50.0	1.0 pastry	500
14409	Beverages, Orange-flavor drink, breakfast type, low calorie, powder	2.5	1.0 portion, amount of dry mix to make 8 fl oz prepared	500
28177	KELLOGG'S, POP-TARTS, Frosted Wild Strawberry Toaster Pastries	50.0	1.0 pastry	500
28104	KEEBLER, GRIPZ, Chocolate Chip Grahams, bite-size	25.0	1.0 pouch	500
28174	KELLOGG'S, POP-TARTS, Frosted Waffle Cone Toaster Pastries	50.0	1.0 pastry	500
06226	PREGO Pasta, Italian Sausage and Garlic Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	500
28171	KELLOGG'S, POP-TARTS, Frosted Pumpkin Pie Toaster Pastries	50.0	1.0 pastry	500
28192	KELLOGG'S, POP-TARTS, Gingerbread Toaster Pastries	50.0	1.0 pastry	500
06234	PREGO Pasta, Heart Smart- Ricotta Parmesan Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	500
28164	KELLOGG'S, POP-TARTS, Frosted Blueberry Muffin Toaster Pastries	50.0	1.0 pastry	500
18494	Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted brown sugar cinnamon	50.0	1.0 pastry	500
28175	KELLOGG'S, POP-TARTS, Frosted Wild Fruit Fusion Toaster Pastries	50.0	1.0 pastry	500
28193	KELLOGG'S, POP-TARTS, Yum-azing Vanilla Milkshake Toaster Pastries	50.0	1.0 pastry	500
06239	PREGO Pasta, Tomato, Basil and Garlic Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	500
18478	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Brown sugar cinnamon	50.0	1.0 pastry	500
28165	KELLOGG'S, POP-TARTS, Chocolate Chip Cookie Dough Toaster Pastries	50.0	1.0 pastry	500
18497	Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted strawberry	50.0	1.0 pastry	500
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	26.0	0.75 cup (1 NLEA serving)	500
08476	Cereals ready-to-eat, MALT-O-MEAL, Honey BUZZERS	29.0	1.333 cup	500
08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS	29.0	1.0 cup (1 NLEA serving)	500
08376	Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	500

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29.0	1.0 cup (1 NLEA serving)	500
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	29.0	0.75 cup (1 NLEA serving)	500
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	500
08268	Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	33.0	1.0 cup (1 NLEA serving)	500
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55.0	1.0 cup (1 NLEA serving)	500
08273	Cereals ready-to-eat, GENERAL MILLS, BOO BERRY	33.0	1.0 cup (1 NLEA serving)	500
14080	Beverages, rich chocolate, powder	11.0	2.0 tbsp	500
08493	Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS	33.0	1.0 cup (1 NLEA serving)	500
08348	Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice	33.0	1.25 cup (1 NLEA serving)	500
04610	Margarine, regular, 80% fat, composite, stick, with salt	14.0	1.0 tbsp	500
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	14.0	1.0 tbsp	500
04600	Margarine-like, vegetable oil-butter spread, tub, with salt	14.0	1.0 tablespoon	500
42309	Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt	14.0	1.0 tablespoon	500
04668	Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy	14.0	1.0 tbsp	500
04629	Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick	14.0	1.0 tbsp (1 NLEA serving)	500
04683	Margarine, margarine-like vegetable oil spread, 67-70% fat, tub	14.0	1.0 tbsp (1 NLEA serving)	500
22929	SPAGHETTIOS, Mini Beef Ravioli in Meat Sauce	259.0	1.0 cup	500
06398	CAMPBELL'S CHUNKY Soups, Firehouse - Hot & Spicy Beef & Bean Chili	245.0	1.0 cup	500
06502	CAMPBELL'S Red and White - Microwaveable Bowls, Chicken Rice Soup	245.0	1.0 cup	500
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	245.0	1.0 cup	500
06437	CAMPBELL'S CHUNKY Soups, Roadhouse - Beef & Bean Chili	245.0	1.0 cup	500
06392	CAMPBELL'S CHUNKY Soups, Chicken Broccoli Cheese & Potato Soup	245.0	1.0 cup	500
27019	CAMPBELL'S Homestyle Harvest Tomato with Basil Soup	245.0	1.0 cup	500
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	245.0	1.0 cup	500
01295	Yogurt, vanilla, non-fat	245.0	1.0 cup (8 fl oz)	500
06541	CAMPBELL'S Homestyle Italian-Style Wedding Soup	245.0	1.0 cup	500
06503	CAMPBELL'S Red and White - Microwaveable Bowls, Creamy Tomato Soup	245.0	1.0 cup	500
06497	CAMPBELL'S Red and White - Microwaveable Bowls, Chicken Noodle Soup	245.0	1.0 cup	500
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	500
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	53.0	1.0 cup (1 NLEA serving)	500
08700	Cereals ready-to-eat, KELLOGG RAISIN BRAN with Omega-3 from flaxseed	53.0	1.0 Cup (1 NLEA serving)	500
08380	Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH	53.0	1.0 cup (1 NLEA serving)	500
08484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	500
06337	CAMPBELL'S, Cream of Chicken with Herbs Soup, condensed	124.0	0.5 cup condensed	500
06355	CAMPBELL'S Red and White, Golden Mushroom Soup, condensed	124.0	1.0 serving 1/2 cup	500

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
06213	CAMPBELL'S Red and White, 25% Less Sodium Tomato Soup, condensed	124.0	1.0 serving 1/2 cup	500
06353	CAMPBELL'S Red and White, Fiesta Nacho Cheese Soup, condensed	124.0	1.0 serving 1/2 cup	500
08487	Cereals ready-to-eat, MALT-O-MEAL, Blueberry MUFFIN TOPS Cereal	30.0	0.75 cup (1 NLEA serving)	500
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	499
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	246.0	1.0 cup	499
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	499
14064	Beverages, Orange juice, light, No pulp	240.0	8.0 fl oz	499
14171	Beverages, coconut milk, sweetened, fortified with calcium, vitamins A, B12, D2	240.0	1.0 cup	499
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	240.0	8.0 fl oz	499
14639	Beverages, rice milk, unsweetened	240.0	8.0 fl oz (approximate weight, 1 serving)	499
14092	Beverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E	240.0	1.0 cup	499
21225	Pizza, cheese topping, rising crust, frozen, cooked	139.0	1.0 serving 6 servings per 29.25 oz package	499
22942	SPAGHETTIOS, SpaghettiOs A to Z's with Meatballs	252.0	1.0 cup (1 serving)	499
22932	SPAGHETTIOS, SpaghettiOs A to Z's	252.0	1.0 cup (1 serving)	499
22940	SPAGHETTIOS, SpaghettiOs with Meatballs	252.0	1.0 cup (1 serving)	499
22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	252.0	1.0 serving (1 cup)	499
22941	SPAGHETTIOS, SpaghettiOs with Sliced Franks	252.0	1.0 cup (1 serving)	499
22938	SPAGHETTIOS, SpaghettiOs plus Calcium	252.0	1.0 cup (1 serving)	499
22931	SPAGHETTIOS, SpaghettiOs Original	252.0	1.0 cup (1 serving)	499
22952	SWANSON, Chicken and Dumplings	247.0	1.0 cup (1 serving)	499
06419	Soup, chicken noodle, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	498
06966	Soup, chicken noodle, low sodium, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	498
02073	PACE, Dry Taco Seasoning Mix	5.3	2.0 tbsp (1 serving)	497
09206	Orange juice, raw	248.0	1.0 cup	496
16225	Soymilk, original and vanilla, light, with added calcium, vitamins A and D	243.0	1.0 cup	496
43543	Milk, imitation, non-soy	244.0	1.0 cup	495
01156	Cheese, goat, hard type	28.35	1.0 oz	495
18459	Breakfast tart, low fat	52.0	1.0 tart	494
19010	Snacks, crisped rice bar, chocolate chip	28.0	1.0 bar (1 oz)	494
22401	Spaghetti with meat sauce, frozen entree	283.0	1.0 serving	492
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	85.0	3.0 oz	492
09076	Cherries, sweet, frozen, sweetened	259.0	1.0 cup, thawed	490
43369	Beverages, Chocolate-flavored drink, whey and milk based	244.0	1.0 cup	488
20024	Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	488
21488	Fast foods, quesadilla, with chicken	180.0	1.0 each quesadilla	488
36049	ON THE BORDER, cheese enchilada	250.0	1.0 serving serving size varied from 1 to 3 enchiladas	488

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
09248	Peaches, dried, sulfured, stewed, with added sugar	270.0	1.0 cup	486
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	143.0	1.0 serving 5 servings per 24.2 oz package	485
15159	Mollusks, clam, mixed species, cooked, moist heat	85.0	3.0 oz	484
08670	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS, MEDLEY CRUNCH	30.0	0.75 cup (1 NLEA serving)	484
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	252.0	1.0 cup	484
21336	McDONALD'S, Hot Fudge Sundae	179.0	1.0 item (6.3 oz)	483
04631	Margarine-like, vegetable oil spread, fat-free, tub	14.6	1.0 tbsp	483
21334	McDONALD'S, Strawberry Sundae	178.0	1.0 item (6.3 oz)	482
21148	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Pepperoni Pizza 50/50 Cheese, frozen	127.0	1.0 piece 4"x6"	481
28178	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Hot Fudge Sundae Toaster Pastries	48.0	1.0 pastry	480
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	478
42117	Imitation cheese, american or cheddar, low cholesterol	113.0	1.0 cup, shredded	478
11056	Beans, snap, green, canned, regular pack, drained solids	135.0	1.0 cup	477
06559	Soup, tomato, canned, prepared with equal volume water, commercial	248.0	1.0 serving 1 cup	476
06964	Soup, tomato, low sodium, with water	248.0	1.0 serving 1 cup	476
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	476
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	60.0	1.0 bar	476
03948	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA	30.5	1.0 fl oz	475
09191	Nectarines, raw	143.0	1.0 cup slices	475
06956	Soup, tomato, canned, condensed, reduced sodium	121.0	1.0 serving 1/2 cup	474
21023	Fast foods, french toast with butter	135.0	2.0 slices	472
11955	Tomatoes, sun-dried	54.0	1.0 cup	472
01138	Egg, duck, whole, fresh, raw	70.0	1.0 egg	472
32019	Lasagna, cheese, frozen, unprepared	237.0	1.0 cup 1 serving	472
21398	Fast foods, cheeseburger; single, large patty; with condiments	199.0	1.0 item	472
31036	Potatoes, mashed, ready-to-eat	229.0	1.0 cup	469
11200	Yardlong bean, cooked, boiled, drained, without salt	104.0	1.0 cup slices	468
11899	Yardlong bean, cooked, boiled, drained, with salt	104.0	1.0 cup slices	468
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	30.0	0.75 cup (1 NLEA serving)	468
19867	Ice creams, vanilla, fat free	67.0	0.5 cup	468
03052	Babyfood, dinner, beef stew, toddler	28.35	1.0 oz	467
16585	GARDENBURGER Sun-Dried Tomato Basil Burger, frozen, unprepared	71.0	1.0 patty	466
42151	Vegetable oil-butter spread, reduced calorie	13.0	1.0 tbsp	465
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	219.0	1.0 item	464
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	464

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
43340	Cheese, parmesan, low sodium	100.0	1.0 cup, grated	463
11221	Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	178.0	1.0 cup (1" pieces)	463
11785	Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	178.0	1.0 cup (1" pieces)	463
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	210.0	1.0 cup	462
11212	Edamame, frozen, prepared	155.0	1.0 cup	462
06210	Soup, cream of celery, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	461
11450	Soybeans, green, raw	256.0	1.0 cup	461
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	247.0	1.0 item	459
04634	Margarine-like, vegetable oil spread, 20% fat, without salt	12.8	1.0 tbsp	458
08594	Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX	32.0	0.75 cup (1 NLEA serving)	457
32008	Pasta mix, classic cheeseburger macaroni, unprepared	123.0	1.0 package	456
11741	Broccoli, stalks, raw	114.0	1.0 stalk	456
01190	KRAFT FREE Singles American Nonfat Pasteurized Process Cheese Product	21.0	1.0 slice	455
11143	Celery, raw	101.0	1.0 cup chopped	453
11813	Peas, green, canned, no salt added, drained solids	85.0	0.5 cup	453
06246	Soup, cream of onion, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	451
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	243.0	1.0 cup	450
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	449
18507	KELLOGG'S EGGO Lowfat Blueberry Nutri-Grain Waffles	35.0	1.0 waffle, round (4" dia) (include frozen)	449
21139	Fast foods, potato, mashed	242.0	1.0 cup	448
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	210.0	1.0 cup	447
06051	Soup, pea, split with ham, canned, condensed	135.0	0.5 cup (4 fl oz)	447
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	127.0	1.0 slice	446
21022	Fast foods, english muffin, with egg, cheese, and sausage	165.0	1.0 item	446
06451	Soup, pea, split with ham, canned, prepared with equal volume water	253.0	1.0 cup (8 fl oz)	445
06401	Soup, cream of asparagus, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	444
06253	Soup, cream of potato, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	444
21600	School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked	130.0	1.0 piece 4"x6"	443
21314	McDONALD'S, Spicy Buffalo Sauce	43.0	1.5 oz	442
01105	Milk, chocolate beverage, hot cocoa, homemade	250.0	1.0 cup	440
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	439
11024	Balsam-pear (bitter gourd), pods, raw	93.0	1.0 cup (1/2" pieces)	438
01141	Egg, turkey, whole, fresh, raw	79.0	1.0 egg	438
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	126.0	1.0 sandwich	437
22905	Beef stew, canned entree	196.0	1.0 cup (1 serving)	437
09428	Rowal, raw	114.0	0.5 cup	437

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	164.0	1.0 slice 1/4 of pie	436
06986	CAMPBELL'S HEALTHY REQUEST, Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	436
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	436
09107	Gooseberries, raw	150.0	1.0 cup	435
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	250.0	1.0 cup	435
01108	Milk, indian buffalo, fluid	244.0	1.0 cup	434
05282	Pate de foie gras, canned (goose liver pate), smoked	13.0	1.0 tbsp	433
07054	Pate, goose liver, smoked, canned	13.0	1.0 tbsp	433
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	118.0	1.0 slice	433
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	199.0	1.0 item	432
07055	Pate, liver, not specified, canned	13.0	1.0 tbsp	429
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	136.0	1.0 slice	428
11819	Peppers, hot chili, red, raw	45.0	1.0 pepper	428
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	28.35	1.0 oz	428
14634	Beverages, milk beverage, reduced fat, flavored and sweetened, Ready-to-drink, added calcium, vitamin A and vitamin D	244.0	1.0 cup	427
21007	Fast foods, biscuit, with egg, cheese, and bacon	145.0	1.0 item	426
09205	Oranges, raw, with peel	170.0	1.0 cup	425
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	179.0	1.0 cup	424
11976	Pepper, banana, raw	124.0	1.0 cup	422
15210	Fish, salmon, chinook, cooked, dry heat	85.0	3.0 oz	422
15160	Mollusks, clam, mixed species, canned, drained solids	85.0	3.0 oz	422
21147	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Cheese Pizza 50/50 Cheese, frozen	130.0	1.0 piece 4" x 6"	421
03067	Babyfood, dinner, vegetables and lamb, junior	28.35	1.0 oz	420
43273	Cheese, cottage, with vegetables	113.0	4.0 oz	420
06152	Sauce, pizza, canned, ready-to-serve	63.0	0.25 cup	420
11973	Beans, fava, in pod, raw	126.0	1.0 cup	420
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	96.0	1.0 slice	418
01126	Egg, yolk, raw, frozen, pasteurized	28.35	1.0 oz	416
09203	Oranges, raw, Florida	185.0	1.0 cup sections, without membranes	416
32012	Pizza rolls, frozen, unprepared	80.0	1.0 serving 6 rolls	415
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	374.0	1.0 item	415
01157	Cheese, goat, semisoft type	28.35	1.0 oz	415
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	115.0	1.0 slice	414
09201	Oranges, raw, California, valencias	180.0	1.0 cup sections, without membranes	414
06423	Soup, chicken with rice, canned, prepared with equal volume water	243.0	1.0 serving 1 cup	413

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
32021	Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)	198.0	1.0 cup	412
21237	McDONALD'S, BIG MAC	219.0	1.0 item 7.6 oz	412
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	411
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	28.0	1.0 oz	410
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	269.0	1.0 serving	409
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	116.0	1.0 slice	408
12007	Seeds, cottonseed flour, partially defatted (glandless)	94.0	1.0 cup	408
09202	Oranges, raw, navels	165.0	1.0 cup sections, without membranes	408
06483	Soup, cream of chicken, dry, mix, prepared with water	261.0	1.0 cup 8 fl oz	407
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	5.0	0.25 cup	406
21004	Fast foods, biscuit, with egg and ham	182.0	1.0 biscuit	406
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	111.0	1.0 slice	405
09200	Oranges, raw, all commercial varieties	180.0	1.0 cup, sections	405
01230	Milk, buttermilk, fluid, whole	245.0	1.0 cup	404
08211	Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	27.0	0.75 cup (1 NLEA serving)	404
21307	Fast foods, griddle cake sandwich, egg, cheese, and bacon	174.0	1.0 item 6.1 oz	404
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	403
36040	CRACKER BARREL, macaroni n' cheese	175.0	1.0 serving	402
03075	Babyfood, dinner, vegetables, noodles and chicken, strained	28.35	1.0 oz	402
27063	Sauce, enchilada, red, mild, ready to serve	56.0	0.25 cup	402
11501	Succotash, (corn and limas), frozen, unprepared	156.0	1.0 cup	401
06377	CAMPBELL'S, Tomato Soup, condensed	124.0	0.5 cup condensed	401
06991	HEALTHY REQUEST, Tomato Soup, condensed	124.0	1.0 serving 1/2 cup	401
06599	PACE, Enchilada Sauce	60.0	0.25 cup	400
08579	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH	28.0	1.0 bowl (3/4 cup) (1 NLEA serving)	400
43345	Beverages, fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie	2.0	1.0 tsp	400
08672	Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS	30.0	0.75 cup (1 NLEA serving)	400
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	49.0	0.75 cup (1 NLEA serving)	400
06595	CAMPBELL'S Soup on the Go, Vegetable Beef Soup	305.0	1.0 container	400
06399	CAMPBELL'S CHUNKY Soups, Grilled Chicken & Sausage Gumbo Soup	245.0	1.0 cup	399
06245	CAMPBELL'S CHUNKY Microwavable Bowls, Grilled Chicken and Sausage Gumbo, ready-to-serve	245.0	1.0 serving 1 cup	399
06504	CAMPBELL'S Red and White - Microwaveable Bowls, Tomato Soup	245.0	1.0 cup	399
21605	School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, cooked	129.0	1.0 slice per 1/10 pizza	399
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166.0	1.0 sandwich	398
03861	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA	28.0	3.0 scoop	398
09071	Cherries, sweet, canned, water pack, solids and liquids	248.0	1.0 cup, pitted	397

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
13323	Beef, variety meats and by-products, kidneys, raw	28.35	1.0 oz	396
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	396
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244.0	1.0 cup	395
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	244.0	1.0 cup	395
32015	Turnover, cheese-filled, tomato-based sauce, frozen, unprepared	127.0	1.0 serving 4.5 oz	395
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	223.0	1.0 cup	395
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	223.0	1.0 cup	395
09075	Cherries, sweet, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	394
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	355.0	1.0 item	394
14558	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	266.0	1.0 serving	394
11963	Nopales, raw	86.0	1.0 cup, sliced	393
25027	Snacks, plantain chips, salted	28.35	1.0 oz	393
01003	Butter oil, anhydrous	12.8	1.0 tbsp	393
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	393
11414	Potato salad, home-prepared	250.0	1.0 cup	392
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	392
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	253.0	1.0 cup	390
11220	Gourd, dishcloth (towelgourd), raw	95.0	1.0 cup (1" pieces)	390
21364	McDONALD'S, Hotcakes and Sausage	192.0	1.0 item	388
17196	Lamb, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	387
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	348.0	12.0 fl oz cup	386
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	386
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	192.0	1.0 cup slices	386
11726	Beans, snap, green, canned, no salt added, solids and liquids	120.0	0.5 cup	385
15078	Fish, salmon, chinook, raw	85.0	3.0 oz	385
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	384
28243	SUNSHINE, CHEEZ-IT, Hot & Spicy Crackers	30.0	25.0 crackers	384
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	107.0	1.0 slice	383
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	383
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	383
36602	Restaurant, Chinese, fried rice, without meat	137.0	1.0 cup	382
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	382
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	180.0	1.0 cup slices	382
11088	Broadbeans, immature seeds, raw	109.0	1.0 cup	382
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	219.0	1.0 item	381

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
21146	School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Turkey Pepperoni Pizza, frozen	156.0	1.0 slice 1/8 per pizza	381
21476	DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	179.0	1.0 slice 1/4 of pie	379
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	88.0	1.0 slice	378
18403	Waffles, plain, frozen, ready -to-heat, toasted	28.35	1.0 oz	377
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	117.0	1.0 piece	376
11326	Peas and onions, frozen, unprepared	69.0	0.5 cup	375
11497	Succotash, (corn and limas), canned, with cream style corn	266.0	1.0 cup	375
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	255.0	1.0 cup	372
14091	Beverages, almond milk, unsweetened, shelf stable	262.0	1.0 cup	372
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	248.0	1.0 cup	372
21350	McDONALD'S, BIG MAC (without Big Mac Sauce)	200.0	1.0 item	372
11951	Peppers, sweet, yellow, raw	186.0	1.0 pepper, large (3-3/4" long, 3" dia)	372
06256	Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	253.0	1.0 cup (8 fl oz)	372
21095	Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables	228.0	1.0 sandwich	372
11844	Potatoes, scalloped, home-prepared with margarine	245.0	1.0 cup	368
10107	Pork, fresh, variety meats and by-products, kidneys, cooked, braised	140.0	1.0 cup	364
21490	Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread	230.0	1.0 sandwich	363
28304	Waffles, whole wheat, lowfat, frozen, ready-to-heat	70.0	1.0 serving 2 waffles	363
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	130.0	1.0 cup slices	363
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245.0	1.0 cup (unprepared)	363
01128	Egg, whole, cooked, fried	46.0	1.0 large	362
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	123.0	1.0 slice	362
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	361
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	361
18365	Waffles, plain, frozen, ready-to-heat	28.35	1.0 oz	360
01109	Milk, sheep, fluid	245.0	1.0 cup	360
06037	Soup, lentil with ham, canned, ready-to-serve	248.0	1.0 cup (8 fl oz)	360
21149	School Lunch, pizza, TONY'S Breakfast Pizza Sausage, frozen	91.0	1.0 piece 3.2 oz	359
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	357
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	53.0	1.0 piece	356
06249	Soup, pea, green, canned, prepared with equal volume milk	254.0	1.0 cup (8 fl oz)	356
06010	Soup, cream of celery, canned, condensed	126.0	0.5 cup	355
20014	Corn grain, yellow	166.0	1.0 cup	355
07951	Scrapple, pork	17.0	1.0 cubic inch	355
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	12.0	1.0 tbsp	353

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
01132	Egg, whole, cooked, scrambled	61.0	1.0 large	353
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	35.0	1.0 bar	352
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	350
03068	Babyfood, dinner, chicken noodle, strained	16.0	1.0 tbsp	349
21362	McDONALD'S, Sausage Biscuit with Egg	163.0	1.0 item 5.7 oz	349
11337	Peppers, sweet, green, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	349
21100	Fast foods, cheeseburger; double, large patty, with condiments and vegetables	258.0	1.0 sandwich	348
03819	Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted	9.4	1.0 scoop	348
09109	Gooseberries, canned, light syrup pack, solids and liquids	252.0	1.0 cup	348
36038	Restaurant, family style, spaghetti and meatballs	134.0	1.0 cup	346
12005	Seeds, breadnut tree seeds, dried	160.0	1.0 cup	346
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	117.0	1.0 slice	345
42278	Babyfood, vegetable and brown rice, strained	230.0	1.0 cup	345
16110	Soybeans, mature seeds, roasted, salted	172.0	1.0 cup	344
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	262.0	1.0 cup, halves or slices	343
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	151.0	1.0 slice	343
09451	Horned melon (Kiwano)	233.0	1.0 cup	343
28185	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Strawberry Baked Bites	10.0	1.0 pouch	342
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	161.0	1.0 slice 1/4 of pie	341
21395	Fast foods, cheeseburger; double, regular patty; with condiments	155.0	1.0 sandwich	341
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	155.0	1.0 sandwich	341
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	102.0	1.0 slice	341
19088	Ice creams, vanilla, light	76.0	1.0 serving 1/2 cup	340
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	87.0	1.0 slice	339
05303	Poultry, mechanically deboned, from mature hens, raw	227.0	0.5 lb	338
09038	Avocados, raw, California	230.0	1.0 cup, pureed	338
36412	Restaurant, Latino, tamale, pork	142.0	1.0 piece	338
01078	Milk, producer, fluid, 3.7% milkfat	244.0	1.0 cup	337
22535	HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	337
21145	School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Cheese Pizza, frozen	155.0	1.0 slice 1/8 per pizza	336
20422	Cornmeal, degermed, unenriched, yellow	157.0	1.0 cup	336
20022	Cornmeal, degermed, enriched, yellow	157.0	1.0 cup	336
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	113.0	4.0 oz	336
18237	Cream puff shell, prepared from recipe	28.35	1.0 oz	335
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	196.0	6.0 inch sub	333
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	196.0	6.0 inch sub	333

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
19876	Ice creams, BREYERS, All Natural Light French Vanilla	68.0	1.0 serving 1/2 cup	333
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	332
21060	Fast foods, burrito, with beans	217.0	2.0 pieces	332
21090	Fast foods, cheeseburger; single, regular patty, with condiments	127.0	1.0 item	331
11372	Potatoes, scalloped, home-prepared with butter	245.0	1.0 cup	331
21270	TACO BELL, Taco Salad	533.0	1.0 item	330
11182	Corn, yellow, whole kernel, frozen, microwaved	141.0	1.0 cup	330
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	330
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	330
03043	Babyfood, dinner, beef lasagna, toddler	28.35	1.0 oz	330
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	329
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	328
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	165.0	1.0 cup	328
32018	Spanish rice mix, dry mix, unprepared	70.0	0.5 cup	328
22963	Lean Pockets, Meatballs & Mozzarella	128.0	1.0 each	328
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	104.0	1.0 slice	328
12152	Nuts, pistachio nuts, dry roasted, without salt added	123.0	1.0 cup	327
12652	Nuts, pistachio nuts, dry roasted, with salt added	123.0	1.0 cup	327
01193	KRAFT BREAKSTONE'S Reduced Fat Sour Cream	31.0	2.0 tbsp	326
09325	Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids	257.0	1.0 cup	326
11031	Lima beans, immature seeds, raw	156.0	1.0 cup	326
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	108.0	1.0 slice	325
22999	Rice and vermicelli mix, chicken flavor, prepared with 80% margarine	233.0	1.0 cup	324
06415	CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup	206.0	1.0 cup	323
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	170.0	1.0 cup	323
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	323
09039	Avocados, raw, Florida	230.0	1.0 cup, pureed	322
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	321
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	321
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	89.0	1.0 slice	320
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	320
09528	Ruby Red grapefruit juice blend (grapefruit, grape, apple), OCEAN SPRAY, bottled, with added vitamin C	248.0	8.0 fl oz	320
15163	Mollusks, cuttlefish, mixed species, raw	85.0	3.0 oz	319
15134	Fish, wolffish, Atlantic, raw	85.0	3.0 oz	319
21603	School Lunch, pizza, pepperoni topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	319
11943	Pimento, canned	12.0	1.0 tbsp	319

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
01021	Cheese, gjetost	28.35	1.0 oz	316
11339	Peppers, sweet, green, sauteed	115.0	1.0 cup chopped	314
01243	Fat free ice cream, no sugar added, flavors other than chocolate	68.0	0.5 cup	313
16215	Vitasoy USA, Vitasoy Organic Creamy Original Soymilk	243.0	1.0 cup	313
21413	Light Ice Cream, soft serve, blended with cookie pieces	337.0	12.0 fl oz cup	313
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	313
09072	Cherries, sweet, canned, juice pack, solids and liquids	250.0	1.0 cup, pitted	312
06410	Soup, cream of celery, canned, prepared with equal volume water	248.0	1.0 cup	312
43373	Babyfood, dinner, chicken and noodle with vegetables, toddler	16.0	1.0 tbsp	312
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218.0	1.0 sandwich	312
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	310
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	310
01191	KRAFT VELVEETA Pasteurized Process Cheese Spread	28.0	1.0 oz	310
12128	Nuts, ginkgo nuts, dried	28.35	1.0 oz	309
11931	Peppers, sweet, red, freeze-dried	0.4	1.0 tbsp	309
14351	Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	309
20095	Pasta, fresh-refrigerated, spinach, as purchased	128.0	4.5 oz	308
09042	Blackberries, raw	144.0	1.0 cup	308
09043	Blackberry juice, canned	250.0	1.0 cup	308
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	307
32003	Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine	238.0	1.0 cup	307
42187	Frozen yogurts, flavors other than chocolate	174.0	1.0 cup	306
11780	Cowpeas, leafy tips, cooked, boiled, drained, with salt	53.0	1.0 cup, chopped	305
11202	Cowpeas, leafy tips, cooked, boiled, drained, without salt	53.0	1.0 cup, chopped	305
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	153.0	5.0 fl oz	304
19893	Ice creams, BREYERS, All Natural Light French Chocolate	68.0	1.0 serving 1/2 cup	303
22928	Burrito, beef and bean, microwaved	116.0	1.0 burrito cooked	303
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	152.0	5.0 fl oz	302
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	302
03083	Babyfood, dinner, turkey and rice, junior	16.0	1.0 tbsp	302
16219	Vitasoy USA, Vitasoy Light Vanilla Soymilk	243.0	1.0 cup	301
43275	Cheese, pasteurized process, American, low fat	140.0	1.0 cup, diced	301
22902	Pizza, meat topping, thick crust, frozen, cooked	103.0	1.0 slice 1/8 of 12" pizza	301
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	180.0	1.0 cup	301
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	301

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
01242	Ice cream sandwich, vanilla, light, no sugar added	70.0	1.0 serving	300
06333	CAMPBELL'S Red and White, Cream of Broccoli Soup, condensed	124.0	1.0 serving 1/2 cup	300
06334	CAMPBELL'S Red and White, Cream of Celery Soup, condensed	124.0	1.0 serving 1/2 cup	300
22995	KASHI, Sweet and Sour Chicken, Frozen Entree	283.0	1.0 package	300
22992	KASHI, Southwest Style Chicken, Frozen Entree	283.0	1.0 package	300
22939	SPAGHETTIOS, SpaghettiOs RavioliOs Beef Ravioli in Meat Sauce	252.0	1.0 cup (1 serving)	300
27013	CAMPBELL'S Red and White, Chicken Barley with Mushrooms Soup, condensed	126.0	0.5 cup	300
06379	CAMPBELL'S Red and White, Tomato Bisque, condensed	126.0	1.0 serving 1/2 cup	300
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	55.0	0.67 cup (1 NLEA serving)	300
06380	CAMPBELL'S Red and White, Split Pea with Ham and Bacon Soup, condensed	128.0	1.0 serving 1/2 cup	300
05305	Ground turkey, raw	453.6	1.0 lb	299
21358	McDONALD'S, Sausage McMUFFIN	115.0	1.0 item 4 oz	299
06537	CAMPBELL'S Homestyle HEALTHY REQUEST Mexican Style Chicken Tortilla	245.0	1.0 cup	299
27018	CAMPBELL'S Homestyle Microwaveable Bowls, HEALTHY REQUEST Mexican Style Tortilla	245.0	1.0 cup	299
06590	CAMPBELL'S Soup on the Go, Creamy Chicken Soup	305.0	1.0 container	299
16248	SILK Mocha, soymilk	243.0	1.0 cup	299
16249	SILK Coffee, soymilk	243.0	1.0 cup	299
16247	SILK Chai, soymilk	243.0	1.0 cup	299
01090	Milk, dry, whole, with added vitamin D	32.0	0.25 cup	299
01008	Cheese, caraway	28.35	1.0 oz	299
03076	Babyfood, dinner, vegetables, noodles and chicken, junior	28.35	1.0 oz	298
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	90.0	1.0 slice	298
19875	Ice creams, BREYERS, All Natural Light Vanilla	68.0	1.0 serving 1/2 cup	297
01039	Cheese, roquefort	28.35	1.0 oz	297
03839	Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	297
01041	Cheese, tilsit	28.35	1.0 oz	296
11941	Pickles, cucumber, sour	155.0	1.0 cup	296
31034	Peppers, hot pickled, canned	34.0	0.25 cup drained	296
01160	Egg, yolk, raw, frozen, salted, pasteurized	28.35	1.0 oz	296
20025	Cornmeal, yellow, self-rising, degermed, enriched	138.0	1.0 cup	295
06446	Soup, cream of onion, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	295
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	85.0	3.0 oz	295
22917	Burrito, beef and bean, frozen	139.0	1.0 burrito frozen	295
05140	Duck, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	294
09217	Orange-grapefruit juice, canned or bottled, unsweetened	247.0	1.0 cup	294

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
16085	Peas, green, split, mature seeds, raw	197.0	1.0 cup	294
19205	Egg custards, dry mix, prepared with 2% milk	141.0	0.5 cup	293
01159	Cheese, goat, soft type	28.35	1.0 oz	293
06465	Soup, turkey noodle, canned, prepared with equal volume water	244.0	1.0 cup	293
43276	Cheese spread, cream cheese base	28.35	1.0 oz	292
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	137.0	0.167 package (5.5 oz) yields	292
18208	Cookies, sugar, prepared from recipe, made with margarine	28.35	1.0 oz	291
06011	Soup, cheese, canned, condensed	124.0	0.5 cup	291
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	127.0	0.25 pizza 12" diameter	291
01165	Cheese, mexican, queso anejo	132.0	1.0 cup, crumbled	290
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	290
21233	McDONALD'S, Cheeseburger	119.0	1.0 item 4 oz	289
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	79.0	1.0 slice	289
19114	Ice creams, chocolate, light	68.0	1.0 serving	289
21333	McDONALD'S, Vanilla Reduced Fat Ice Cream Cone	90.0	1.0 item (3.2 oz)	289
36060	ON THE BORDER, soft taco with ground beef, cheese and lettuce	324.0	1.0 serving varied from 2-3 tacos per serving	288
01244	Milk dessert bar, frozen, made from lowfat milk	68.0	1.0 bar	288
06453	Soup, cream of potato, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	288
15208	Fish, sablefish, cooked, dry heat	85.0	3.0 oz	287
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	32.0	1.0 bar	287
11970	Cabbage, napa, cooked	109.0	1.0 cup	287
09098	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	123.0	0.5 cup	287
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	76.0	1.0 slice	286
21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	207.0	1.0 slice 1/4 of pie	284
19878	Ice creams, BREYERS, All Natural Light Vanilla Chocolate Strawberry	68.0	1.0 serving 1/2 cup	284
43143	Cabbage, japanese style, fresh, pickled	150.0	1.0 cup	284
21601	School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	283
11475	Squash, summer, scallop, raw	130.0	1.0 cup slices	282
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	282
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	183.0	1.0 slice 1/4 of pie	282
03081	Babyfood, dinner, vegetables and noodles and turkey, junior	28.35	1.0 oz	282
15239	Fish, salmon, coho, farmed, cooked, dry heat	143.0	1.0 fillet	282
03079	Babyfood, dinner, vegetables and noodles and turkey, strained	28.35	1.0 oz	281
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	281
11853	Soybeans, green, cooked, boiled, drained, with salt	180.0	1.0 cup	281

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
11804	Okra, frozen, cooked, boiled, drained, with salt	92.0	0.5 cup slices	281
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	281
11145	Celtuce, raw	8.0	1.0 leaf	280
01010	Cheese, cheshire	28.35	1.0 oz	279
19095	Ice creams, vanilla	66.0	1.0 serving 1/2 cup	278
21224	Pizza, cheese topping, regular crust, frozen, cooked	81.0	1.0 serving 9 servings per 24 oz package	277
03069	Babyfood, dinner, chicken noodle, junior	16.0	1.0 tbsp	277
01223	Protein supplement, milk based, Muscle Milk, powder	11.0	1.0 tbsp	275
01192	KRAFT VELVEETA LIGHT Reduced Fat Pasteurized Process Cheese Product	28.0	1.0 oz	275
19879	Ice creams, BREYERS, All Natural Light Mint Chocolate Chip	68.0	1.0 serving 1/2 cup	275
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	274
01168	Cheese, low fat, cheddar or colby	132.0	1.0 cup, diced	273
11946	Pickles, cucumber, sour, low sodium	143.0	1.0 cup, chopped or diced	273
03105	Babyfood, vegetables, squash, junior	16.0	1.0 tbsp	272
03104	Babyfood, vegetables, squash, strained	16.0	1.0 tbsp	272
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	271
01123	Egg, whole, raw, fresh	50.0	1.0 large	270
11165	Coriander (cilantro) leaves, raw	4.0	0.25 cup	270
20018	Corn flour, yellow, degermed, unenriched	126.0	1.0 cup	270
42258	Cheese product, pasteurized process, cheddar, reduced fat	28.0	1.0 slice 1 oz	269
01131	Egg, whole, cooked, poached	50.0	1.0 large	269
01023	Cheese, gruyere	28.35	1.0 oz	269
43449	Beans, baked, canned, no salt added	253.0	1.0 cup	268
01253	Cheese, pasteurized process, American, without added vitamin D	28.35	1.0 oz	268
15014	Fish, cisco, smoked	28.35	1.0 oz	267
09435	Guava nectar, canned, with added ascorbic acid	251.0	1.0 cup	266
43283	Pheasant, cooked, total edible	140.0	1.0 cup, chopped or diced	266
21479	DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	227.0	1.0 slice 1/4 of pie	266
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	265
05157	Quail, meat and skin, raw	109.0	1.0 quail	265
15106	Fish, sturgeon, mixed species, smoked	28.35	1.0 oz	265
21032	Fast foods, sundae, caramel	155.0	1.0 sundae	264
15074	Fish, sablefish, raw	85.0	3.0 oz	264
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	153.0	1.0 slice	263
20126	Spaghetti, spinach, dry	57.0	2.0 oz	263
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	85.0	3.0 oz	262

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
09101	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra heavy syrup, solids and liquids	130.0	0.5 cup	261
20020	Cornmeal, whole-grain, yellow	122.0	1.0 cup	261
09264	Persimmons, japanese, dried	34.0	1.0 fruit without refuse	261
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	48.0	1.0 slice	260
11693	Tomatoes, crushed, canned	121.0	0.5 cup	260
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	100.0	1.0 slice	260
03082	Babyfood, dinner, turkey and rice, strained	16.0	1.0 tbsp	260
35204	Chokecherries, raw, pitted (Northern Plains Indians)	154.0	1.0 cup	259
15165	Mollusks, mussel, blue, cooked, moist heat	85.0	3.0 oz	258
15131	Fish, whitefish, mixed species, smoked	136.0	1.0 cup, cooked	258
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	69.0	1.0 slice	258
21505	Pizza, cheese topping, thin crust, frozen, cooked	69.0	1.0 slice	258
09083	Currants, european black, raw	112.0	1.0 cup	258
03822	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, prepared from powder	103.0	1.0 serving 100 ml	258
07920	Swisswurst, pork and beef, with swiss cheese, smoked	77.0	1.0 serving 2.7 oz	257
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	257
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85.0	3.0 oz	257
15158	Mollusks, clam, mixed species, cooked, breaded and fried	85.0	3.0 oz	257
19170	Egg custards, dry mix, prepared with whole milk	141.0	0.5 cup	257
19063	Snacks, tortilla chips, taco-flavor	28.35	1.0 oz	257
11201	Cowpeas, leafy tips, raw	36.0	1.0 cup, chopped	256
01089	Milk, low sodium, fluid	244.0	1.0 cup	256
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	85.0	3.0 oz	256
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	272.0	1.0 cup (8 fl oz)	256
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	28.35	1.0 oz	255
15230	Mollusks, octopus, common, cooked, moist heat	85.0	3.0 oz	255
15170	Mollusks, oyster, eastern, canned	85.0	3.0 oz	255
15157	Mollusks, clam, mixed species, raw	85.0	3.0 oz	255
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	255
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	254
02076	Seasoning mix, dry, chili, original	9.0	1.33 tbsp	253
03984	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed	30.4	1.0 fl oz	253
33874	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron	30.4	1.0 fl oz	253
11625	Parsley, freeze-dried	0.4	1.0 tbsp	253
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	142.0	0.5 cup From 19211	253

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	252
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	252
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	30.4	1.0 fl oz	252
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup	251
01166	Cheese, mexican, queso asadero	132.0	1.0 cup, diced	251
20016	Corn flour, whole-grain, yellow	117.0	1.0 cup	250
09314	Sapote, mamey, raw	175.0	1.0 cup 1" pieces	250
22118	MORNINGSTAR FARMS Garden Veggie Patties, frozen, unprepared	67.0	1.0 burger	250
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	147.0	0.5 cup From 19191	250
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	30.0	1.0 piece (1/8 of 9" crust)	250
22970	Macaroni and cheese, frozen entree	137.0	1.0 cup	249
14605	Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors	237.0	8.0 fl oz (1 NLEA serving)	249
33875	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron	30.0	5.0 fl oz	248
14169	Beverages, Carob-flavor beverage mix, powder, prepared with whole milk	256.0	1.0 cup (8 fl oz)	248
14182	Beverages, chocolate syrup, prepared with whole milk	282.0	1.0 cup (8 fl oz)	248
09041	Bananas, dehydrated, or banana powder	100.0	1.0 cup	248
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	248
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	247
19168	Desserts, egg custard, baked, prepared-from-recipe	141.0	0.5 cup	247
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	25.0	0.25 cup	247
06409	Soup, beef noodle, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	246
19094	Desserts, flan, caramel custard, prepared-from-recipe	153.0	0.5 cup	246
42186	Frozen yogurts, chocolate	174.0	1.0 cup	245
01125	Egg, yolk, raw, fresh	17.0	1.0 large	245
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	245
06044	Soup, mushroom with beef stock, canned, condensed	126.0	0.5 cup (4 fl oz)	244
06336	CAMPBELL'S, Cream of Chicken Soup, condensed	124.0	0.5 cup condensed	244
20317	Corn flour, yellow, masa, enriched	114.0	1.0 cup	244
15217	Fish, sucker, white, cooked, dry heat	124.0	1.0 fillet	243
19899	Ice creams, regular, low carbohydrate, chocolate	58.0	1.0 individual (3.5 fl oz)	243
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	227.0	0.5 lb	243
01047	Cheese food, pasteurized process, swiss	28.35	1.0 oz	243
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	115.0	1.0 slice	243
19898	Ice creams, regular, low carbohydrate, vanilla	58.0	1.0 individual (3.5 fl oz)	242
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	242
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	142.0	0.5 cup From 19211	241

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	85.0	3.0 oz	241
19270	Ice creams, chocolate	58.0	1.0 individual (3.5 fl oz)	241
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)	240
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	240
11292	Onions, young green, tops only	6.0	1.0 tbsp	240
01252	Cheese product, pasteurized process, American, vitamin D fortified	19.0	1.0 slice (2/3 oz)	240
01031	Cheese, neufchatel	28.35	1.0 oz	238
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	140.0	0.5 cup	238
04602	Butter, light, stick, without salt	14.0	1.0 tablespoon	238
04601	Butter, light, stick, with salt	14.0	1.0 tablespoon	238
21020	Fast foods, english muffin, with cheese and sausage	108.0	1.0 item	237
16080	Mung beans, mature seeds, raw	207.0	1.0 cup	236
05161	Squab, (pigeon), meat only, raw	251.0	1.0 unit (yield from 1 lb ready-to-cook squab)	236
42205	Cheese, pasteurized process, cheddar or American, fat-free	16.0	1.0 cubic inch	235
19881	Ice creams, BREYERS, No Sugar Added, French Vanilla	68.0	1.0 serving 1/2 cup	235
18154	Cookies, brownies, prepared from recipe	28.35	1.0 oz	234
06731	Soup, bean with bacon, condensed, single brand	128.0	1.0 serving 1/2 cup	234
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	234
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	234
01018	Cheese, edam	28.35	1.0 oz	234
07006	Bockwurst, pork, veal, raw	91.0	1.0 sausage	233
01007	Cheese, camembert	28.35	1.0 oz	232
21089	Fast foods, cheeseburger; single, regular patty; plain	91.0	1.0 sandwich	231
17367	Lamb, New Zealand, imported, kidney, raw	113.0	4.0 oz	231
03820	Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder	31.0	1.0 fl oz	229
14421	Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk	185.0	6.0 fl oz	229
06016	Soup, cream of chicken, canned, condensed	126.0	0.5 cup (4 fl oz)	229
43405	Cheese, swiss, low sodium	28.0	1.0 slice	229
18241	Croissants, cheese	28.35	1.0 oz	228
11279	Okra, cooked, boiled, drained, without salt	80.0	0.5 cup slices	226
11803	Okra, cooked, boiled, drained, with salt	80.0	0.5 cup slices	226
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	226
19890	Frozen novelties, KLONDIKE, SLIM-A-BEAR, No Sugar Added, Stickless Bar	78.0	1.0 serving 1 bar	225
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	225
06248	Soup, oyster stew, canned, prepared with equal volume milk	245.0	1.0 cup (8 fl oz)	225

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
16008	Beans, baked, canned, with franks	259.0	1.0 cup	225
01241	Ice cream sandwich, made with light ice cream, vanilla	70.0	1.0 serving	225
05170	Turkey, skin from whole (light and dark), roasted	85.0	1.0 serving	223
21416	POPEYES, Coleslaw	120.0	1.0 package	222
21034	Fast foods, sundae, strawberry	153.0	1.0 sundae	222
06212	CAMPBELL'S, 25% Less Sodium Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	222
01033	Cheese, parmesan, hard	28.35	1.0 oz	221
15240	Fish, trout, rainbow, farmed, raw	79.0	1.0 fillet	221
21033	Fast foods, sundae, hot fudge	158.0	1.0 sundae	221
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	245.0	1.0 cup	220
19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	147.0	0.5 cup	220
21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	145.0	1.0 slice 1/4 of pie	220
11981	Peppers, hungarian, raw	27.0	1.0 pepper	220
19208	Puddings, rice, dry mix, prepared with 2% milk	128.0	0.5 cup	220
01189	KRAFT CHEEZ WHIZ LIGHT Pasteurized Process Cheese Product	35.0	2.0 tbsp	220
09140	Guavas, strawberry, raw	244.0	1.0 cup	220
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	219
03942	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	217
01194	KRAFT BREAKSTONE'S FREE Fat Free Sour Cream	32.0	2.0 tbsp	217
11335	Peppers, sweet, green, canned, solids and liquids	140.0	1.0 cup, halves	217
27051	Sauce, cocktail, ready-to-serve	60.0	0.25 cup	215
15092	Fish, sea bass, mixed species, cooked, dry heat	101.0	1.0 fillet	215
18377	Cookies, oatmeal, prepared from recipe, without raisins	28.35	1.0 oz	215
21061	Fast foods, burrito, with beans and cheese	185.0	1.0 each burrito	215
27000	Soup, egg drop, Chinese restaurant	241.0	1.0 cup	214
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	210.0	1.0 cup, diced	214
01188	KRAFT CHEEZ WHIZ Pasteurized Process Cheese Sauce	33.0	2.0 tbsp	214
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1.0 oz	214
21480	DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	155.0	1.0 slice 1/4 of pie	214
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	214
02075	Seasoning mix, dry, taco, original	5.7	2.0 tsp	213
43379	Cheese, pasteurized process, swiss, low fat	140.0	1.0 cup, diced	213
20127	Spaghetti, spinach, cooked	140.0	1.0 cup	213
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	28.35	1.0 oz	212
14637	Water, with corn syrup and/or sugar and low calorie sweetener, fruit flavored	200.0	1.0 pouch	212
01027	Cheese, mozzarella, whole milk, low moisture	28.35	1.0 oz	211

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
18239	Croissants, butter	28.35	1.0 oz	211
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	170.0	1.0 cup	211
11975	Grape leaves, canned	4.0	1.0 leaf	210
16426	Tofu, raw, firm, prepared with calcium sulfate	126.0	0.5 cup	209
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	98.0	1.0 piece	209
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	209
03813	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed	107.0	1.0 Serving 100 ml	208
11601	Yam, raw	150.0	1.0 cup, cubes	207
16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	207
05160	Squab, (pigeon), meat and skin, raw	85.0	3.0 oz	207
03845	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA	107.0	1.0 serving 100 ml	207
21120	Fast foods, hotdog, with corn flour coating (corndog)	175.0	1.0 sandwich	206
35211	Caribou, hind quarter, meat, cooked (Alaska Native)	66.0	0.5 cup	206
03823	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed	106.0	1.0 Serving 100 ml	206
03825	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	206
03857	Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	206
03832	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	206
19260	Ice creams, vanilla, light, no sugar added	68.0	1.0 serving 1/2 cup	205
32016	Macaroni or noodles with cheese, microwaveable, unprepared	61.0	1.0 serving 1 pouch	205
19209	Puddings, tapioca, dry mix, prepared with 2% milk	128.0	0.5 cup	205
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	205
16603	MORNINGSTAR FARMS Breakfast Biscuit Sausage, Egg & Cheese, frozen, unprepared	105.0	1.0 biscuit	205
19886	Frozen novelties, KLONDIKE, SLIM-A-BEAR Chocolate Cone	79.0	1.0 serving 1 cone	205
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	205
03815	Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	205
01004	Cheese, blue	28.35	1.0 oz	204
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	204
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	204
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	28.35	1.0 oz	204
22971	Potato salad with egg	125.0	0.5 cup	204
21266	TACO BELL, BURRITO SUPREME with chicken	248.0	1.0 item	203
05037	Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted	101.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	203
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	203
06738	Soup, split pea with ham and bacon, canned, condensed, single brand	135.0	1.0 serving	202
21153	Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato	413.0	12.0 inch sub	202

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	202
06543	CAMPBELL'S Homestyle Mexican Style Chicken Tortilla Soup	245.0	1.0 cup	201
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	16.0	1.0 tbsp	201
19882	Ice creams, BREYERS, No Sugar Added, Vanilla	69.0	1.0 serving 1/2 cup	201
32027	Turnover, meat- and cheese-filled, tomato-based sauce, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	201
19186	Desserts, apple crisp, prepared-from-recipe	141.0	0.5 cup	200
01238	Ice cream sandwich	70.0	1.0 serving	200
27029	PACE, Tequila Lime Salsa	32.0	1.0 serving	200
27030	PACE, Triple Pepper Salsa	32.0	1.0 serving	200
06601	PACE, Lime & Garlic Chunky Salsa	32.0	1.0 serving	200
06597	PACE, Chipotle Chunky Salsa	32.0	1.0 serving	200
06602	PACE, Organic Picante Sauce	32.0	1.0 serving	200
27028	PACE, Salsa Verde	32.0	1.0 serving	200
07939	Frankfurter, pork	76.0	1.0 link	200
01045	Cheese food, cold pack, American	28.35	1.0 oz	200
03864	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA	103.0	1.0 serving 100 ml	200
06325	Gravy, CAMPBELL'S, chicken, microwavable	60.0	0.25 cup	200
06361	CAMPBELL'S Red and White, Green Pea Soup, condensed	128.0	1.0 serving 1/2 cup	200
06312	CAMPBELL'S Red and White, Cream of Asparagus Soup, condensed	124.0	1.0 serving 1/2 cup	200
06987	HEALTHY REQUEST, Cream of Celery Soup, condensed	124.0	1.0 serving 1/2 cup	200
06340	CAMPBELL'S Red and White, Cream of Onion Soup, condensed	124.0	1.0 serving 1/2 cup	200
32028	Turnover, filled with egg, meat and cheese, frozen	127.0	1.0 piece turnover 1 serving	199
18310	Pie, chocolate creme, commercially prepared	120.0	1.0 serving .167 pie	199
11316	Peas, mature seeds, sprouted, raw	120.0	1.0 cup	199
06930	Sauce, cheese, ready-to-serve	63.0	0.25 cup	199
06042	Soup, mushroom barley, canned, condensed	126.0	0.5 cup (4 fl oz)	199
22930	SPAGHETTIOS, Spaghetti in Tomato & Cheese Sauce	252.0	1.0 cup (1 serving)	199
05708	Turkey, retail parts, breast, meat only, with added solution, raw	1171.0	1.0 breast	199
32010	Pasta mix, Italian lasagna, unprepared	141.0	1.0 package	199
15091	Fish, sea bass, mixed species, raw	129.0	1.0 fillet	199
19884	Ice creams, BREYERS, No Sugar Added, Vanilla Chocolate Strawberry	68.0	1.0 serving 1/2 cup	199
01215	Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	21.0	1.0 slice 3/4 oz	198
15095	Fish, shark, mixed species, raw	85.0	3.0 oz	198
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22.0	1.0 serving	198
06442	Soup, mushroom barley, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	198
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	140.0	0.5 cup	197

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	142.0	0.5 cup	197
21487	Fast foods, taco with chicken, lettuce and cheese, soft	98.0	1.0 each taco	197
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	197
28248	SUNSHINE, CHEEZ-IT, Pepper Jack Crackers	30.0	25.0 crackers	196
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	96.0	1.0 slice	196
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	85.0	3.0 oz	196
19126	Candies, milk chocolate coated peanuts	149.0	1.0 cup	195
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	28.35	1.0 oz	194
11324	Peas and onions, canned, solids and liquids	120.0	1.0 cup	193
05156	Pheasant, leg, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-eat pheasant)	193
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	31.1	1.0 fl oz	193
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	28.35	1.0 oz	193
09082	Cranberry-orange relish, canned	275.0	1.0 cup	192
18184	Cookies, oatmeal, prepared from recipe, with raisins	28.35	1.0 oz	192
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	123.0	1.0 slice	192
21105	Fast foods, fish sandwich, with tartar sauce	220.0	1.0 sandwich	191
06632	Sauce, hot chile, sriracha, CHA! BY TEXAS PETE	6.9	1.0 tsp	191
21008	Fast foods, biscuit, with ham	162.0	1.0 biscuit	191
19880	Ice creams, BREYERS, No Sugar Added, Butter Pecan	68.0	1.0 serving 1/2 cup	191
18421	Cookies, butter, commercially prepared, unenriched	28.35	1.0 oz	191
18155	Cookies, butter, commercially prepared, enriched	28.35	1.0 oz	191
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	190
21063	Fast foods, burrito, with beans and beef	241.0	1.0 item	190
19265	Ice creams, chocolate, light, no sugar added	72.0	1.0 serving 1/2 cup	190
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	189
11772	Corn, sweet, yellow, canned, cream style, no salt added	256.0	1.0 cup	189
19408	Snacks, pork skins, barbecue-flavor	28.35	1.0 oz	189
01270	Cheese, cheddar, sharp, sliced	19.0	1.0 slice (2/3 oz)	189
19895	Ice creams, BREYERS, No Sugar Added, Chocolate Caramel	71.0	1.0 serving 1/2 cup	189
19883	Ice creams, BREYERS, No Sugar Added, Vanilla Fudge Twirl	72.0	1.0 serving 1/2 cup	189
08221	Cereals, QUAKER, Instant Grits, Butter flavor, dry	28.0	1.0 packet (1 NLEA serving)	188
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	95.0	0.33 package (10 oz)	188
03206	Babyfood, cookie, baby, fruit	8.0	1.0 cookie	188
43008	Babyfood, dinner, chicken and rice	16.0	1.0 tbsps	187
03042	Babyfood, dinner, vegetables and dumplings and beef, junior	28.35	1.0 oz	187
15046	Fish, mackerel, Atlantic, raw	112.0	1.0 fillet	187

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	186
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	124.0	0.5 cup	186
19271	Ice creams, strawberry	58.0	1.0 individual (3.5 fl oz)	186
27067	Sauce, OLD EL PASO, enchilada, red, mild, ready to serve	58.0	0.25 cup	185
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	237.0	6.0 inch sub	185
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	237.0	6.0 inch sub	185
01251	Cheese, Mexican blend	28.0	0.25 cup shredded	185
19169	Egg custards, dry mix	85.0	1.0 package (3 oz)	184
19887	Frozen novelties, KLONDIKE, SLIM-A-BEAR Vanilla Sandwich	64.0	1.0 serving 1 sandwich	184
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A	245.0	1.0 cup	184
18189	Cookies, peanut butter, prepared from recipe	28.35	1.0 oz	183
11945	Pickle relish, sweet	15.0	1.0 tbsp	183
19877	Ice creams, BREYERS, 98% Fat Free Vanilla	68.0	1.0 serving 1/2 cup	182
09144	Jackfruit, raw	165.0	1.0 cup, sliced	182
21127	Fast foods, coleslaw	191.0	1.0 cup	181
19321	Puddings, banana, dry mix, regular, prepared with whole milk	127.0	0.5 cup	179
21267	TACO BELL, BURRITO SUPREME with steak	248.0	1.0 item	179
20091	Pasta, gluten-free, corn, dry	105.0	1.0 cup	178
15194	Fish, mahimahi, cooked, dry heat	85.0	3.0 oz	177
43098	Pie fillings, cherry, low calorie	85.0	1.0 serving	177
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	147.0	0.5 cup	176
20330	Hominy, canned, yellow	160.0	1.0 cup	176
19273	Snacks, SUNKIST, SUNKIST Fruit Roll, strawberry, with vitamins A, C, and E	21.0	1.0 roll	175
09310	Rhubarb, frozen, cooked, with sugar	240.0	1.0 cup	175
11980	Peppers, chili, green, canned	139.0	1.0 cup	175
21159	SUBWAY, steak & cheese sub on white bread with American cheese, lettuce and tomato	201.0	6.0 inch sub	175
21160	Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	201.0	6.0 inch sub	175
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	127.0	1.0 slice	174
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	174
19894	Ice creams, BREYERS, 98% Fat Free Chocolate	68.0	1.0 serving 1/2 cup	173
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1.0 oz	173
19804	Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	28.35	1.0 oz	173
15215	Fish, shad, american, cooked, dry heat	144.0	1.0 fillet	173
09048	Blackberries, frozen, unsweetened	151.0	1.0 cup, unthawed	172
15040	Fish, herring, Atlantic, cooked, dry heat	143.0	1.0 fillet	172
06633	Sauce, hot chile, sriracha, TUONG OT SRIRACHA	6.2	1.0 tsp	171

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
21463	Yogurt parfait, lowfat, with fruit and granola	149.0	1.0 item	171
27043	Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	519.0	1.0 can	171
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	155.0	1.0 cup	170
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	155.0	1.0 cup	170
19319	Puddings, banana, dry mix, instant, prepared with whole milk	127.0	0.5 cup	170
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	210.0	1.0 cup	170
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	170
36027	DENNY'S, chicken strips	194.0	1.0 serving	169
18378	Cookies, chocolate chip, prepared from recipe, made with butter	28.35	1.0 oz	168
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	168
04073	Margarine, regular, hard, soybean (hydrogenated)	4.7	1.0 tsp	168
01006	Cheese, brie	28.35	1.0 oz	168
06631	Sauce, hot chile, sriracha	6.5	1.0 tsp	167
03821	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted	8.8	1.0 scoop	167
15197	Fish, herring, Pacific, cooked, dry heat	144.0	1.0 fillet	167
15195	Fish, drum, freshwater, cooked, dry heat	85.0	3.0 oz	167
01284	Yogurt, Greek, strawberry, lowfat	150.0	1.0 container (5.3 oz)	166
32020	Chicken, thighs, frozen, breaded, reheated	133.0	1.0 thigh with bone and breading	166
05277	Chicken, canned, meat only, with broth	142.0	1.0 can (5 oz)	166
01209	Cheese, Mexican, blend, reduced fat	28.35	1.0 oz	166
06164	Sauce, salsa, ready-to-serve	36.0	2.0 tbsp	166
11897	Yam, cooked, boiled, drained, or baked, with salt	136.0	1.0 cup, cubes	166
11602	Yam, cooked, boiled, drained, or baked, without salt	136.0	1.0 cup, cubes	166
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	35.0	1.0 bar	166
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	165
20112	Noodles, egg, spinach, enriched, cooked	160.0	1.0 cup	165
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249.0	1.0 cup	164
09212	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium	249.0	1.0 cup	164
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	96.0	1.0 slice	164
09519	Guava nectar, with sucralose, canned	335.0	11.3 fl oz	164
15236	Fish, salmon, Atlantic, farmed, raw	85.0	3.0 oz	164
15086	Fish, salmon, sockeye, cooked, dry heat	85.0	3.0 oz	164
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	256.0	1.0 cup	164
09311	Roselle, raw	57.0	1.0 cup, without refuse	164
36403	Restaurant, Latino, empanadas, beef, prepared	89.0	1.0 piece	163
11099	Brussels sprouts, cooked, boiled, drained, without salt	21.0	1.0 sprout	163

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
11745	Brussels sprouts, cooked, boiled, drained, with salt	21.0	1.0 sprout	163
21486	Fast foods, taco with beef, cheese and lettuce, soft	102.0	1.0 each taco	162
03072	Babyfood, dinner, chicken stew, toddler	16.0	1.0 tbsp	162
01017	Cheese, cream	14.5	1.0 tbsp	161
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	149.0	1.0 cup, drained	161
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85.0	3.0 oz	161
11932	Beans, snap, yellow, canned, regular pack, drained solids	153.0	1.0 cup	161
36017	Restaurant, family style, macaroni & cheese, from kids' menu	136.0	1.0 cup	160
15238	Fish, salmon, coho, farmed, raw	85.0	3.0 oz	160
11730	Beans, snap, yellow, frozen, all styles, unprepared	121.0	1.0 cup	160
01022	Cheese, gouda	28.35	1.0 oz	160
01171	Egg, whole, raw, frozen, pasteurized	28.0	1.0 oz	160
15052	Fish, mackerel, spanish, cooked, dry heat	146.0	1.0 fillet	159
15264	Salmon, sockeye, canned, drained solids, without skin and bones	85.0	3.0 oz	159
06056	Soup, cream of shrimp, canned, condensed	126.0	0.5 cup	159
22247	Macaroni and Cheese, canned entree	244.0	1.0 serving	159
11349	Poi	240.0	1.0 cup	158
15047	Fish, mackerel, Atlantic, cooked, dry heat	88.0	1.0 fillet	158
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	158
12127	Nuts, ginkgo nuts, raw	28.35	1.0 oz	158
21115	Fast foods, hamburger, large, triple patty, with condiments	259.0	1.0 sandwich	158
18423	Cookies, ladyfingers, without lemon juice and rind	28.35	1.0 oz	158
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	114.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	157
12130	Nuts, hickorynuts, dried	120.0	1.0 cup	157
05126	Chicken, stewing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	157
08510	Milk and cereal bar	25.0	1.0 bar	157
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	157
15087	Fish, salmon, sockeye, canned, drained solids	85.0	3.0 oz	156
18147	Cheesecake commercially prepared	28.35	1.0 oz	155
19323	Puddings, coconut cream, dry mix, instant, prepared with whole milk	147.0	0.5 cup	154
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	147.0	0.5 cup	154
43205	Beverage, instant breakfast powder, chocolate, not reconstituted	7.4	1.0 tbsp	154
28020	KASHI, TLC, Pita Crisps, Zesty Salsa	31.0	11.0 crisps	154
19325	Puddings, coconut cream, dry mix, regular, prepared with whole milk	140.0	0.5 cup	154
06456	Soup, cream of shrimp, canned, prepared with equal volume water	244.0	1.0 cup	154
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	85.0	3.0 oz	153

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
15023	Fish, mahimahi, raw	85.0	3.0 oz	153
19293	Frozen yogurts, vanilla, soft-serve	72.0	0.5 cup	153
15225	Fish, yellowtail, mixed species, cooked, dry heat	146.0	0.5 fillet	152
19314	Pie fillings, canned, cherry	74.0	0.125 can	152
05123	Chicken, stewing, meat and skin, raw	85.0	3.0 oz	151
15142	Crustaceans, crab, blue, crab cakes, home recipe	60.0	1.0 cake	151
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	151
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	151
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	193.0	1.0 thigh with skin	151
05153	Pheasant, raw, meat and skin	85.0	3.0 oz	150
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	200.0	1.0 cup	150
09306	Raspberries, frozen, red, sweetened	250.0	1.0 cup, thawed	150
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	85.0	3.0 oz	150
33862	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder	9.6	1.0 scoop	149
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	142.0	0.5 cup	149
12084	Nuts, butternuts, dried	120.0	1.0 cup	149
33871	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA	9.6	1.0 scoop	149
11676	Radish seeds, sprouted, raw	38.0	1.0 cup	149
03849	Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, with iron, powder, with ARA and DHA	9.4	1.0 scoop	149
14423	Beverages, dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	243.0	1.0 serving	148
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	148
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	9.5	1.0 scoop	148
32017	Pasta mix, Italian four cheese lasagna, unprepared	117.0	1.0 package	147
19195	Puddings, rice, dry mix, prepared with whole milk	128.0	0.5 cup	147
15227	Crustaceans, crab, queen, cooked, moist heat	85.0	3.0 oz	147
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	61.0	0.167 loaf 1/6 of the loaf	147
09309	Rhubarb, frozen, uncooked	137.0	1.0 cup, diced	147
14422	Beverages, Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	21.0	1.0 packet (.75 oz)	147
03245	Babyfood, dessert, custard pudding, vanilla, strained	229.0	1.0 cup	147
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	190.0	6.0 inch sub	146
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	190.0	6.0 inch sub	146
33867	Infant formula, GERBER, GOOD START, PROTECT PLUS, powder	9.4	1.0 scoop	146
05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	145
15012	Fish, caviar, black and red, granular	16.0	1.0 tbsp	145

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
09313	Sapodilla, raw	241.0	1.0 cup, pulp	145
15024	Fish, drum, freshwater, raw	85.0	3.0 oz	144
15107	Fish, sucker, white, raw	85.0	3.0 oz	144
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	85.0	3.0 oz	144
33866	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, LIPIL, powder	9.6	1.0 scoop	144
09040	Bananas, raw	225.0	1.0 cup, mashed	144
15247	Fish, salmon, coho, wild, cooked, dry heat	85.0	3.0 oz	144
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	114.0	4.0 oz	144
33869	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder	9.4	1.0 scoop	143
03814	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted	9.6	1.0 scoop	143
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	170.0	1.0 container	143
11392	Potatoes, hash brown, frozen, with butter sauce, unprepared	170.0	1.0 package (6 oz)	143
05139	Duck, domesticated, meat and skin, raw	85.0	3.0 oz	143
18269	French toast, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	143
33872	Infant formula, GERBER, GOOD START 2 SOY, with iron, powder	9.4	1.0 scoop	143
06046	Soup, cream of onion, canned, condensed	126.0	0.5 cup	142
03049	Babyfood, dinner, beef and rice, toddler	28.35	1.0 oz	142
42189	Milk, buttermilk, fluid, cultured, reduced fat	245.0	1.0 cup	142
11563	Tree fern, cooked, without salt	71.0	0.5 cup, chopped	142
05131	Chicken, stewing, dark meat, meat only, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	142
14240	Beverages, cranberry-apricot juice drink, bottled	30.6	1.0 fl oz	142
03867	Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder	9.4	1.0 scoop	141
33873	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted	9.4	1.0 scoop	141
18082	Bread stuffing, bread, dry mix, prepared	28.35	1.0 oz	141
03044	Babyfood, dinner, macaroni and tomato and beef, strained	16.0	1.0 tbsp	140
05154	Pheasant, raw, meat only	85.0	3.0 oz	140
15032	Fish, grouper, mixed species, cooked, dry heat	85.0	3.0 oz	140
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	124.0	1.0 cup (1/2" pieces)	140
11711	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	124.0	1.0 cup (1/2" pieces)	140
33868	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder	9.4	1.0 scoop	140
36023	APPLEBEE'S, chicken tenders platter	209.0	1.0 serving	140
18019	Bread, banana, prepared from recipe, made with margarine	28.35	1.0 oz	140
11118	Cabbage, kimchi	150.0	1.0 cup	140
01255	Egg, whole, raw, frozen, salted, pasteurized	28.0	1.0 oz	139
19383	Candies, toffee, prepared-from-recipe	12.0	1.0 piece	138
36004	APPLEBEE'S, mozzarella sticks	32.0	1.0 piece	138

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
19199	Puddings, tapioca, dry mix, prepared with whole milk	128.0	0.5 cup	138
01259	Cheese spread, American or Cheddar cheese base, reduced fat	21.0	1.0 piece	138
15178	Mollusks, whelk, unspecified, cooked, moist heat	85.0	3.0 oz	138
03298	Babyfood, dinner, broccoli and chicken, junior	29.0	1.0 tbsp	137
03858	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted	8.7	1.0 scoop	137
03941	Infant formula, PBM PRODUCTS, store brand, soy, powder	8.7	1.0 scoop	137
11615	Chives, freeze-dried	0.2	1.0 tbsp	137
01028	Cheese, mozzarella, part skim milk	28.35	1.0 oz	136
03093	Babyfood, green beans, dices, toddler	28.35	1.0 oz	136
32005	Macaroni and cheese, box mix with cheese sauce, prepared	189.0	1.0 cup prepared	136
21106	Fast foods, fish sandwich, with tartar sauce and cheese	134.0	1.0 sandwich	135
01226	Egg substitute, liquid or frozen, fat free	60.0	0.25 cup	135
03838	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA	9.0	1.0 scoop	135
15171	Mollusks, oyster, Pacific, raw	50.0	1.0 medium	135
33870	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder	9.4	1.0 scoop	135
20105	Macaroni, vegetable, enriched, dry	84.0	1.0 cup spiral shaped	134
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	160.0	1.0 cup	134
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	89.0	1.0 cup	134
03843	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted	8.7	1.0 scoop	134
03954	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted	8.7	1.0 scoop	134
06417	Soup, chicken gumbo, canned, prepared with equal volume water	244.0	1.0 cup	134
03950	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted	8.5	1.0 scoop	134
03837	Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted	8.7	1.0 scoop	134
03853	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted	8.5	1.0 scoop	134
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	200.0	1.0 cup	134
03980	Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLELEASE, powder	8.7	1.0 scoop	134
03967	Toddler formula, MEAD JOHNSON, ENFAGROW, PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), powder	8.8	1.0 scoop	134
03802	Infant formula, NESTLE, GOOD START SUPREME, with iron, powder	8.7	1.0 scoop	134
12175	Nuts, chestnuts, japanese, dried	155.0	1.0 cup	133
03827	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	133
03869	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted	8.5	1.0 scoop	133
43287	Dove, cooked (includes squab)	140.0	1.0 cup, chopped or diced	133

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
18101	Cake, chocolate, prepared from recipe without frosting	95.0	1.0 piece (1/12 of 9" dia)	133
03943	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, powder, with ARA and DHA	8.7	1.0 scoop	133
03957	Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA	8.7	1.0 scoop	133
33877	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder	8.7	1.0 scoop	133
33863	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder	8.7	1.0 scoop	133
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	144.0	1.0 cup	132
03938	Infant formula, PBM PRODUCTS, store brand, powder	8.4	1.0 scoop	132
12136	Nuts, mixed nuts, dry roasted, with peanuts, salt added, PLANTERS pistachio blend	147.0	1.0 cup	132
03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	9.3	1.0 scoop	132
03826	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted	8.8	1.0 scoop	132
02044	Basil, fresh	2.5	5.0 leaves	132
14436	Beverages, orange breakfast drink, ready-to-drink, with added nutrients	31.6	1.0 fl oz	132
03808	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	132
15056	Fish, mullet, striped, cooked, dry heat	93.0	1.0 fillet	131
11156	Chives, raw	3.0	1.0 tbsp chopped	131
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	130
03805	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder	8.3	1.0 scoop	130
12011	Seeds, cottonseed meal, partially defatted (glandless)	28.35	1.0 oz	130
19371	Frostings, vanilla, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	130
19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	130
11967	Cauliflower, green, cooked, no salt added	90.0	0.2 head	130
22973	Corn dogs, frozen, prepared	78.0	1.0 corn dog	129
11009	Artichokes, (globe or french), frozen, unprepared	84.0	0.33 package	129
28186	KELLOGG'S, SPECIAL K, Cracker Chips, Cheddar	30.0	27.0 chips	129
15188	Fish, bass, striped, cooked, dry heat	124.0	1.0 fillet	129
03809	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted	8.3	1.0 scoop	129
03928	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder	8.5	1.0 scoop	128
21150	SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce	228.0	6.0 inch sub	128
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	128
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	128
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	128
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	128
15144	Crustaceans, crab, queen, raw	85.0	3.0 oz	128
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	127

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
21415	POPEYES, biscuit	60.0	1.0 biscuit	127
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	127
16104	Bacon, meatless	144.0	1.0 cup	127
21154	Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato	198.0	6.0 inch sub	127
21211	SUBWAY, oven roasted chicken sub on white bread with lettuce and tomato	198.0	6.0 inch sub	127
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	126
19295	Candies, MARS SNACKFOOD US, SNICKERS MUNCH bar	40.0	1.0 serving 1.42 oz bar	126
83110	Fish, mackerel, salted	80.0	1.0 piece (5-1/2" x 1-1/2" x 1/2")	126
03051	Babyfood, dinner, spaghetti and tomato and meat, toddler	28.35	1.0 oz	126
01153	Milk, canned, evaporated, with added vitamin A	31.5	1.0 fl oz	125
03852	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA	8.8	1.0 scoop	125
05155	Pheasant, breast, meat only, raw	85.0	3.0 oz	125
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	125
01145	Butter, without salt	5.0	1.0 pat (1" sq, 1/3" high)	125
28237	SUNSHINE, CHEEZ-IT, Cheddar Jack Crackers	30.0	25.0 crackers	124
09307	Rhubarb, raw	122.0	1.0 cup, diced	124
33865	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	124
21264	TACO BELL, Bean Burrito	185.0	1.0 each burrito	124
33864	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	124
11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	87.0	1.0 cup	124
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	87.0	1.0 cup	124
06017	Soup, chicken gumbo, canned, condensed	126.0	0.5 cup (4 fl oz)	123
03940	Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted	31.4	1.0 fl oz	123
03937	Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted	31.4	1.0 fl oz	123
03818	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	123
03812	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	123
20106	Macaroni, vegetable, enriched, cooked	134.0	1.0 cup spiral shaped	123
05015	Chicken, broilers or fryers, skin only, raw	47.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	123
28267	KEEBLER, SANDIES, Simply Shortbread Cookies	31.0	2.0 cookies	123
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	115.0	1.0 sandwich	123
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	123
12008	Seeds, cottonseed flour, low fat (glandless)	28.35	1.0 oz	122
01144	Egg substitute, powder	9.9	0.35 oz	122
15231	Mollusks, oyster, Pacific, cooked, moist heat	25.0	1.0 medium	122

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
15031	Fish, grouper, mixed species, raw	85.0	3.0 oz	122
11492	Squash, winter, spaghetti, raw	101.0	1.0 cup, cubes	121
09160	Lime juice, raw	242.0	1.0 cup	121
03851	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	120
03856	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	120
03951	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	120
20111	Noodles, egg, spinach, enriched, dry	38.0	1.0 cup	120
03926	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	120
03801	Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	120
03952	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate	31.4	1.0 fl oz	119
03842	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate	31.4	1.0 fl oz	119
32007	Taquitos, frozen, beef and cheese, oven-heated	42.0	1.0 piece	119
05006	Chicken, broilers or fryers, meat and skin, raw	85.0	3.0 oz	119
43506	Frozen novelties, ice cream type, chocolate or caramel covered, with nuts	54.0	1.0 bar	119
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	152.0	1.0 sandwich	119
28245	SUNSHINE, CHEEZ-IT, Crackers (made with Whole Grain)	30.0	27.0 crackers	118
07969	Kielbasa, fully cooked, pan-fried	370.0	1.0 link	118
03844	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA	31.6	1.0 fl oz	118
03830	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, LIPIL, with iron, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	118
03854	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	118
03041	Babyfood, dinner, vegetables and dumplings and beef, strained	28.35	1.0 oz	118
03816	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate, not reconstituted	31.5	1.0 fl oz	118
01038	Cheese, romano	28.35	1.0 oz	118
03947	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA	30.5	1.0 fl oz	117
28252	SUNSHINE, CHEEZ-IT, Scrabble Jr. Crackers	30.0	26.0 crackers	117
18312	Pie, chocolate mousse, prepared from mix, no-bake type	28.35	1.0 oz	117
03131	Babyfood, fruit, peaches, junior	17.0	1.0 tbsp	117
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	120.0	1.0 item	116
43285	Eggs, scrambled, frozen mixture	28.35	1.0 oz	116
03824	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted	30.8	1.0 fl oz	116

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
36417	Restaurant, Mexican, spanish rice	116.0	1.0 cup	116
18309	Pie, cherry, prepared from recipe	28.35	1.0 oz	116
03966	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate	29.2	1.0 fl oz	116
36008	T.G.I. FRIDAY'S, fried mozzarella	35.0	1.0 piece	116
22901	Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased	81.0	0.75 cup	116
15075	Fish, sablefish, smoked	28.35	1.0 oz	116
18303	Pie, banana cream, prepared from mix, no-bake type	28.35	1.0 oz	116
21382	McDONALD'S, FILET-O-FISH (without tartar sauce)	124.0	1.0 item	115
19256	Candies, MARS SNACKFOOD US, MILKY WAY Caramels, milk chocolate covered	44.0	1.0 serving 5 pieces	115
19393	Frozen yogurts, chocolate, soft-serve	72.0	0.5 cup (4 fl oz)	115
01088	Milk, buttermilk, fluid, cultured, lowfat	245.0	1.0 cup	115
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	55.0	1.0 bar	115
28281	SUNSHINE, CHEEZ-IT, Reduced Fat Crackers	30.0	29.0 crackers	115
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	116.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	115
18314	Pie, coconut cream, prepared from mix, no-bake type	28.35	1.0 oz	115
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	115
15081	Fish, salmon, coho, wild, raw	85.0	3.0 oz	115
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	244.0	1.0 cup	115
03047	Babyfood, dinner, beef noodle, strained	16.0	1.0 tbsp	115
05036	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	114
12144	Nuts, pecans, oil roasted, without salt added	110.0	1.0 cup	114
12644	Nuts, pecans, oil roasted, with salt added	110.0	1.0 cup	114
09008	Apples, canned, sweetened, sliced, drained, heated	204.0	1.0 cup slices	114
09427	Abiyuch, raw	114.0	0.5 cup	114
43382	Cranberry juice, unsweetened	253.0	1.0 cup	114
32013	Potsticker or wonton, pork and vegetable, frozen, unprepared	145.0	5.0 pieces 1 serving	113
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	113
15119	Fish, tuna, light, canned in oil, drained solids	146.0	1.0 cup, solid or chunks	112
09261	Pears, dried, sulfured, stewed, with added sugar	280.0	1.0 cup, halves	112
19042	Snacks, potato chips, barbecue-flavor	28.35	1.0 oz	111
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	32.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	111
16144	Lentils, pink or red, raw	192.0	1.0 cup	111
05124	Chicken, stewing, meat and skin, cooked, stewed	85.0	3.0 oz	111
15223	Fish, whitefish, mixed species, cooked, dry heat	85.0	3.0 oz	111
35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	108.0	1.0 filet	111
11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	111

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
11878	Taro, cooked, with salt	132.0	1.0 cup slices	111
11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	111
03913	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, powder	9.4	1.0 scoop	111
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	140.0	1.0 cup	111
03045	Babyfood, dinner, macaroni and tomato and beef, junior	16.0	1.0 tbsp	111
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	110
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	110
15111	Fish, swordfish, cooked, dry heat	85.0	3.0 oz	110
15253	Salmon, sockeye, canned, total can contents	85.0	3.0 oz	110
05135	Chicken, capons, meat and skin, raw	85.0	3.0 oz	110
01260	Cheese, cheddar, reduced fat	21.0	1.0 slice	110
42270	Beverages, Orange juice drink	249.0	1.0 cup	110
08290	Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	31.0	0.75 cup (1 NLEA serving)	109
09502	Apples, raw, granny smith, with skin	109.0	1.0 cup, sliced	109
03118	Babyfood, fruit, apricot with tapioca, strained	15.0	1.0 tbsp	109
03128	Babyfood, fruit, apricot with tapioca, junior	15.0	1.0 tbsp	108
19258	Candies, MARS SNACKFOOD US, MILKY WAY Caramels. dark chocolate covered	44.0	1.0 serving 5 pieces	108
05141	Duck, domesticated, meat only, raw	137.0	1.0 unit (yield from 1 lb ready-to-cook duck)	108
19254	Candies, MARS SNACKFOOD US, DOVE Milk Chocolate	37.0	1.0 serving 1.30 oz bar	108
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	216.0	1.0 can (6 fl oz)	108
11722	Beans, snap, yellow, raw	100.0	1.0 cup 1/2" pieces	108
05142	Duck, domesticated, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	108
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1.0 oz	108
21517	Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	133.0	1.0 item	108
18240	Croissants, apple	28.35	1.0 oz	108
03246	Babyfood, dessert, custard pudding, vanilla, junior	229.0	1.0 cup	108
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	107
01073	Dessert topping, semi solid, frozen	75.0	1.0 cup	107
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	107
15212	Fish, salmon, pink, cooked, dry heat	85.0	3.0 oz	107
36026	CRACKER BARREL, onion rings, thick-cut	261.0	1.0 serving	107
09422	Durian, raw or frozen	243.0	1.0 cup, chopped or diced	107
01049	Cream, fluid, half and half	30.2	1.0 fl oz	107
19075	Candies, CARMELLO Candy Bar	35.0	1.0 bar 1.25 oz	106
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	114.0	4.0 oz	106
15069	Fish, pompano, florida, cooked, dry heat	88.0	1.0 fillet	106

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
28241	SUNSHINE, GRIPZ, Cheez-It Crackers	25.0	1.0 package	106
16427	Tofu, raw, regular, prepared with calcium sulfate	124.0	0.5 cup	105
19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	28.35	1.0 oz	105
09085	Currants, zante, dried	144.0	1.0 cup	105
03287	Babyfood, dinner, beef noodle, junior	16.0	1.0 tbsp	105
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	105
09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	105
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	105
36613	DENNY'S, macaroni & cheese, from kid's menu	180.0	1.0 serving	104
09007	Apples, canned, sweetened, sliced, drained, unheated	204.0	1.0 cup slices	104
18148	Cheesecake prepared from mix, no-bake type	28.35	1.0 oz	104
16116	Soy flour, full-fat, roasted	85.0	1.0 cup, stirred	104
21162	Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread	148.0	6.0 inch sub	104
21161	SUBWAY, B.L.T. sub on white bread with bacon, lettuce and tomato	148.0	6.0 inch sub	104
15113	Fish, tilefish, cooked, dry heat	150.0	0.5 fillet	104
11344	Pigeonpeas, immature seeds, raw	154.0	1.0 cup	103
43450	Frozen novelties, juice type, juice with cream	71.0	2.5 oz	103
21456	POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	194.0	1.0 breast, with skin	103
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	122.0	1.0 piece	102
09056	Boysenberries, canned, heavy syrup	256.0	1.0 cup	102
05130	Chicken, stewing, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	102
15110	Fish, swordfish, raw	85.0	3.0 oz	102
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	102
15130	Fish, whitefish, mixed species, raw	85.0	3.0 oz	102
19701	Candies, semisweet chocolate, made with butter	170.0	1.0 cup chips (6 oz package)	102
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	102
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226.0	1.0 sandwich	102
21152	SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato	207.0	6.0 inch sub	101
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125.0	1.0 cup	101
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	125.0	1.0 cup	101
18325	Pie, pecan, prepared from recipe	28.35	1.0 oz	101
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	101
28238	SUNSHINE, CHEEZ-IT, Colby Crackers	30.0	25.0 crackers	101
16115	Soy flour, full-fat, raw	84.0	1.0 cup, stirred	101
06589	CAMPBELL'S Soup on the Go, Creamy Broccoli Soup	305.0	1.0 container	101
43396	Cheese, cottage, lowfat, 1% milkfat, with vegetables	113.0	4.0 oz	101

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
28349	Cookies, oatmeal, reduced fat	25.0	1.0 cookie	100
06383	CAMPBELL'S CHUNKY Soups, Baked Potato with Cheddar & Bacon Bits Soup	245.0	1.0 cup	100
06546	CAMPBELL'S Homestyle Potato Broccoli Cheese Soup	245.0	1.0 cup	100
15204	Fish, pike, walleye, cooked, dry heat	124.0	1.0 fillet	100
06209	CAMPBELL'S, 98% Fat Free Cream of Broccoli Soup, condensed	124.0	0.5 cup condensed	100
06218	CAMPBELL'S, 98% Fat Free Cream of Celery Soup, condensed	124.0	0.5 cup condensed	100
27048	Sauce, steak, tomato based	34.0	2.0 Tbsp	100
28236	SUNSHINE, CHEEZ-IT, BIG Crackers	30.0	13.0 crackers	100
28280	SUNSHINE, CHEEZ-IT, Original Crackers	30.0	27.0 crackers	100
06603	PACE, Picante Sauce	32.0	1.0 serving	100
27027	PACE, Pico De Gallo	32.0	1.0 serving	100
06605	PACE, Thick & Chunky Salsa	32.0	1.0 serving	100
06598	PACE, Cilantro Chunky Salsa	32.0	1.0 serving	100
20657	Pasta, gluten-free, corn and rice flour, cooked	141.0	1.0 cup spaghetti	100
01239	Ice cream cookie sandwich	82.0	1.0 serving	100
06604	PACE, Red Taco Sauce	16.0	1.0 tbsp	100
32014	Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared	99.0	1.0 serving (3.5 oz)	100
31014	PACE, Jalapenos Nacho Sliced Peppers	30.0	1.0 oz	100
18981	KASHI, TLC, Fire Roasted Vegetable Crackers	30.0	15.0 crackers	100
03901	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, liquid concentrate, not reconstituted	31.9	1.0 fl oz	100
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	96.0	1.0 unit	100
32011	Yellow rice with seasoning, dry packet mix, unprepared	57.0	1.0 serving (2 oz)	100
01264	Ice cream bar, stick or nugget, with crunch coating	95.0	26.0 pieces	100
06320	Gravy, CAMPBELL'S, chicken, fat free	59.0	0.25 cup	100
06330	Gravy, FRANCO-AMERICAN, chicken, slow roast	59.0	0.25 cup	100
06328	Gravy, FRANCO-AMERICAN, chicken, slow roast, fat free	59.0	0.25 cup	100
09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	100
16204	PACE, Spicy Jalapeno Refried Beans	120.0	0.5 cup	100
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	120.0	0.5 cup	100
16202	PACE, Traditional Refried Beans	120.0	0.5 cup	100
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	120.0	0.5 cup	100
16203	PACE, Salsa Refried Beans	120.0	0.5 cup	100
06311	CAMPBELL'S Red and White, Chicken Won Ton Soup, condensed	126.0	1.0 serving 1/2 cup	100
06058	CAMPBELL'S Red and White, Chicken Gumbo Soup, condensed	126.0	1.0 serving 1/2 cup	100
09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	99
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.0	3.0 oz	99

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
13320	Beef, variety meats and by-products, brain, cooked, simmered	85.0	3.0 oz	99
15083	Fish, salmon, pink, raw	85.0	3.0 oz	99
18969	Cream puff, eclair, custard or cream filled, iced	113.0	4.0 oz	99
11965	Cauliflower, green, raw	64.0	1.0 cup	99
12201	Seeds, sesame seed kernels, dried (decorticated)	150.0	1.0 cup	99
07058	Pickle and pimiento loaf, pork	38.0	1.0 slice	99
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	32.0	2.0 tbsp	99
05147	Goose, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	98
15098	Fish, sheepshead, cooked, dry heat	85.0	3.0 oz	98
15198	Fish, ling, cooked, dry heat	85.0	3.0 oz	98
15214	Fish, seatrout, mixed species, cooked, dry heat	85.0	3.0 oz	98
15102	Fish, snapper, mixed species, cooked, dry heat	85.0	3.0 oz	98
03302	Babyfood, snack, GERBER GRADUATE YOGURT MELTS	7.0	1.0 serving	98
05173	Turkey, gizzard, all classes, raw	63.0	1.0 raw gizzard	97
15211	Fish, salmon, chum, cooked, dry heat	85.0	3.0 oz	97
03994	Babyfood, fruit, banana and strawberry, junior	140.0	1.0 bottle	97
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	97
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	96
19093	Candies, SYMPHONY Milk Chocolate Bar	42.0	1.0 bar 1.5 oz	96
03944	Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	96
03096	Babyfood, vegetable, green beans and potatoes	113.0	1.0 jar, Gerber (4 oz)	96
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	96
42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	78.0	1.0 bar	96
14250	Beverages, AMBER, hard cider	355.0	12.0 fl oz	96
09092	Figs, canned, heavy syrup pack, solids and liquids	259.0	1.0 cup	96
18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	96
19401	Snacks, cornnuts, barbecue-flavor	28.35	1.0 oz	96
21234	McDONALD'S, QUARTER POUNDER	171.0	1.0 item	96
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	96
09269	Pineapple, canned, light syrup pack, solids and liquids	252.0	1.0 cup, crushed, sliced, or chunks	96
09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	96
21140	Side dishes, potato salad	95.0	0.333 cup	95
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	95
14161	Beverages, Kiwi Strawberry Juice Drink	473.0	16.0 fl oz	95
18146	Cake, yellow, prepared from recipe without frosting	68.0	1.0 piece (1/12 of 8" dia)	95
43299	Soybean, curd cheese	225.0	1.0 cup	94

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	94
07053	Pate, chicken liver, canned	13.0	1.0 tbsp	94
09430	Pineapple, raw, extra sweet variety	165.0	1.0 cup, chunks	94
09093	Figs, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	94
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	102.0	1.0 back	94
01002	Butter, whipped, with salt	3.8	1.0 pat (1" sq, 1/3" high)	94
09267	Pineapple, canned, water pack, solids and liquids	246.0	1.0 cup, crushed, sliced, or chunks	93
09091	Figs, canned, light syrup pack, solids and liquids	252.0	1.0 cup	93
15034	Fish, haddock, cooked, dry heat	150.0	1.0 fillet	93
01164	Cheese sauce, prepared from recipe	30.0	2.0 tbsp	93
12094	Nuts, chestnuts, chinese, dried	28.35	1.0 oz	93
15202	Fish, milkfish, cooked, dry heat	85.0	3.0 oz	93
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	93
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	123.0	1.0 item	92
15133	Fish, whiting, mixed species, cooked, dry heat	72.0	1.0 fillet	92
09052	Blueberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	92
15132	Fish, whiting, mixed species, raw	92.0	1.0 fillet	92
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	92
18386	Muffins, blueberry, toaster-type, toasted	28.35	1.0 oz	92
05307	Chicken, cornish game hens, meat and skin, raw	85.0	3.0 oz	92
15082	Fish, salmon, coho, wild, cooked, moist heat	85.0	3.0 oz	92
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57.0	1.0 bar (2 oz)	92
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	33.0	2.0 tablespoon	92
09081	Cranberry sauce, canned, sweetened	277.0	1.0 cup	91
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	91
19096	Ice creams, vanilla, light, soft-serve	88.0	1.0 serving 1/2 cup	91
09354	Pineapple, canned, juice pack, drained	181.0	1.0 cup, chunks	90
19243	Candies, HEATH BITES	39.0	15.0 pieces	90
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	69.0	1.0 each taco	90
43278	Cheese, american cheddar, imitation	21.0	1.0 slice	90
19005	Snacks, corn-based, extruded, cones, plain	28.35	1.0 oz	90
18277	Muffins, blueberry, toaster-type	28.35	1.0 oz	90
15043	Fish, herring, Pacific, raw	85.0	3.0 oz	90
15094	Fish, shad, american, raw	85.0	3.0 oz	90
15101	Fish, snapper, mixed species, raw	85.0	3.0 oz	90
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	85.0	3.0 oz	90

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
17206	Lamb, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	90
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	48.0	1.0 package (1.69 oz)	90
11949	Catsup, low sodium	17.0	1.0 tbsp	90
11935	Catsup	17.0	1.0 tbsp	90
17195	Lamb, variety meats and by-products, kidneys, raw	28.35	1.0 oz	90
05030	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	89
05125	Chicken, stewing, meat only, raw	85.0	3.0 oz	89
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	85.0	3.0 oz	89
10898	Pork, pickled pork hocks	117.0	3.0 oz	89
36034	Restaurant, family style, chicken tenders	201.0	1.0 serving	88
09057	Boysenberries, frozen, unsweetened	132.0	1.0 cup, unthawed	88
15226	Crustaceans, crab, dungeness, cooked, moist heat	85.0	3.0 oz	88
05018	Chicken, broilers or fryers, skin only, cooked, roasted	34.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	88
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	138.0	1.0 thigh with skin	88
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	88
42286	Babyfood, green beans and turkey, strained	14.0	1.0 tbsp	88
16128	Tofu, dried-frozen (koyadofu)	17.0	1.0 piece	88
21381	McDONALD'S, Fruit 'n Yogurt Parfait (without granola)	142.0	1.0 item	88
21380	McDONALD'S, Fruit 'n Yogurt Parfait	149.0	1.0 item 5.2 oz	88
09352	Blueberries, canned, light syrup, drained	244.0	1.0 cup	88
22918	Burrito, bean and cheese, frozen	129.0	1.0 burrito	88
06962	Sauce, chili, peppers, hot, immature green, canned	15.0	1.0 tbsp	88
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	85.0	3.0 oz	88
11968	Cauliflower, green, cooked, with salt	62.0	0.5 cup (1" pieces)	87
17197	Veal, variety meats and by-products, kidneys, raw	28.35	1.0 oz	87
11109	Cabbage, raw	89.0	1.0 cup, chopped	87
05019	Chicken, broilers or fryers, skin only, cooked, stewed	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	87
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	87
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	87
05032	Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	79.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	87
16133	Yardlong beans, mature seeds, raw	167.0	1.0 cup	87
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	87
19134	Candies, milk chocolate, with rice cereal	40.0	1.0 bar (1.4 oz)	87
14408	Beverages, orange-flavor drink, breakfast type, powder, prepared with water	33.9	1.0 fl oz	87
18328	Pie, vanilla cream, prepared from recipe	28.35	1.0 oz	87
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	87

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
04142	Salad dressing, french dressing, reduced fat, without salt	16.0	1.0 tablespoon	87
04020	Salad dressing, french dressing, reduced fat	16.0	1.0 tablespoon	87
04015	Salad dressing, russian dressing	15.0	1.0 tbsp	87
32006	Taquitos, frozen, chicken and cheese, oven-heated	42.0	1.0 piece	87
21207	SUBWAY, turkey breast sub on white bread with lettuce and tomato	184.0	6.0 inch sub	86
21155	Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato	184.0	6.0 inch sub	86
43476	Tofu yogurt	262.0	1.0 cup	86
09416	Grapefruit juice, white, bottled, unsweetened, OCEAN SPRAY	247.0	1.0 cup	86
09123	Grapefruit juice, white, canned or bottled, unsweetened	247.0	1.0 cup	86
05076	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter	95.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	86
05033	Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed	90.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	86
03122	Babyfood, peas, dices, toddler	28.35	1.0 oz	86
27052	Dip, salsa con queso, cheese and salsa- medium	30.0	2.0 tbsp	86
15207	Fish, roe, mixed species, cooked, dry heat	28.35	1.0 oz	86
05668	Ground turkey, 85% lean, 15% fat, raw	85.0	1.0 patty (cooked from 4 oz raw)	86
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	86
09429	Pineapple, raw, traditional varieties	165.0	1.0 cup, chunks	86
05049	Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter	72.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	86
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	86
15097	Fish, sheepshead, raw	85.0	3.0 oz	85
93600	Turtle, green, raw	85.0	3.0 oz	85
15053	Fish, milkfish, raw	85.0	3.0 oz	85
15044	Fish, ling, raw	85.0	3.0 oz	85
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	85
90560	Mollusks, snail, raw	85.0	3.0 oz	85
15093	Fish, seatrout, mixed species, raw	85.0	3.0 oz	85
09184	Melons, honeydew, raw	170.0	1.0 cup, diced (approx 20 pieces per cup)	85
21321	McDONALD'S, Hotcakes (plain)	149.0	3.0 hotcakes 5.3 oz	85
07923	Bratwurst, chicken, cooked	84.0	1.0 serving 2.96 oz	85
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	128.0	1.0 cup	84
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	256.0	1.0 cup	84
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	128.0	1.0 cup	84
21347	McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing	59.0	2.0 fl oz	84
06053	Soup, cream of potato, canned, condensed	124.0	0.5 cup	84
15079	Fish, salmon, chum, raw	85.0	3.0 oz	84
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	47.0	1.0 bar	84

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
07008	Bologna, beef and pork	100.0	3.527 oz	84
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	167.0	1.0 cup	84
12158	Seeds, breadfruit seeds, roasted	28.35	1.0 oz	83
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	124.0	1.0 cup	83
19302	Candies, MARS SNACKFOOD US, SNICKERS Almond bar	50.0	1.0 serving 1.76 oz bar	83
09449	Nance, frozen, unsweetened	112.0	1.0 cup without pits, thawed	83
43274	Cheese, cream, low fat	15.0	1.0 tbsp	83
11787	Drumstick pods, cooked, boiled, drained, with salt	118.0	1.0 cup slices	83
09053	Blueberries, wild, frozen	140.0	1.0 cup, frozen	83
11621	Drumstick pods, cooked, boiled, drained, without salt	118.0	1.0 cup slices	83
05012	Chicken, broilers or fryers, meat only, cooked, fried	140.0	1.0 cup, chopped or diced	83
21109	Fast foods, hamburger; single, regular patty; with condiments and vegetables	110.0	1.0 item	82
03048	Babyfood, macaroni and cheese, toddler	113.0	1.0 container	82
05742	Turkey, retail parts, thigh, meat and skin, raw	85.0	3.0 oz	82
15128	Fish, tuna salad	85.0	3.0 oz	82
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	85.0	3.0 oz	82
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	33.0	2.0 tablespoon	82
14256	Beverages, OCEAN SPRAY, Cran Cherry	248.0	8.0 fl oz	82
23506	USDA Commodity, beef patties with VPP, frozen, raw	85.0	1.0 serving	82
03120	Babyfood, vegetables, corn, creamed, junior	240.0	1.0 cup	82
14258	Beverages, OCEAN SPRAY, White Cranberry Peach	247.0	8.0 fl oz	82
18103	Coffeecake, cheese	28.35	1.0 oz	81
08692	Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry	75.0	1.0 package (1 NLEA serving)	81
15135	Fish, yellowtail, mixed species, raw	85.0	3.0 oz	81
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	81
07927	Sausage, Italian, turkey, smoked	56.0	1.0 serving 2 oz	81
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	102.0	1.0 each taco	81
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	81
05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	81
05698	Turkey, skin from whole (light and dark), with added solution, raw	28.35	1.0 oz	81
09050	Blueberries, raw	148.0	1.0 cup	80
20092	Pasta, gluten-free, corn, cooked	140.0	1.0 cup	80
19136	Candies, HERSHEY'S SKOR Toffee Bar	39.0	1.0 bar 1.4 oz	80
16052	Broadbeans (fava beans), mature seeds, raw	150.0	1.0 cup	80
27001	Soup, hot and sour, Chinese restaurant	233.0	1.0 cup	79
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	85.0	3.0 oz	79

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	85.0	3.0 oz	79
11518	Taro, raw	104.0	1.0 cup, sliced	79
03046	Babyfood, ravioli, cheese filled, with tomato sauce	16.0	1.0 tbsp	79
15003	Fish, bass, fresh water, mixed species, raw	79.0	1.0 fillet	79
15013	Fish, cisco, raw	79.0	1.0 fillet	79
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	79
19292	Candies, MARS SNACKFOOD US, M&M's Crispy Chocolate Candies	47.0	1.0 serving 1.6 oz bag	78
05043	Chicken, broilers or fryers, dark meat, meat only, raw	109.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	78
11953	Squash, zucchini, baby, raw	16.0	1.0 large	78
05151	Guinea hen, meat and skin, raw	85.0	3.0 oz	78
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	78
05075	Chicken, broilers or fryers, leg, meat and skin, raw	85.0	3.0 oz	78
19193	Puddings, rice, ready-to-eat	113.0	1.0 serving 4 oz pudding cup	78
03119	Babyfood, vegetables, corn, creamed, strained	113.0	1.0 jar	78
27054	Dip, TOSTITOS, salsa con queso, medium	30.0	2.0 tbsp	78
05711	Turkey, retail parts, breast, meat only, cooked, roasted	863.0	1.0 breast	78
42196	Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	50.0	1.0 serving 1.76 oz bar	78
02045	Dill weed, fresh	1.0	5.0 sprigs	77
06169	Sauce, ready-to-serve, pepper, TABASCO	4.7	1.0 tsp	77
21202	Fast foods, hamburger, large, single patty, with condiments	171.0	1.0 item	77
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	113.0	4.0 oz	77
05017	Chicken, broilers or fryers, skin only, cooked, fried, flour	33.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	77
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	153.0	1.0 cup	76
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	90.0	0.5 cup slices	76
15143	Crustaceans, crab, dungeness, raw	85.0	3.0 oz	76
15004	Fish, bass, striped, raw	85.0	3.0 oz	76
15090	Fish, scup, raw	85.0	3.0 oz	76
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	153.0	1.0 cup	76
03860	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed	31.0	1.0 fl oz	76
09116	Grapefruit, raw, white, all areas	230.0	1.0 cup sections, with juice	76
21356	McDONALD'S, McCHICKEN Sandwich (without mayonnaise)	138.0	1.0 item	76
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	76
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	76
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	76
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	76
21209	SUBWAY, black forest ham sub on white bread with lettuce and tomato	184.0	6.0 inch sub	75

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	75
21156	Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	184.0	6.0 inch sub	75
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	137.0	1.0 thigh with skin	75
09005	Apples, raw, without skin, cooked, boiled	171.0	1.0 cup slices	75
03939	Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed	30.4	1.0 fl oz	75
16069	Lentils, raw	192.0	1.0 cup	75
25000	Snacks, popcorn, microwave, 94% fat free	28.35	1.0 oz	75
05144	Duck, wild, meat and skin, raw	85.0	3.0 oz	75
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	75
05714	Turkey, skin, from retail parts, from dark meat, raw	28.35	1.0 oz	75
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	28.35	1.0 oz	74
04120	Salad dressing, french dressing, commercial, regular	16.0	1.0 tbsp	74
05013	Chicken, broilers or fryers, meat only, roasted	140.0	1.0 cup, chopped or diced	74
11620	Drumstick pods, raw	100.0	1.0 cup slices	74
35183	Corn, dried, yellow (Northern Plains Indians)	28.35	1.0 oz	74
03224	Babyfood, dessert, cherry vanilla pudding, strained	28.35	1.0 oz	74
03225	Babyfood, dessert, cherry vanilla pudding, junior	28.35	1.0 oz	74
15177	Mollusks, whelk, unspecified, raw	85.0	3.0 oz	74
19333	Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water	127.0	0.5 cup	74
09272	Pineapple, frozen, chunks, sweetened	245.0	1.0 cup, chunks	74
23438	Beef, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	73
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	136.0	1.0 thigh with skin	73
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	73
05175	Turkey, heart, all classes, raw	24.0	1.0 piece	73
15022	Fish, cusk, raw	122.0	1.0 fillet	73
18134	Cake, sponge, prepared from recipe	28.35	1.0 oz	73
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	73
05736	Turkey, retail parts, drumstick, meat and skin, raw	85.0	3.0 oz	73
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	73
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	170.0	1.0 container	73
06030	Soup, clam chowder, new england, canned, condensed	126.0	0.5 cup	73
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	114.0	4.0 oz	73
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	130.0	1.0 thigh with skin	73
12001	Seeds, breadfruit seeds, raw	28.35	1.0 oz	73
18141	Cake, yellow, commercially prepared, with vanilla frosting	67.0	1.0 serving	72
35015	Blackberries, wild, raw (Alaska Native)	157.0	1.0 cup	72

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
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)	72
18355	Sweet rolls, cheese	28.35	1.0 oz	72
04133	Salad dressing, french, home recipe	14.0	1.0 tablespoon	72
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	72
02039	Spices, savory, ground	1.4	1.0 tsp	72
19132	Candies, milk chocolate, with almonds	41.0	1.0 bar (1.45 oz)	72
18119	Cake, pineapple upside-down, prepared from recipe	28.35	1.0 oz	72
15233	Fish, catfish, channel, wild, cooked, dry heat	143.0	1.0 fillet	72
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	143.0	1.0 drumstick with skin	72
15116	Fish, trout, rainbow, wild, cooked, dry heat	143.0	1.0 fillet	72
11880	Taro, shoots, cooked, with salt	140.0	1.0 cup slices	71
11523	Taro shoots, cooked, without salt	140.0	1.0 cup slices	71
36411	Restaurant, Latino, tamale, corn	166.0	1.0 piece	71
06048	Soup, oyster stew, canned, condensed	123.0	0.5 cup (4 fl oz)	71
09054	Blueberries, frozen, unsweetened	155.0	1.0 cup, unthawed	71
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	62.0	1.0 fillet	71
11987	Mushrooms, oyster, raw	148.0	1.0 large	71
19407	Snacks, beef sticks, smoked	28.35	1.0 oz	71
18292	Pancakes, plain, dry mix, incomplete, prepared	28.35	1.0 oz	71
19434	Cheese puffs and twists, corn based, baked, low fat	28.35	1.0 oz	71
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244.0	1.0 cup	71
09401	Applesauce, canned, unsweetened, with added ascorbic acid	244.0	1.0 cup	71
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	228.0	1.0 cup	71
05112	Chicken, roasting, meat and skin, cooked, roasted	85.0	3.0 oz	71
12004	Seeds, breadnut tree seeds, raw	28.35	1.0 oz (8-14 seeds)	70
05014	Chicken, broilers or fryers, meat only, stewed	140.0	1.0 cup, chopped or diced	70
28162	KELLOGG'S, Corn Flakes Crumbs	33.0	6.0 tbsp	70
06448	Soup, oyster stew, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	70
04141	Salad dressing, french dressing, commercial, regular, without salt	15.0	1.0 tablespoon	70
36044	ON THE BORDER, Mexican rice	114.0	1.0 cup	70
21521	Fast foods, strawberry banana smoothie made with ice and low-fat yogurt	347.0	12.0 fl oz	69
11022	Balsam-pear (bitter gourd), leafy tips, raw	4.0	1.0 leaf	69
09078	Cranberries, raw	110.0	1.0 cup, chopped	69
19236	Candies, HERSHEY'S MILK CHOCOLATE WITH ALMOND BITES	39.0	17.0 pieces	69
15063	Fish, pike, northern, cooked, dry heat	85.0	3.0 oz	69

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
09319	Strawberries, frozen, sweetened, whole	255.0	1.0 cup, thawed	69
06961	Sauce, peppers, hot, chili, mature red, canned	15.0	1.0 tbsp	69
09177	Mangosteen, canned, syrup pack	196.0	1.0 cup, drained	69
19061	Snacks, trail mix, tropical	140.0	1.0 cup	69
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	69
11384	Potatoes, au gratin, dry mix, unprepared	26.0	0.167 package (5.5 oz)	68
18282	Muffins, corn, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	68
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	68
15232	Fish, roughy, orange, cooked, dry heat	85.0	3.0 oz	68
09006	Apples, raw, without skin, cooked, microwave	170.0	1.0 cup slices	68
15185	Fish, tuna, white, canned in oil, without salt, drained solids	85.0	3.0 oz	68
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	68
43146	Eggplant, pickled	136.0	1.0 cup	68
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	68
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	85.0	3.0 oz	68
03136	Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	68
19306	Candies, MARS SNACKFOOD US, POP'ABLES SNICKERS Brand Bite Size Candies	39.0	1.0 serving 13 pieces	68
05119	Chicken, roasting, dark meat, meat only, raw	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	68
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	68
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	135.0	1.0 thigh, with skin	68
03140	Babyfood, fruit dessert, mango with tapioca	15.0	1.0 tbsp	68
12003	Seeds, breadfruit seeds, boiled	28.35	1.0 oz	67
25001	Snacks, popcorn, microwave, low fat	28.35	1.0 oz	67
03175	Babyfood, juice, orange and apricot	31.2	1.0 fl oz	67
08390	Cereals ready-to-eat, KASHI GOOD FRIENDS	53.0	1.0 cup (1 NLEA serving)	67
28313	Rolls, hamburger or hot dog, whole wheat	56.0	1.0 roll	67
19157	Candies, MARS SNACKFOOD US, M&M's MINI's Milk Chocolate Candies	30.0	1.0 serving 1.0 oz tube	67
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	67
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	67
16565	MORNINGSTAR FARMS Sausage Style Recipe Crumbles, frozen, unprepared	55.0	0.667 cup	67
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	6.0	1.0 slice	67
21310	McDONALD'S, Barbeque Sauce	28.0	1.0 package	66
43282	Quail, cooked, total edible	28.35	1.0 oz	66
05706	Turkey, whole, meat and skin, with added solution, raw	85.0	3.0 oz	66
15183	Fish, tuna, light, canned in oil, without salt, drained solids	85.0	3.0 oz	66
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	96.0	1.0 serving	66

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
09317	Strawberries, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup	66
18317	Pie, egg custard, commercially prepared	28.35	1.0 oz	66
15193	Fish, cusk, cooked, dry heat	95.0	1.0 fillet	66
18028	Bread, egg, toasted	28.35	1.0 oz	65
43100	Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	43.0	1.0 bar	65
01107	Milk, human, mature, fluid	30.8	1.0 fl oz	65
15021	Fish, croaker, Atlantic, cooked, breaded and fried	87.0	1.0 fillet	65
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	65
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	176.0	1.0 serving	65
27047	Sauce, salsa, verde, ready-to-serve	30.0	2.0 Tbsp	65
35202	Raspberries, wild (Northern Plains Indians)	130.0	1.0 cup	65
16593	MORNINGSTAR FARMS Hot and Spicy Veggie Sausage Patties, frozen, unprepared	38.0	1.0 patty	65
21469	Fast Foods, Fried Chicken, Breast, meat and skin and breading	203.0	1.0 breast, with skin	65
05306	Ground turkey, cooked	82.0	1.0 patty (4 oz, raw) (yield after cooking)	65
18367	Waffles, plain, prepared from recipe	28.35	1.0 oz	65
19301	Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	28.35	1.0 oz	65
19162	Candies, WHATCHAMACALLIT Candy Bar	48.0	1.0 bar 1.7 oz	64
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	146.0	1.0 cup	64
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207.0	1.0 can (6 fl oz)	64
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	28.35	1.0 oz	64
09287	Prickly pears, raw	149.0	1.0 cup	64
15103	Fish, spot, raw	64.0	1.0 fillet	64
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	114.0	4.0 oz	64
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	58.0	1.0 serving 2.05 oz bar	64
05309	Chicken, cornish game hens, meat only, raw	85.0	3.0 oz	64
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	95.0	1.0 thigh	64
03946	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	63
14347	Shake, fast food, vanilla	20.8	1.0 fl oz	63
15206	Fish, pout, ocean, cooked, dry heat	137.0	0.5 fillet	63
25023	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, Harvest Cheddar flavor	28.35	1.0 oz	63
14226	Beverages, OCEAN SPRAY, Light Cranberry and Raspberry Flavored Juice	242.0	8.0 fl oz	63
07075	Sausage, smoked link sausage, pork and beef	85.0	3.0 oz	63
03961	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate	31.4	1.0 fl oz	63
16078	Mothbeans, mature seeds, raw	196.0	1.0 cup	63

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	145.0	1.0 slice	62
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	62
05129	Chicken, stewing, light meat, meat only, raw	89.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	62
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	89.0	1.0 thigh	62
36418	Restaurant, Mexican, refried beans	148.0	1.0 cup	62
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	115.0	1.0 serving	62
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85.0	3.0 oz	62
07972	Meatballs, frozen, Italian style	85.0	3.0 oz	62
14257	Beverages, OCEAN SPRAY, Light Cranberry	248.0	8.0 fl oz	62
14233	Beverages, OCEAN SPRAY, Cran Raspberry Juice Drink	248.0	8.0 fl oz	62
11928	Tree fern, cooked, with salt	31.0	1.0 frond (6-1/2" long)	62
14259	Beverages, OCEAN SPRAY, Light Cranberry, Concord Grape	248.0	8.0 fl oz	62
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	41.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	62
14227	Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink	247.0	8.0 fl oz	62
14234	Beverages, OCEAN SPRAY, Cran Lemonade	247.0	8.0 fl oz	62
05077	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour	67.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	62
43447	Snacks, corn-based, extruded, chips, unsalted	88.0	1.0 cup, crushed	62
19138	Candies, truffles, prepared-from-recipe	12.0	1.0 piece	62
01237	Ice cream, bar or stick, chocolate covered	50.0	1.0 bar	62
08355	Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS	33.0	1.0 cup (1 NLEA serving)	61
19143	Candies, MR. GOODBAR Chocolate Bar	49.0	1.0 bar (1.75 oz)	61
43078	Beverage, milkshake mix, dry, not chocolate	7.0	1.0 tbsp	61
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	85.0	3.0 oz	61
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	61
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	85.0	3.0 oz	61
09320	Strawberries, frozen, sweetened, sliced	255.0	1.0 cup, thawed	61
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	170.0	1.0 container (6 oz)	61
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	85.0	3.0 oz	61
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	133.0	1.0 drumstick with skin	61
03855	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed	31.0	1.0 fl oz	61
12142	Nuts, pecans	109.0	1.0 cup, chopped	61
03960	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready-to-feed	30.5	1.0 fl oz	61
03800	Infant formula, NESTLE, GOOD START SUPREME, with iron, ready-to-feed	30.5	1.0 fl oz	61
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	138.0	1.0 slice	61
03986	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed	30.5	1.0 fl oz	61
33876	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed	30.5	1.0 fl oz	61

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
18356	Sweet rolls, cinnamon, commercially prepared with raisins	28.35	1.0 oz	61
23501	USDA Commodity, beef patties with VPP, frozen, cooked	68.0	1.0 patty	61
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	60
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	30.4	1.0 fl oz	60
03988	Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	60
03982	Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed	30.4	1.0 fl oz	60
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	30.4	1.0 fl oz	60
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	30.4	1.0 fl oz	60
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	30.4	1.0 fl oz	60
03098	Babyfood, vegetables, beets, strained	224.0	1.0 cup	60
01106	Milk, goat, fluid, with added vitamin D	30.5	1.0 fl oz	60
19049	Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel	28.35	1.0 oz	60
20093	Pasta, fresh-refrigerated, plain, as purchased	128.0	4.5 oz	60
03846	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed	30.5	1.0 fl oz	60
03841	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed	30.5	1.0 fl oz	60
03953	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed	30.5	1.0 fl oz	60
03935	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	60
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	60
14217	Beverages, OCEAN SPRAY, Cran Grape	240.0	8.0 fl oz	60
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	60
09061	Carissa, (natal-plum), raw	150.0	1.0 cup slices	60
09500	Apples, raw, red delicious, with skin	109.0	1.0 cup, sliced	60
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	111.0	1.0 thigh without skin	60
03936	Infant formula, PBM PRODUCTS, store brand, ready-to-feed	30.4	1.0 fl oz	60
03949	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed	30.4	1.0 fl oz	60
03850	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed	30.4	1.0 fl oz	60
03983	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed	30.4	1.0 fl oz	60
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	60
21102	Fast foods, chicken fillet sandwich, plain with pickles	187.0	1.0 sandwich	60
18027	Bread, egg	28.35	1.0 oz	60
14220	Beverages, OCEAN SPRAY, Cranberry-Apple Juice Drink, bottled	249.0	8.0 fl oz	60
18280	Muffins, corn, dry mix, prepared	28.35	1.0 oz	60
14255	Beverages, OCEAN SPRAY, Cran Pomegranate	248.0	8.0 fl oz	60
15062	Fish, pike, northern, raw	85.0	3.0 oz	60

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
15073	Fish, roughy, orange, raw	85.0	3.0 oz	60
15064	Fish, pike, walleye, raw	85.0	3.0 oz	60
03955	Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	59
04704	Salad dressing, poppyseed, creamy	33.0	2.0 tbsp	59
14235	Beverages, OCEAN SPRAY, Diet Cran Cherry	237.0	8.0 fl oz	59
14221	Beverages, OCEAN SPRAY, Diet Cranberry Juice	237.0	8.0 fl oz	59
03963	Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder	30.5	1.0 fl oz	59
03868	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, ready-to-feed	30.5	1.0 fl oz	59
03930	Infant formula, MEAD JOHNSON,NEXT STEP PROSOBEE, prepared from powder	30.5	1.0 fl oz	59
03137	Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior	28.35	1.0 oz	59
18279	Muffins, corn, commercially prepared	28.35	1.0 oz	59
03806	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed	30.5	1.0 fl oz	59
03803	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, ready-to-feed	30.5	1.0 fl oz	59
09014	Apples, frozen, unsweetened, unheated	173.0	1.0 cup slices	59
20096	Pasta, fresh-refrigerated, spinach, cooked	57.0	2.0 oz	59
06968	Soup, cream of mushroom, low sodium, ready-to-serve, canned	244.0	1.0 cup	59
02017	Spices, dill weed, dried	1.0	1.0 tsp	58
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	253.0	1.0 can drained	58
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	58
21119	Fast foods, hotdog, with chili	114.0	1.0 sandwich	58
19152	Candies, ROLO Caramels in Milk Chocolate	48.0	1.0 package 1 package	58
01265	Cheese, cheddar, nonfat or fat free	28.0	1.0 serving	58
19366	Toppings, pineapple	340.0	1.0 cup	58
05716	Turkey, retail parts, drumstick, meat only, raw	85.0	3.0 oz	58
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	58
05136	Chicken, capons, meat and skin, cooked, roasted	85.0	3.0 oz	58
11793	Kohlrabi, cooked, boiled, drained, with salt	165.0	1.0 cup slices	58
11242	Kohlrabi, cooked, boiled, drained, without salt	165.0	1.0 cup slices	58
21346	McDONALD'S, NEWMAN'S OWN Cobb Dressing	62.0	2.0 fl oz	58
05162	Squab, (pigeon), light meat without skin, raw	101.0	1.0 breast, bone removed	58
15216	Fish, spot, cooked, dry heat	50.0	1.0 fillet	58
16101	Pigeon peas (red gram), mature seeds, raw	205.0	1.0 cup	57
05114	Chicken, roasting, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	57
12093	Nuts, chestnuts, chinese, raw	28.35	1.0 oz	57
05149	Goose, domesticated, meat only, cooked, roasted	143.0	1.0 unit (yield from 1 lb ready-to-cook goose)	57
14327	Beverages, orange and apricot juice drink, canned	31.2	1.0 fl oz	57

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
28390	PEPPERIDGE FARM, Light Style Wheat Bread	57.0	1.0 serving	57
15036	Fish, halibut, Atlantic and Pacific, raw	85.0	3.0 oz	57
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	57
18435	Danish pastry, raspberry, unenriched	28.35	1.0 oz	57
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	57
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	113.0	4.0 oz	56
08647	Cereals ready-to-eat, KASHI INDIGO MORNING	27.0	0.75 cup (1 NLEA serving)	56
18294	Pancakes, blueberry, prepared from recipe	28.35	1.0 oz	56
09163	Blueberries, dried, sweetened	40.0	0.25 cup	56
19359	Candies, MARS SNACKFOOD US, SNICKERS CRUNCHER	47.0	1.0 serving 1.66 oz bar	56
03968	Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed	29.2	1.0 fl oz	56
11595	Winged beans, immature seeds, raw	44.0	1.0 cup slices	56
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)	56
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	56
10106	Pork, fresh, variety meats and by-products, kidneys, raw	28.35	1.0 oz	56
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	28.35	1.0 oz	56
15153	Crustaceans, shrimp, mixed species, imitation, made from surimi	85.0	3.0 oz	56
15174	Mollusks, scallop, mixed species, imitation, made from surimi	85.0	3.0 oz	56
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	85.0	3.0 oz	56
07051	Olive loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	56
03859	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed	29.0	1.0 oz	56
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	254.0	1.0 can drained, rinsed	56
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	114.0	4.0 oz	56
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	56
16084	Mungo beans, mature seeds, cooked, boiled, without salt	180.0	1.0 cup	56
16384	Mungo beans, mature seeds, cooked, boiled, with salt	180.0	1.0 cup	56
09501	Apples, raw, golden delicious, with skin	109.0	1.0 cup, sliced	56
18293	Pancakes, plain, prepared from recipe	28.35	1.0 oz	56
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	56
03230	Babyfood, dessert, peach melba, junior	28.35	1.0 oz	56
42135	Whipped topping, frozen, low fat	75.0	1.0 cup	56
07018	Chicken spread	56.0	1.0 serving (1 serving)	55
27046	Sauce, duck, ready-to-serve	33.0	2.0 Tbsp	55
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	113.0	4.0 oz	55
05336	USDA Commodity Chicken, canned, meat only, drained	135.0	1.0 cup drained	55

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
21108	Fast foods, hamburger; single, regular patty; with condiments	97.0	1.0 sandwich	55
05310	Chicken, cornish game hens, meat only, cooked, roasted	85.0	3.0 oz	55
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85.0	3.0 oz	55
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	55
08393	Cereals ready-to-eat, KASHI GOLEAN	52.0	1.0 cup (1 NLEA serving)	55
16060	Cowpeas, catjang, mature seeds, raw	167.0	1.0 cup	55
09149	Kumquats, raw	19.0	1.0 fruit without refuse	55
36018	APPLEBEE'S, fish, hand battered	250.0	1.0 serving	55
18032	Bread, irish soda, prepared from recipe	28.35	1.0 oz	55
07954	Beef sausage, pre-cooked	48.0	1.0 serving	55
18376	Bread crumbs, dry, grated, seasoned	28.35	1.0 oz	55
19144	Candies, NESTLE, 100 GRAND Bar	43.0	1.0 bar (1.5 oz)	55
01072	Dessert topping, pressurized	70.0	1.0 cup	55
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	55
19379	Candies, fudge, chocolate marshmallow, prepared-from-recipe	20.0	1.0 piece	55
11896	Winged bean, immature seeds, cooked, boiled, drained, with salt	62.0	1.0 cup	55
11596	Winged beans, immature seeds, cooked, boiled, drained, without salt	62.0	1.0 cup	55
16602	MORNINGSTAR FARMS Meal Starters Veggie Meatballs, frozen, unprepared	80.0	5.0 meatballs	54
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	54
03142	Babyfood, fruit, applesauce and apricots, strained	16.0	1.0 tbsp	54
11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	54
05050	Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	54
20015	Corn bran, crude	76.0	1.0 cup	54
18388	Muffins, wheat bran, toaster-type with raisins, toasted	28.35	1.0 oz	54
21111	Fast foods, hamburger; double, regular patty; with condiments	215.0	1.0 item	54
01056	Cream, sour, cultured	12.0	1.0 tbsp	54
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	85.0	3.0 oz	54
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	85.0	3.0 oz	54
05717	Turkey, retail parts, thigh, meat only, raw	85.0	3.0 oz	54
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	85.0	3.0 oz	54
19307	Candies, MARS SNACKFOOD US, POP'ABLES MILKY WAY Brand Bite Size Candies	39.0	1.0 serving 13 pieces	53
21260	TACO BELL, Original Taco with beef, cheese and lettuce	69.0	1.0 each taco	53
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)	53
18268	French toast, frozen, ready-to-heat	28.35	1.0 oz	53
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	115.0	1.0 serving	53
02066	Spearmint, dried	0.5	1.0 tsp	53

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	53
18270	Hush puppies, prepared from recipe	28.35	1.0 oz	53
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	28.35	1.0 oz	53
05181	Turkey from whole, light meat, meat and skin, raw	85.0	3.0 oz	53
15050	Fish, mackerel, Pacific and jack, mixed species, raw	85.0	3.0 oz	53
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	85.0	3.0 oz	53
15115	Fish, trout, rainbow, wild, raw	85.0	3.0 oz	53
03964	Babyfood, fortified cereal bar, fruit filling	19.0	1.0 bar	53
01094	Milk, buttermilk, dried	30.0	0.25 cup	52
28387	PEPPERIDGE FARM, Hamburger Buns w/Sesame	53.0	1.0 serving	52
08351	Cereals ready-to-eat, QUAKER, MOTHER'S PEANUT BUTTER BUMPERS Cereal	33.0	1.0 cup (1 NLEA serving)	52
05158	Quail, meat only, raw	92.0	1.0 quail	52
01178	Sour cream, reduced fat	12.0	1.0 tablespoon	52
21228	McDONALD'S, Hamburger	95.0	1.0 sandwich	52
18976	KASHI, TLC, Country Cheddar Crackers	30.0	18.0 cracker	52
03160	Babyfood, fruit, guava and papaya with tapioca, strained	28.35	1.0 oz	52
03229	Babyfood, dessert, peach melba, strained	28.35	1.0 oz	52
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter	52
15213	Fish, scup, cooked, dry heat	50.0	1.0 fillet	52
09194	Olives, ripe, canned (jumbo-super colossal)	15.0	1.0 super colossal	52
15180	Fish, salmon, chum, canned, without salt, drained solids with bone	85.0	3.0 oz	52
43114	Vermicelli, made from soy	140.0	1.0 cup	52
21348	McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette	47.0	2.0 fl oz	52
07963	Frankfurter, meat and poultry, cooked, boiled	50.0	1.0 frankfurter	52
10895	Pork, cured, ham, separable fat, boneless, unheated	117.0	4.0 oz	51
09167	Loganberries, frozen	147.0	1.0 cup, unthawed	51
07964	Frankfurter, meat and poultry, cooked, grilled	48.0	1.0 frankfurter	51
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	28.35	1.0 oz	51
27056	Sauce, barbecue, BULL'S-EYE, original	16.0	1.0 tbsp	51
11001	Alfalfa seeds, sprouted, raw	33.0	1.0 cup	51
43566	Snacks, tortilla chips, light (baked with less oil)	63.0	1.0 cup, crushed	51
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	85.0	3.0 oz	51
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	85.0	3.0 oz	51
15080	Fish, salmon, chum, canned, drained solids with bone	85.0	3.0 oz	51
15112	Fish, tilefish, raw	85.0	3.0 oz	51
15196	Fish, halibut, greenland, cooked, dry heat	85.0	3.0 oz	51

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
03925	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed	30.5	1.0 fl oz	51
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	28.35	1.0 oz	51
01225	Dulce de Leche	19.0	1.0 tbsp	51
19250	Candies, HERSHEY, KIT KAT BIG KAT Bar	55.0	1.0 bar 1.94 oz	51
28312	Rolls, hamburger or hot dog, wheat/cracked wheat	51.0	1.0 roll	50
28377	PEPPERIDGE FARM, 100% Whole Wheat Hamburger Buns	51.0	1.0 serving	50
28394	PEPPERIDGE FARM, Hamburger Bun	51.0	1.0 serving	50
03995	Babyfood, banana with mixed berries, strained	99.0	1.0 packet	50
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	74.0	1.0 serving	50
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	129.0	1.0 drumstick with skin	50
09522	Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium	200.0	6.75 fl oz	50
12154	Nuts, walnuts, black, dried	125.0	1.0 cup, chopped	50
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	28.35	1.0 oz	50
27057	Sauce, barbecue, KC MASTERPIECE, original	18.0	1.0 tbsp	50
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	113.0	4.0 oz	50
03900	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, ready-to-feed	30.5	1.0 fl oz	50
18433	Danish pastry, lemon, unenriched	28.35	1.0 oz	50
18324	Pie, pecan, commercially prepared	28.35	1.0 oz	50
19255	Candies, MARS SNACKFOOD US, DOVE Dark Chocolate	37.0	1.0 serving 1.3 oz bar	50
05311	Chicken, canned, no broth	28.0	1.0 oz	50
27049	Sauce, tartar, ready-to-serve	30.0	2.0 tablespoons	50
08705	Cereals ready-to-eat, KASHI GOLEAN Vanilla Graham Clusters	51.0	1.0 Cup (1 NLEA serving)	49
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	49
27055	Sauce, barbecue, SWEET BABY RAY'S, original	18.0	1.0 tbsp	49
15199	Fish, lingcod, cooked, dry heat	85.0	3.0 oz	49
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	49
15100	Fish, smelt, rainbow, cooked, dry heat	85.0	3.0 oz	49
12145	Nuts, pilinuts, dried	120.0	1.0 cup	49
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	78.0	1.0 bar	49
18320	Pie, lemon meringue, commercially prepared	28.35	1.0 oz	49
05719	Turkey, back, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	49
05215	Turkey, back from whole bird, meat only, raw	114.0	4.0 oz	49
05694	Turkey, dark meat from whole, meat only, with added solution, raw	114.0	4.0 oz	49
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	114.0	4.0 oz	49
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	49
01140	Egg, quail, whole, fresh, raw	9.0	1.0 egg	49

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
16119	Soy meal, defatted, raw	122.0	1.0 cup	49
18444	Pie, fried pies, cherry	28.35	1.0 oz	49
09009	Apples, dehydrated (low moisture), sulfured, uncooked	60.0	1.0 cup	49
11241	Kohlrabi, raw	135.0	1.0 cup	49
16381	Mung beans, mature seeds, cooked, boiled, with salt	202.0	1.0 cup	48
16081	Mung beans, mature seeds, cooked, boiled, without salt	202.0	1.0 cup	48
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	48
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	85.0	3.0 oz	48
15033	Fish, haddock, raw	85.0	3.0 oz	48
15084	Fish, salmon, pink, canned, total can contents	85.0	3.0 oz	48
19281	Frozen novelties, ice type, italian, restaurant-prepared	29.0	1.0 fl oz	48
02023	Spices, marjoram, dried	0.6	1.0 tsp	48
21611	School Lunch, chicken nuggets, whole grain breaded	88.0	5.0 pieces	48
25040	Snacks, vegetable chips, made from garden vegetables	28.35	1.0 oz	48
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1.0 oz	48
19914	Candies, M&M MARS 3 MUSKETEERS Truffle Crisp	31.0	1.0 serving	48
08629	Cereals ready-to-eat, QUAKER, Cap'n Crunch's OOPS! All Berries Cereal	32.0	1.0 cup (1 NLEA serving)	48
19279	Candies, milk chocolate coated coffee beans	28.35	1.0 oz	48
19103	Candies, fudge, vanilla, prepared-from-recipe	28.35	1.0 oz	48
16083	Mungo beans, mature seeds, raw	207.0	1.0 cup	48
15184	Fish, tuna, light, canned in water, without salt, drained solids	85.0	3.0 oz	48
05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	48
11959	Arugula, raw	2.0	1.0 leaf	47
18225	Crackers, rye, sandwich-type with cheese filling	14.2	0.5 oz	47
03870	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber	31.0	1.0 fl oz	47
18350	Rolls, hamburger or hotdog, plain	44.0	1.0 roll 1 serving	47
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44.0	1.0 bar 1.55 oz	47
21315	McDONALD'S, Sweet 'N Sour Sauce	28.0	1.0 package	47
09084	Currants, red and white, raw	112.0	1.0 cup	47
14311	Beverages, Malted drink mix, natural, powder, dairy based.	21.0	1.0 serving (3 heaping tsp or 1 envelope)	47
11106	Butterbur, (fuki), raw	94.0	1.0 cup	47
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	47
19248	Candies, HERSHEY'S, ALMOND JOY BITES	40.0	18.0 pieces	47
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	85.0	3.0 oz	47
05146	Goose, domesticated, meat and skin, raw	85.0	3.0 oz	47
04023	Salad dressing, thousand island dressing, reduced fat	15.0	1.0 tablespoon	47

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
09150	Lemons, raw, without peel	212.0	1.0 cup, sections	47
12193	Seeds, sisymbrium sp. seeds, whole, dried	74.0	1.0 cup	47
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	233.0	1.0 cup	47
19917	Candies, M&M MARS Pretzel Chocolate Candies	40.0	0.25 cup	46
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	113.0	4.0 oz	46
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	46
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	113.0	4.0 oz	46
09518	Raspberries, frozen, unsweetened	140.0	1.0 cup, unthawed	46
21010	Fast foods, biscuit, with crispy chicken fillet	132.0	1.0 item	46
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	70.0	1.0 serving (makes about 1 cup prepared)	46
14262	Beverages, citrus fruit juice drink, frozen concentrate	35.2	1.0 fl oz	46
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 wing	46
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	87.0	1.0 serving	46
15085	Fish, salmon, sockeye, raw	28.35	1.0 oz, boneless	46
05732	Turkey, retail parts, breast, meat and skin, raw	85.0	3.0 oz	46
19375	Frostings, glaze, prepared-from-recipe	327.0	1.0 recipe yield	46
05673	Chicken, skin (drumsticks and thighs), cooked, braised	28.35	1.0 oz	46
03199	Babyfood, cereal, with eggs, strained	28.35	1.0 oz	46
07033	Ham and cheese spread	15.0	1.0 tbsp	46
11990	Wasabi, root, raw	130.0	1.0 cup, sliced	46
08354	Cereals ready-to-eat, QUAKER, MOTHER'S GRAHAM BUMPERS	28.0	0.75 cup (1 NLEA serving)	45
18321	Pie, lemon meringue, prepared from recipe	28.35	1.0 oz	45
43352	Cheese, cottage, lowfat, 1% milkfat, no sodium added	113.0	4.0 oz	45
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	113.0	4.0 oz	45
42235	Cheese, cottage, lowfat, 1% milkfat, lactose reduced	113.0	4.0 oz	45
15145	Crustaceans, crayfish, mixed species, wild, raw	85.0	3.0 oz	45
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	45
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	85.0	3.0 oz	45
15114	Fish, trout, mixed species, raw	79.0	1.0 fillet	45
28389	PEPPERIDGE FARM, White Bread	45.0	1.0 serving	45
14187	Beverages, Clam and tomato juice, canned	30.2	1.0 fl oz	45
11080	Beets, raw	136.0	1.0 cup	45
36013	Restaurant, family style, sirloin steak	166.0	1.0 serving	45
09013	Apples, dried, sulfured, stewed, with added sugar	280.0	1.0 cup	45
25028	Tortilla chips, yellow, plain, salted	28.35	1.0 oz	45
18972	Bread, cheese	48.0	1.0 slice	45

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
05337	USDA Commodity, Chicken, canned, meat only, with water	135.0	1.0 cup drained	45
05338	USDA Commodity, Chicken, canned, meat only, with broth	135.0	1.0 cup drained	45
18084	Bread stuffing, cornbread, dry mix	28.35	1.0 oz	45
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	51.0	1.0 wing	44
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164.0	1.0 cup	44
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	164.0	1.0 cup	44
18640	HEINZ, WEIGHT WATCHER, Chocolate Eclair, frozen	59.0	1.0 eclair, frozen	44
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	85.0	3.0 oz	44
15123	Fish, tuna, fresh, skipjack, raw	85.0	3.0 oz	44
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	44
05011	Chicken, broilers or fryers, meat only, raw	85.0	3.0 oz	44
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	44
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	35.0	0.5 cup, shredded	44
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	35.0	0.5 cup, shredded	44
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	113.0	4.0 oz	44
36036	Restaurant, family style, onion rings	259.0	1.0 serving	44
09077	Crabapples, raw	110.0	1.0 cup slices	44
20005	Barley, pearled, raw	200.0	1.0 cup	44
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	28.35	1.0 oz	44
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	28.35	1.0 oz	44
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	44
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	175.0	1.0 serving	44
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	44
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	44
01115	Whey, sweet, dried	145.0	1.0 cup	44
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	82.0	1.0 serving	43
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	43
09012	Apples, dried, sulfured, stewed, without added sugar	255.0	1.0 cup	43
01146	Cheese, parmesan, shredded	5.0	1.0 tbsp	43
01267	Cheese, mexican, queso cotija	5.0	2.0 tsp	43
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	28.35	1.0 oz	43
28396	PEPPERIDGE FARM, Whole Grain Oatmeal Bread	43.0	1.0 serving	43
28380	PEPPERIDGE FARM, Whole Grain 15 Grain Bread	43.0	1.0 serving	43
28395	PEPPERIDGE FARM, Whole Grain Honey Whole Wheat Bread	43.0	1.0 serving	43
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	113.0	4.0 oz	43
19104	Candies, fudge, vanilla with nuts	28.35	1.0 oz	43

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
07958	Turkey sausage, fresh, cooked	57.0	1.0 serving	43
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	43
19001	Candies, TOBLERONE, milk chocolate with honey and almond nougat	35.0	1.0 bar	43
28384	PEPPERIDGE FARM, Farmhouse Sourdough Bread	43.0	1.0 serving	43
28381	PEPPERIDGE FARM, Farmhouse Hearty White Bread	43.0	1.0 serving	43
28392	PEPPERIDGE FARM, Farmhouse 100% Whole Wheat Bread	43.0	1.0 serving	43
28382	PEPPERIDGE FARM, Farmhouse Oatmeal Bread	43.0	1.0 serving	43
43589	Cheese, swiss, low fat	28.0	1.0 slice (1 oz)	43
01266	Cheese, Swiss, nonfat or fat free	28.0	1.0 serving	43
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	115.0	1.0 serving	43
03694	Babyfood, cereal, rice, prepared with whole milk	28.35	1.0 oz	43
03681	Babyfood, cereal, barley, prepared with whole milk	28.35	1.0 oz	43
21059	Fast foods, shrimp, breaded and fried	39.0	3.0 pieces shrimp	43
15242	Crustaceans, crayfish, mixed species, farmed, raw	85.0	3.0 oz	42
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	85.0	3.0 oz	42
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	85.0	3.0 oz	42
15099	Fish, smelt, rainbow, raw	85.0	3.0 oz	42
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	85.0	3.0 oz	42
15045	Fish, lingcod, raw	85.0	3.0 oz	42
15010	Fish, catfish, channel, wild, raw	85.0	3.0 oz	42
15001	Fish, anchovy, european, raw	85.0	3.0 oz	42
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	106.0	1.0 drumstick with skin	42
16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	42
42148	Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies	46.0	1.0 serving 1.63 oz singles bag	42
16117	Soy flour, defatted	105.0	1.0 cup	42
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	140.0	1.0 cup	42
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)	42
15072	Fish, roe, mixed species, raw	14.0	1.0 tbsp	42
09452	Orange Pineapple Juice Blend	246.0	8.0 fl oz	42
19110	Candies, KRACKEL Chocolate Bar	41.0	1.0 bar 1.45 oz	42
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	95.0	1.0 thigh	42
09004	Apples, raw, without skin	110.0	1.0 cup slices	42
07021	Dutch brand loaf, chicken, pork and beef	38.0	1.0 slice	42
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	28.35	1.0 oz	42
43572	Popcorn, microwave, low fat and sodium	28.35	1.0 oz	42

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
13318	Beef, variety meats and by-products, brain, raw	28.35	1.0 oz	42
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	85.0	3.0 oz	42
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	85.0	3.0 oz	42
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	27.0	0.75 cup (1 NLEA serving)	42
09504	Apples, raw, fuji, with skin	109.0	1.0 cup, sliced	41
03685	Babyfood, cereal, mixed, prepared with whole milk	28.35	1.0 oz	41
02038	Spices, sage, ground	0.7	1.0 tsp	41
09015	Apples, frozen, unsweetened, heated	206.0	1.0 cup slices	41
42131	Milk dessert, frozen, milk-fat free, chocolate	137.0	1.0 cup	41
19719	Jams and preserves, apricot	20.0	1.0 tbsp	41
16108	Soybeans, mature seeds, raw	186.0	1.0 cup	41
06149	Soup, chicken mushroom, canned, condensed	124.0	0.5 cup	41
28330	Cookies, marshmallow, with rice cereal and chocolate chips	22.0	1.0 bar	41
03178	Babyfood, juice, prune and orange	31.2	1.0 fl oz	41
03198	Babyfood, cereal, with egg yolks, junior	28.35	1.0 oz	41
06972	Sauce, tomato chili sauce, bottled, with salt	6.0	1.0 packet	41
22119	MORNINGSTAR FARMS Veggie Dog, frozen, unprepared	40.0	1.0 link	41
23413	Beef, New Zealand, imported, flat, separable lean only, raw	113.0	4.0 oz	41
42153	Salad dressing, blue or roquefort cheese dressing, light	16.0	1.0 tbsp	41
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	41
05026	Chicken, heart, all classes, cooked, simmered	145.0	1.0 cup, chopped or diced	41
12097	Nuts, chestnuts, european, raw, unpeeled	145.0	1.0 cup	41
09302	Raspberries, raw	123.0	1.0 cup	41
19308	Candies, MARS SNACKFOOD US, POP'ABLES 3 MUSKETEERS Brand Bite Size Candies	41.0	1.0 serving 15 pieces	41
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27.0	0.75 cup (1 NLEA serving)	40
28348	Rolls, dinner, sweet	30.0	1.0 roll	40
20004	Barley, hulled	184.0	1.0 cup	40
14651	Beverages, fruit juice drink, greater than 3% juice, high vitamin C	238.0	1.0 cup (8 fl oz)	40
14648	Beverages, fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin	237.0	8.0 fl oz	40
19524	Snacks, taro chips	28.35	1.0 oz	40
19148	Candies, peanut brittle, prepared-from-recipe	28.35	1.0 oz	40
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	60.0	1.0 serving 2.13 oz bar	40
11958	Pickle relish, hamburger	15.0	1.0 tbsp	40
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	89.0	1.0 thigh	40
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	143.0	1.0 drumstick with skin	40
08231	Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry	40.0	0.5 cup (1 NLEA serving)	40

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
03197	Babyfood, cereal, with egg yolks, strained	28.35	1.0 oz	40
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	40
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	54.0	1.0 serving 1 singles bag	40
08059	Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	27.0	1.0 cup (1 NLEA serving)	40
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27.0	0.75 cup (1 NLEA serving)	40
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	40
15038	Fish, halibut, Greenland, raw	85.0	3.0 oz	40
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	85.0	3.0 oz	40
15016	Fish, cod, Atlantic, cooked, dry heat	85.0	3.0 oz	40
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	85.0	3.0 oz	40
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	40
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	95.0	1.0 drumstick without skin	40
03130	Babyfood, fruit, peaches, strained	17.0	1.0 tbsp	40
21107	Fast foods, hamburger; single, regular patty; plain	78.0	1.0 sandwich	40
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	71.0	1.0 drumstick	40
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	28.35	1.0 oz	40
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	40
12143	Nuts, pecans, dry roasted, without salt added	28.35	1.0 oz	40
15018	Fish, cod, Atlantic, dried and salted	28.35	1.0 oz	40
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	40
18323	Pie, peach	28.35	1.0 oz	40
12643	Nuts, pecans, dry roasted, with salt added	28.35	1.0 oz	40
18106	Coffeecake, fruit	28.35	1.0 oz	40
12163	Seeds, pumpkin and squash seeds, whole, roasted, without salt	64.0	1.0 cup	40
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	64.0	1.0 cup	40
02034	Spices, poultry seasoning	1.5	1.0 tsp	39
17154	Veal, Australian, separable fat, raw	28.0	1.0 oz	39
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	39
01179	Sour cream, light	12.0	1.0 tablespoon	39
09161	Lime juice, canned or bottled, unsweetened	246.0	1.0 cup	39
09412	Pears, raw, bartlett	140.0	1.0 cup, sliced	39
12147	Nuts, pine nuts, dried	135.0	1.0 cup	39
12095	Nuts, chestnuts, chinese, boiled and steamed	28.35	1.0 oz	39
03161	Babyfood, peaches, dices, toddler	28.35	1.0 oz	39
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	39

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	39
15065	Fish, pollock, Atlantic, raw	85.0	3.0 oz	39
15203	Fish, monkfish, cooked, dry heat	85.0	3.0 oz	39
15219	Fish, trout, mixed species, cooked, dry heat	62.0	1.0 fillet	39
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	67.0	1.0 serving 4 pieces in serving	39
15137	Crustaceans, crab, alaska king, cooked, moist heat	134.0	1.0 leg	39
11954	Tomatillos, raw	34.0	1.0 medium	39
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26.0	0.75 cup (1 NLEA serving)	39
05145	Duck, wild, breast, meat only, raw	73.0	1.0 unit (yield from 1 lb ready-to-cook duck)	39
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13.8	1.0 tablespoon	39
04145	Salad dressing, mayonnaise, soybean oil, without salt	13.8	1.0 tablespoon	39
08550	Cereals ready-to-eat, QUAKER, Christmas Crunch	26.0	0.75 cup (1 NLEA serving)	38
18139	Cake, white, prepared from recipe without frosting	74.0	1.0 piece (1/12 of 9" dia)	38
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	124.0	1.0 cup	38
17377	Lamb, New Zealand, imported, testes, raw	113.0	4.0 oz	38
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	113.0	4.0 oz	38
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	113.0	4.0 oz	38
15042	Fish, herring, Atlantic, kippered	28.35	1.0 oz, boneless	38
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	38
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	85.0	3.0 oz	38
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	85.0	3.0 oz	38
05113	Chicken, roasting, meat only, raw	85.0	3.0 oz	38
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	85.0	3.0 oz	38
08625	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S Halloween Crunch	26.0	0.75 cup (1 NLEA serving)	38
19160	Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	57.0	1.0 package (2 oz)	38
21349	McDONALD'S, NEWMAN'S OWN Ranch Dressing	56.0	2.0 fl oz	38
06150	Sauce, barbecue	17.0	1.0 tbsp	38
02049	Thyme, fresh	0.8	1.0 tsp	38
02042	Spices, thyme, dried	1.0	1.0 tsp, leaves	38
21520	Fast foods, breadstick, soft, prepared with garlic and parmesan cheese	43.0	1.0 breadstick	38
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	38
16157	Chickpea flour (besan)	92.0	1.0 cup	38
03293	Babyfood, plums, bananas and rice, strained	28.35	1.0 oz	38
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	38
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	94.0	1.0 cup	38

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	38
02036	Spices, rosemary, dried	1.2	1.0 tsp	38
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	144.0	1.0 piece (1/12 of a cake)	37
15068	Fish, pompano, florida, raw	28.35	1.0 oz, boneless	37
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	37
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	37
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	37
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	37
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	37
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	85.0	3.0 oz	37
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	37
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	37
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	37
15209	Fish, salmon, Atlantic, wild, cooked, dry heat	85.0	3.0 oz	37
15030	Fish, gefiltefish, commercial, sweet recipe	42.0	1.0 piece	37
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	113.0	4.0 oz	37
05093	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour	38.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	37
02004	Spices, bay leaf	0.6	1.0 tsp, crumbled	37
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	43.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	37
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	56.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	37
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	37
25062	Snack, Mixed Berry Bar	38.0	1.0 bar	37
09296	Quinces, raw	92.0	1.0 fruit without refuse	37
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	37
19161	Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	54.0	1.0 package (1.89 oz, 2 bars)	37
09010	Apples, dehydrated (low moisture), sulfured, stewed	193.0	1.0 cup	37
11210	Eggplant, cooked, boiled, drained, without salt	99.0	1.0 cup (1" cubes)	37
11783	Eggplant, cooked, boiled, drained, with salt	99.0	1.0 cup (1" cubes)	37
05187	Turkey from whole, dark meat, meat only, raw	85.0	1.0 serving	37
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	37
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	37
05740	Turkey, thigh, from whole bird, meat only, raw	85.0	3.0 oz	37
05707	Turkey, whole, meat and skin, with added solution, roasted	85.0	3.0 oz	37
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	37
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	83.0	1.0 thigh thigh without skin	37
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	260.0	1.0 cup, crushed, sliced, or chunks	36

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
18245	Danish pastry, cheese	28.35	1.0 oz	36
19874	Frozen novelties, KLONDIKE, SLIM-A-BEAR Fudge Bar, 98% fat free, no sugar added	74.0	1.0 serving 3.5 fl oz bar	36
36033	Restaurant, family style, fish fillet, battered or breaded, fried	226.0	1.0 serving	36
23427	Beef, New Zealand, imported, manufacturing beef, raw	113.0	4.0 oz	36
11669	Seaweed, wakame, raw	10.0	2.0 tbs (1/8 cup)	36
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	36
09322	Tamarinds, raw	120.0	1.0 cup, pulp	36
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	240.0	1.0 cup	36
01061	Cheese, American, nonfat or fat free	19.0	1.0 serving	36
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	57.0	1.0 wing, with skin	36
09421	Dates, medjool	24.0	1.0 date, pitted	36
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	149.0	1.0 thigh without skin	36
18297	Pancakes, special dietary, dry mix	28.35	1.0 oz	36
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	85.0	3.0 oz	36
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	36
10894	Pork, cured, ham, separable fat, boneless, heated	85.0	3.0 oz	36
05286	Turkey and gravy, frozen	85.0	3.0 oz	36
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	36
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	36
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	85.0	3.0 oz	36
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	36
18418	Cake, pound, commercially prepared, other than all butter, unenriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	35
18121	Cake, pound, commercially prepared, other than all butter, enriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	35
36015	Restaurant, family style, chicken fingers, from kid's menu	114.0	1.0 serving	35
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	35
16118	Soy flour, low-fat	88.0	1.0 cup, stirred	35
18443	Pie, apple, commercially prepared, unenriched flour	28.35	1.0 oz	35
18301	Pie, apple, commercially prepared, enriched flour	28.35	1.0 oz	35
02012	Spices, coriander leaf, dried	0.6	1.0 tsp	35
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	130.0	1.0 thigh with skin	35
02008	Spices, chervil, dried	0.6	1.0 tsp	35
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	113.0	4.0 oz	35
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	35
05118	Chicken, roasting, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	35
09415	Pears, raw, green anjou	140.0	1.0 cup, sliced	35
09190	Mulberries, raw	140.0	1.0 cup	35

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
09252	Pears, raw	140.0	1.0 cup, slices	35
18105	Coffeecake, creme-filled with chocolate frosting	28.35	1.0 oz	35
15055	Fish, mullet, striped, raw	28.35	1.0 oz	35
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	85.0	3.0 oz	35
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	85.0	3.0 oz	35
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	35
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	35
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	85.0	1.0 serving	35
05152	Guinea hen, meat only, raw	85.0	3.0 oz	35
07956	Beef sausage, fresh, cooked	43.0	1.0 serving	35
36608	CRACKER BARREL, grilled sirloin steak	151.0	1.0 steak	35
19149	Candies, NESTLE, RAISINETS Chocolate Covered Raisins	45.0	1.0 serving 1.58 oz bag	35
11248	Lentils, sprouted, raw	77.0	1.0 cup	35
03121	Babyfood, vegetables, peas, strained	16.0	1.0 tbsp	35
36000	APPLEBEE'S, 9 oz house sirloin steak	157.0	1.0 serving	35
12167	Nuts, chestnuts, european, roasted	143.0	1.0 cup	34
23296	Beef, Australian, imported, grass-fed, external fat, raw	28.35	1.0 oz	34
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	35.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	34
01210	Egg Mix, USDA Commodity	8.6	1.0 tbsp	34
28303	Crackers, cheese, whole grain	31.0	1.0 serving 55 pieces	34
04017	Salad dressing, thousand island, commercial, regular	16.0	1.0 tbsp	34
19097	Sherbet, orange	74.0	0.5 cup (4 fl oz)	34
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	34
23297	Beef, Australian, imported, grass-fed, seam fat, raw	28.35	1.0 oz	34
19109	Candies, KIT KAT Wafer Bar	42.0	1.0 bar (1.5 oz)	34
15059	Fish, pout, ocean, raw	85.0	3.0 oz	34
15015	Fish, cod, Atlantic, raw	85.0	3.0 oz	34
15076	Fish, salmon, Atlantic, wild, raw	85.0	3.0 oz	34
05148	Goose, domesticated, meat only, raw	85.0	3.0 oz	34
15054	Fish, monkfish, raw	85.0	3.0 oz	34
15205	Fish, pollock, Atlantic, cooked, dry heat	85.0	3.0 oz	34
15222	Fish, turbot, european, cooked, dry heat	85.0	3.0 oz	34
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	34
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	113.0	4.0 oz	34
08610	Cereals ready-to-eat, KASHI Honey Sunshine	30.0	0.75 cup (1 NLEA serving)	34
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	34

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	34
23286	Beef, top loin fillet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	34
01113	Whey, acid, dried	57.0	1.0 cup	34
20310	Noodles, egg, cooked, enriched, with added salt	160.0	1.0 cup	34
20410	Noodles, egg, unenriched, cooked, without added salt	160.0	1.0 cup	34
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	84.0	1.0 thigh without skin	34
20510	Noodles, egg, cooked, unenriched, with added salt	160.0	1.0 cup	34
20110	Noodles, egg, enriched, cooked	160.0	1.0 cup	34
16556	MORNINGSTAR FARMS Chik'n Nuggets, frozen, unprepared	86.0	4.0 nuggets	34
09159	Limes, raw	67.0	1.0 fruit (2" dia)	34
16001	Beans, adzuki, mature seeds, raw	197.0	1.0 cup	33
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	115.0	1.0 serving	33
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	33
44158	Pie fillings, blueberry, canned	151.0	1.0 serving	33
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	85.0	3.0 oz	33
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	33
13329	Beef, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	33
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	85.0	1.0 piece	33
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	85.0	3.0 oz	33
05166	Turkey, whole, meat and skin, cooked, roasted	85.0	3.0 oz	33
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	33
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	114.0	4.0 oz	33
20097	Pasta, homemade, made with egg, cooked	57.0	2.0 oz	33
21142	Fast food, biscuit	55.0	1.0 biscuit	33
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	15.0	1.0 tablespoon	33
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	33
03216	Babyfood, teething biscuits	28.35	1.0 oz	33
08693	Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry	73.0	1.0 package (1 NLEA serving)	33
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	33
42171	Salad dressing, french dressing, reduced calorie	16.0	1.0 tbsp	33
18412	Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	28.35	1.0 oz	33
03226	Babyfood, dessert, fruit pudding, orange, strained	28.35	1.0 oz	33
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	28.35	1.0 oz	33
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	33
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	32

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	32
05084	Chicken, broilers or fryers, neck, meat and skin, raw	15.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	32
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	32
15020	Fish, croaker, Atlantic, raw	79.0	1.0 fillet	32
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	32
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	32
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	32
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	85.0	3.0 oz	32
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	85.0	3.0 oz	32
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	32
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	32
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	85.0	3.0 oz	32
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	32
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	32
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	32
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	32
05111	Canada Goose, breast meat, skinless, raw	85.0	3.0 oz	32
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	32
15007	Fish, butterfish, raw	32.0	1.0 fillet	32
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	114.0	4.0 oz	32
43329	Salad dressing, mayonnaise and mayonnaise-type, low calorie	14.5	1.0 tbsp	32
10104	Pork, fresh, variety meats and by-products, heart, cooked, braised	145.0	1.0 cup	32
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	86.0	1.0 thigh without skin	32
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	32
19057	Snacks, tortilla chips, nacho cheese	28.35	1.0 oz	32
09154	Lemon juice, frozen, unsweetened, single strength	244.0	1.0 cup	32
43331	Salad dressing, bacon and tomato	15.0	1.0 tbsp	32
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	28.35	1.0 oz	31
18417	Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	28.35	1.0 oz	31
05159	Quail, breast, meat only, raw	85.0	3.0 oz	31
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	85.0	3.0 oz	31
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	31
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	31
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	85.0	3.0 oz	31
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	85.0	3.0 oz	31
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	31

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	31
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	31
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	31
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	85.0	3.0 oz	31
10864	Pork, bacon, rendered fat, cooked	85.0	3.0 oz	31
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	31
19146	Baking chocolate, MARS SNACKFOOD US, M&M's Milk Chocolate Mini Baking Bits	14.0	1.0 serving 0.5 oz, about 1 tbsp	31
06307	Sauce, barbecue, KRAFT, original	16.0	1.0 tbsp	31
12041	Seeds, sunflower seed flour, partially defatted	64.0	1.0 cup	31
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	116.0	1.0 thigh without skin	31
16016	Beans, black turtle, mature seeds, raw	184.0	1.0 cup	31
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240.0	1.0 cup	31
18316	Pie, coconut custard, commercially prepared	28.35	1.0 oz	31
06449	Soup, pea, green, canned, prepared with equal volume water	259.0	1.0 serving 1 cup	31
06965	Soup, pea, low sodium, prepared with equal volume water	259.0	1.0 cup	31
05100	Chicken, broilers or fryers, wing, meat and skin, raw	107.0	1.0 piece	31
18003	Bagels, egg	28.35	1.0 oz	31
21343	McDONALD'S, Low Fat Caramel Sauce	21.0	0.8 oz	31
20131	Barley malt flour	162.0	1.0 cup	31
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	58.0	1.0 wing, with skin	31
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	31
03696	Babyfood, cereal, rice, with honey, prepared with whole milk	28.35	1.0 oz	31
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	85.0	3.0 oz	31
01180	Sour cream, fat free	12.0	1.0 tablespoon	31
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	60.0	1.0 fillet	31
09503	Apples, raw, gala, with skin	109.0	1.0 cup, sliced	31
21361	McDONALD'S, Sausage Biscuit	117.0	1.0 item 4.1 oz	30
20088	Wild rice, raw	160.0	1.0 cup	30
43112	Beans, chili, barbecue, ranch style, cooked	253.0	1.0 cup	30
09413	Pears, raw, red anjou	126.0	1.0 small	30
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	30
14019	Alcoholic beverage, tequila sunrise, canned	31.1	1.0 fl oz	30
03090	Babyfood, dinner, macaroni and cheese, junior	28.35	1.0 oz	30
11226	Jerusalem-artichokes, raw	150.0	1.0 cup slices	30
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	111.0	1.0 thigh without skin	30
18567	KRAFT, STOVE TOP Stuffing Mix Chicken Flavor	28.0	1.0 NLEA serving (makes 1/2 cup prepared)	30

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	30
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	30
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	115.0	1.0 serving	30
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	30
43007	Babyfood, fruit, tutti frutti, junior	15.0	1.0 tbsp	30
19074	Candies, caramels	71.0	1.0 package (2.5 oz)	30
13355	Beef, cured, pastrami	71.0	1.0 package, 2.5 oz	30
18390	Pancakes, buttermilk, prepared from recipe	28.35	1.0 oz	30
03689	Babyfood, cereal, oatmeal, prepared with whole milk	28.35	1.0 oz	30
03682	Babyfood, cereal, high protein, prepared with whole milk	28.35	1.0 oz	30
15129	Fish, turbot, european, raw	85.0	3.0 oz	30
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	30
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	85.0	3.0 oz	30
11734	Beets, cooked, boiled. drained, with salt	85.0	0.5 cup slices	30
15176	Mollusks, squid, mixed species, cooked, fried	85.0	3.0 oz	30
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	30
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	30
11081	Beets, cooked, boiled, drained	85.0	0.5 cup slices	30
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	85.0	3.0 oz	30
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	114.0	4.0 oz	30
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	114.0	4.0 oz	30
42227	Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies	37.0	1.0 serving 1.31 oz bag	30
01114	Whey, sweet, fluid	246.0	1.0 cup	30
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	30
19433	Tortilla chips, low fat, baked without fat	28.35	1.0 oz	29
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	29
23431	Beef, New Zealand, imported, ribs prepared, raw	113.0	4.0 oz	29
17371	Lamb, New Zealand, imported, ground lamb, raw	113.0	4.0 oz	29
23411	Beef, New Zealand, imported, flank, separable lean only, raw	113.0	4.0 oz	29
16212	Vitasoy USA, Organic Nasoya Extra Firm Tofu	79.0	0.2 package	29
15250	Mollusks, conch, baked or broiled	127.0	1.0 cup, sliced	29
21263	TACO BELL, Soft Taco with steak	127.0	1.0 item	29
08084	Cereals ready-to-eat, wheat germ, toasted, plain	28.35	1.0 oz	29
27002	Soup, wonton, Chinese restaurant	223.0	1.0 cup	29
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	29
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	85.0	3.0 oz	29

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	85.0	3.0 oz	29
12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	144.0	1.0 cup	29
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	60.0	1.0 wing, with skin	29
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	130.0	1.0 drumstick with skin	29
19098	Candies, 5TH AVENUE Candy Bar	56.0	1.0 bar 2 oz	29
22998	Rice and vermicelli mix, chicken flavor, unprepared	56.0	0.333 cup	29
18971	Bread, potato	32.0	1.0 slice	28
05335	Chicken, feet, boiled	28.35	1.0 oz	28
19070	Candies, butterscotch	28.35	1.0 oz	28
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	113.0	4.0 oz	28
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	113.0	4.0 oz	28
23418	Beef, New Zealand, imported, inside, raw	113.0	4.0 oz	28
14428	Beverages, shake, fast food, strawberry	23.5	1.0 fl oz	28
16106	Meat extender	88.0	1.0 cup	28
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	85.0	3.0 oz	28
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	28
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	85.0	1.0 serving	28
09402	Applesauce, canned, sweetened, with salt	255.0	1.0 cup	28
28379	PEPPERIDGE FARM, Raisin Cinnamon Swirl Bread	28.0	1.0 serving	28
28378	PEPPERIDGE FARM, Cinnamon Swirl Bread	28.0	1.0 serving	28
04688	Salad dressing, spray-style dressing, assorted flavors	8.0	1.0 serving (approximately 10 sprays)	28
04011	Salad dressing, KRAFT Mayo Light Mayonnaise	15.0	1.0 tbsp	28
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	28
18281	Muffins, corn, toaster-type	28.35	1.0 oz	27
19896	Candies, REESE'S Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	56.0	1.0 serving 1 bar	27
16434	Yardlong beans, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	27
15191	Fish, butterfish, cooked, dry heat	25.0	1.0 fillet	27
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	85.0	3.0 oz	27
05080	Chicken, broilers or fryers, leg, meat only, raw	85.0	3.0 oz	27
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	85.0	3.0 oz	27
15009	Fish, carp, cooked, dry heat	85.0	3.0 oz	27
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	27
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	85.0	3.0 oz	27
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	85.0	3.0 oz	27
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	85.0	3.0 oz	27
05085	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter	16.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	27

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	85.0	3.0 oz	27
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	113.0	4.0 oz	27
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	113.0	4.0 oz	27
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	113.0	4.0 oz	27
11605	Beets, harvard, canned, solids and liquids	246.0	1.0 cup slices	27
19100	Candies, fudge, chocolate, prepared-from-recipe	17.0	1.0 piece	27
19821	Snacks, trail mix, regular, unsalted	150.0	1.0 cup	27
07007	Bologna, beef	30.0	1.0 slice	27
19059	Snacks, trail mix, regular	150.0	1.0 cup	27
06528	Soup, chicken noodle, dry, mix, prepared with water	245.0	1.0 cup	27
18451	Cake, pound, commercially prepared, fat-free	28.35	1.0 oz	27
11134	Cassava, raw	206.0	1.0 cup	27
05117	Chicken, roasting, light meat, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	27
02014	Spices, cumin seed	2.1	1.0 tsp, whole	27
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified	31.0	1.0 oz	27
03201	Babyfood, cereal, egg yolks and bacon, junior	28.35	1.0 oz	27
18011	Biscuits, plain or buttermilk, dry mix, prepared	28.35	1.0 oz	27
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	27
09414	Pears, raw, bosc	140.0	1.0 cup, sliced	27
19105	Candies, NESTLE, GOOBERS Chocolate Covered Peanuts	39.0	1.0 package 1.375 oz	27
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	26
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	26
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	26
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	85.0	3.0 oz	26
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	113.0	4.0 oz	26
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	113.0	4.0 oz	26
01111	Milk shakes, thick vanilla	28.4	1.0 fl oz	26
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	171.0	1.0 cup	26
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	171.0	1.0 cup	26
16054	Broadbeans (fava beans), mature seeds, canned	256.0	1.0 cup	26
20094	Pasta, fresh-refrigerated, plain, cooked	128.0	2.0 oz	26
05300	Turkey sticks, breaded, battered, fried	64.0	1.0 stick (2.25 oz)	26
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	26
18313	Pie, coconut creme, commercially prepared	28.35	1.0 oz	26
15162	Mollusks, clam, mixed species, canned, liquid	85.0	3.0 oz	26
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	170.0	1.0 cup	26

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
15008	Fish, carp, raw	85.0	3.0 oz	26
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	26
08608	Cereals ready-to-eat, KASHI Berry Blossom	30.0	0.75 cup (1 NLEA serving)	26
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	85.0	3.0 oz	26
19115	Candies, MARS SNACKFOOD US, MARS Almond Bar	50.0	1.0 bar (1.76 oz)	26
05663	Ground turkey, fat free, pan-broiled crumbles	85.0	3.0 oz	26
19087	Candies, white chocolate	85.0	1.0 bar (3 oz)	26
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	170.0	1.0 cup	26
05167	Turkey, whole, meat only, raw	85.0	3.0 oz	26
17205	Lamb, variety meats and by-products, lungs, raw	28.35	1.0 oz	25
11603	Yambean (jicama), raw	120.0	1.0 cup slices	25
28305	Pancakes, plain, reduced fat	105.0	1.0 serving 3 pancakes	25
36005	APPLEBEE'S, chicken tenders, from kids' menu	35.0	1.0 piece	25
09216	Orange peel, raw	6.0	1.0 tbsp	25
02041	Spices, tarragon, dried	0.6	1.0 tsp, leaves	25
07064	Pork sausage, link/patty, cooked, pan-fried	27.0	1.0 patty	25
11944	Pickle relish, hot dog	15.0	1.0 tbsp	25
19364	Toppings, butterscotch or caramel	41.0	2.0 tbsp	25
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	250.0	1.0 cup	25
03209	Babyfood, crackers, vegetable	0.7	1.0 cracker	25
15179	Fish, salmon, chinook, smoked, (lox), regular	28.35	1.0 oz	25
19820	Snacks, sesame sticks, wheat-based, unsalted	28.35	1.0 oz	25
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	25
09128	Grapefruit juice, white, raw	247.0	1.0 cup	25
18021	Bread, boston brown, canned	28.35	1.0 oz	25
15077	Fish, salmon, chinook, smoked	28.35	1.0 oz, boneless	25
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	25
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	25
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	25
07978	Pork sausage, reduced sodium, cooked	85.0	3.0 oz	25
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	85.0	3.0 oz	25
06120	Gravy, chicken, dry	8.0	1.0 tbsp	25
14317	Beverages, malted drink mix, chocolate, powder	21.0	1.0 serving (3 heaping tsp or 1 envelope)	25
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	98.0	1.0 each taco	24
11566	Turnips, frozen, unprepared	94.0	0.333 package, mashed (10 oz)	24
10006	Pork, fresh, separable fat, raw	28.35	1.0 oz	24

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	24
15011	Fish, catfish, channel, cooked, breaded and fried	87.0	1.0 fillet	24
19274	Snacks, fruit leather, pieces, with vitamin C	21.0	1.0 serving	24
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	24
19249	Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	42.0	1.0 serving 1.5 oz	24
19910	Candies, crispy bar with peanut butter filling	42.0	1.0 serving 1.5 oz	24
16608	MORNINGSTAR FARMS Chik Patties Original, frozen, unprepared	71.0	1.0 patty	24
43404	Beverages, cranberry-apple juice drink, low calorie, with vitamin C added	240.0	1.0 cup (8 fl oz)	24
15108	Fish, sunfish, pumpkin seed, raw	48.0	1.0 fillet	24
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	114.0	4.0 oz	24
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149.0	1.0 fillet	24
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	24
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	24
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	24
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	85.0	3.0 oz	24
20035	Quinoa, uncooked	170.0	1.0 cup	24
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	85.0	3.0 oz	24
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	24
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	24
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	24
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	24
05102	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour	19.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	24
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	113.0	4.0 oz	24
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	113.0	4.0 oz	24
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	24
20109	Noodles, egg, dry, enriched	38.0	1.0 cup	24
19400	Snacks, banana chips	28.35	1.0 oz	24
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	71.0	1.0 drumstick	23
06969	Potato soup, instant, dry mix	39.0	1.0 serving 1/3 cup	23
19238	Candies, REESE'S BITES	39.0	16.0 pieces	23
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	26.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	23
12155	Nuts, walnuts, english	117.0	1.0 cup, chopped	23
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	31.0	2.0 large	23
19833	Snacks, tortilla chips, low fat, unsalted	28.35	1.0 oz	23

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
18016	Biscuits, plain or buttermilk, prepared from recipe	28.35	1.0 oz	23
18090	Cake, boston cream pie, commercially prepared	28.35	1.0 oz	23
25060	Snack, Pretzel, hard chocolate coated	28.0	1.0 serving	23
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	23
09526	Cranberry sauce, jellied, canned, OCEAN SPRAY	70.0	0.25 cup	23
09525	Cranberry sauce, whole, canned, OCEAN SPRAY	70.0	0.25 cup	23
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	9.9	1.0 bar	23
12036	Seeds, sunflower seed kernels, dried	46.0	1.0 cup, with hulls, edible yield	23
09118	Grapefruit, raw, white, Florida	230.0	1.0 cup sections, with juice	23
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	23
07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	23
09117	Grapefruit, raw, white, California	230.0	1.0 cup sections, with juice	23
19367	Toppings, nuts in syrup	328.0	1.0 cup	23
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	23
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	85.0	3.0 oz	23
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	23
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	85.0	3.0 oz	23
05704	Turkey, whole, meat only, with added solution, raw	85.0	3.0 oz	23
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	23
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	23
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	85.0	3.0 oz	23
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	23
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	85.0	1.0 serving	23
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	23
27042	Soup, clam chowder, new england, canned, ready-to-serve	254.0	1.0 cup	23
05696	Turkey from whole, light meat, meat only, with added solution, raw	114.0	4.0 oz	23
11697	Arrowroot, raw	120.0	1.0 cup, sliced	23
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	95.0	1.0 drumstick without skin	23
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	114.0	4.0 oz	23
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	152.0	1.0 breast without skin	23
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	23
23305	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	23
05219	Turkey, breast, from whole bird, meat only, raw	114.0	4.0 oz	23
03173	Babyfood, juice, orange and apple	31.2	1.0 fl oz	23

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
15035	Fish, haddock, smoked	28.35	1.0 oz, boneless	23
10007	Pork, fresh, separable fat, cooked	28.35	1.0 oz	23
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	113.0	4.0 oz	23
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	113.0	4.0 oz	23
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	23
36020	T.G.I. FRIDAY'S, chicken fingers	225.0	1.0 serving	22
80200	Frog legs, raw	45.0	1.0 leg	22
07953	Pork sausage, link/patty, fully cooked, microwaved	30.0	1.0 patty	22
19252	Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats	56.0	2.0 oz bar	22
23503	USDA Commodity, beef, patties (100%), frozen, cooked	64.0	1.0 patty	22
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	22
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247.0	1.0 cup	22
07039	Lebanon bologna, beef	57.0	1.0 serving 2 slices	22
05323	Chicken patty, frozen, uncooked	60.0	1.0 patty	22
18434	Crackers, cheese, low sodium	14.2	0.5 oz	22
18214	Crackers, cheese, regular	14.2	0.5 oz	22
19038	Snacks, popcorn, caramel-coated, with peanuts	28.35	1.0 oz (approx 2/3 cup)	22
36029	DENNY'S, fish fillet, battered or breaded, fried	201.0	1.0 serving	22
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	22
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	22
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	22
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	22
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	22
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	22
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	22
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	22
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	22
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	85.0	3.0 oz	22
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	22
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	22
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	22
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	85.0	3.0 oz	22

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
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	22
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	22
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	22
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	22
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	22
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	22
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	95.0	1.0 drumstick without skin	22
11043	Mung beans, mature seeds, sprouted, raw	104.0	1.0 cup	22
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	22
19800	Snacks, corn cakes, very low sodium	9.0	1.0 cake	22
19419	Snacks, corn cakes	9.0	1.0 cake	22
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	22
03162	Babyfood, fruit, papaya and applesauce with tapioca, strained	28.35	1.0 oz	22
11522	Taro shoots, raw	43.0	0.5 cup slices	22
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	37.0	1.0 fillet	21
43364	Snacks, tortilla chips, unsalted, white corn	26.0	1.0 cup	21
03134	Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	21
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	21
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	21
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	21
15245	Mollusks, oyster, eastern, farmed, raw	85.0	3.0 oz	21
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	21
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	21
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	85.0	3.0 oz	21
23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	21
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	85.0	3.0 oz	21
05662	Ground turkey, fat free, raw	85.0	1.0 patty (cooked from 4 oz raw)	21
05713	Turkey, retail parts, wing, meat only, cooked, roasted	85.0	3.0 oz	21
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	21
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	21
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	21
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	21
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	21
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	21

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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	21
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	21
17155	Veal, Australian, rib, rib roast, separable lean and fat, raw	85.0	3.0 oz	21
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	21
14033	Beverages, ABBOTT, EAS whey protein powder	39.0	2.0 scoop	21
07960	Bologna, chicken, pork	28.0	1.0 serving	21
07952	Bologna, chicken, turkey, pork	28.0	1.0 serving	21
04703	Salad dressing, honey mustard, regular	30.0	2.0 tbsp	21
07959	Bologna, chicken, pork, beef	28.0	1.0 serving	21
23299	Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 4/5, raw	28.35	1.0 oz	21
18431	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	28.35	1.0 oz	21
23298	Beef, Australian, imported, Wagyu, external fat, Aust. marble score 4/5, raw	28.35	1.0 oz	21
12204	Nuts, chestnuts, japanese, roasted	28.35	1.0 oz	21
05086	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	21
43031	Candies, chocolate covered, caramel with nuts	14.0	1.0 piece	21
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	9.7	1.0 tbsp	21
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	21
23300	Beef, Australian, imported, Wagyu, external fat, Aust. marble score 9, raw	28.0	1.0 oz	21
23301	Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 9, raw	28.0	1.0 oz	21
03227	Babyfood, dessert, peach cobbler, strained	15.0	1.0 tbsp	21
03228	Babyfood, dessert, peach cobbler, junior	15.0	1.0 tbsp	21
05665	Ground turkey, 93% lean, 7% fat, raw	28.35	1.0 oz	21
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	28.35	1.0 oz	21
12014	Seeds, pumpkin and squash seed kernels, dried	129.0	1.0 cup	21
19065	Candies, ALMOND JOY Candy Bar	49.0	1.0 package 1.76 oz	21
42116	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie	15.0	1.0 tbsp	21
23322	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	21
23316	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean and fat, raw	114.0	4.0 oz	21
02063	Rosemary, fresh	0.7	1.0 tsp	20
18126	Cake, shortcake, biscuit-type, prepared from recipe	28.35	1.0 oz	20
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	20
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	20
15136	Crustaceans, crab, alaska king, raw	85.0	3.0 oz	20
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	20

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	20
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	20
23278	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	20
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	170.0	1.0 container (6 oz)	20
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	85.0	3.0 oz	20
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	20
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	20
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	20
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	20
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	20
43261	Yogurt, fruit variety, nonfat	170.0	1.0 container (6 oz)	20
17373	Lamb, New Zealand, imported, heart, raw	113.0	4.0 oz	20
17375	Lamb, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	20
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	113.0	4.0 oz	20
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253.0	1.0 cup	20
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	253.0	1.0 cup	20
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	253.0	1.0 cup	20
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	96.0	1.0 drumstick without skin	20
08352	Cereals ready-to-eat, QUAKER, MOTHER'S Toasted Oat Bran cereal	32.0	0.75 cup (1 NLEA serving)	20
18256	Doughnuts, yeast-leavened, with jelly filling	28.35	1.0 oz	20
06182	Soup, cream of mushroom, canned, condensed, reduced sodium	251.0	1.0 cup	20
43006	Babyfood, fruit, tutti frutti, strained	15.0	1.0 tbsp	20
25007	Snacks, M&M MARS, KUDOS Whole Grain Bars, peanut butter	28.0	1.0 bar	20
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	142.0	1.0 breast without skin	20
18182	Cookies, oatmeal, refrigerated dough	28.35	1.0 oz	20
18183	Cookies, oatmeal, refrigerated dough, baked	28.35	1.0 oz	20
03235	Babyfood, dessert, fruit dessert, without ascorbic acid, strained	15.0	1.0 tbsp	20
03236	Babyfood, dessert, fruit dessert, without ascorbic acid, junior	15.0	1.0 tbsp	20
03168	Babyfood, juice, apple and peach	31.2	1.0 fl oz	20
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	20
12032	Seeds, sesame flour, partially defatted	28.35	1.0 oz	20
12170	Seeds, sesame flour, high-fat	28.35	1.0 oz	20
18151	Cookies, brownies, commercially prepared	28.35	1.0 oz	20
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	20

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
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	20
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	20
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	20
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	20
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	20
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	20
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	115.0	1.0 serving	20
01276	Yogurt, Greek, strawberry, DANNON OIKOS	150.0	5.3 oz	20
19239	Candies, REESE'S NUTRAGEOUS Candy Bar	54.0	1.0 bar 1.92 oz	19
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	19
23321	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	19
19003	Snacks, corn-based, extruded, chips, plain	28.0	1.0 oz	19
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	138.0	1.0 rack	19
07001	Barbecue loaf, pork, beef	28.35	1.0 oz	19
36024	CRACKER BARREL, chicken tenderloin platter, fried	175.0	1.0 serving	19
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	113.0	4.0 oz	19
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	113.0	4.0 oz	19
16279	HOUSE FOODS Premium Soft Tofu	56.0	2.0 oz	19
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	19
07016	Cheesefurter, cheese smokie, pork, beef	100.0	2.33 links	19
15109	Fish, surimi	28.35	1.0 oz	19
18005	Bagels, cinnamon-raisin	26.0	1.0 mini bagel (2-1/2" dia)	19
18963	Garlic bread, frozen	43.0	1.0 slice presliced	19
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	51.0	1.0 wing	19
11209	Eggplant, raw	82.0	1.0 cup, cubes	19
12034	Seeds, sesame meal, partially defatted	28.35	1.0 oz	19
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	19
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	19
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	85.0	3.0 oz	19

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	19
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	19
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	19
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	19
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	19
23220	Beef, ground, unspecified fat content, cooked	85.0	3.0 oz	19
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	19
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	19
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	19
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	19
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	19
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	85.0	3.0 oz	19
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	19
10192	Pork, fresh, backribs, separable lean and fat, raw	85.0	3.0 oz	19
09520	Kiwifruit, ZESPRI SunGold, raw	81.0	1.0 fruit	19
20138	Wheat, KAMUT khorasan, uncooked	186.0	1.0 cup	19
36016	Restaurant, family style, shrimp, breaded and fried	169.0	1.0 serving	19
20062	Rye grain	169.0	1.0 cup	19
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	7.0	18.0 piece	19
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	168.0	1.0 cup	18
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	168.0	1.0 cup	18
16557	MORNINGSTAR FARMS Chik Patties, frozen, unprepared	71.0	1.0 patty	18
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	142.0	1.0 chop	18
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	28.35	1.0 oz	18
09079	Cranberries, dried, sweetened	40.0	0.25 cup	18
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	115.0	1.0 serving	18
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	166.0	1.0 cup spaghetti packed	18
09316	Strawberries, raw	152.0	1.0 cup, halves	18
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	91.0	1.0 drumstick without skin	18
07067	Poultry salad sandwich spread	13.0	1.0 tbsp	18
12033	Seeds, sesame flour, low-fat	28.35	1.0 oz	18
05023	Chicken, gizzard, all classes, raw	28.35	1.0 oz	18
05363	Ruffed Grouse, breast meat, skinless, raw	113.0	4.0 oz	18

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	113.0	4.0 oz	18
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	18
15060	Fish, perch, mixed species, raw	60.0	1.0 fillet	18
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup (1" pieces)	18
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup (1" pieces)	18
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	18
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	18
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	18
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	18
08366	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Wheat Germ, Regular	14.0	2.0 tbsp (1 NLEA serving)	18
19312	Pie fillings, apple, canned	74.0	0.125 can	18
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	18
16079	Mothbeans, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	18
16379	Mothbeans, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	18
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	7.9	1.0 cup	18
35196	Lambsquarters, raw (Northern Plains Indians)	0.9	1.0 leaf	18
09124	Grapefruit juice, white, canned, sweetened	250.0	1.0 cup	18
15006	Fish, burbot, raw	116.0	1.0 fillet	17
20140	Spelt, uncooked	174.0	1.0 cup	17
20142	Teff, uncooked	193.0	1.0 cup	17
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	28.35	1.0 oz	17
20074	Wheat, hard white	192.0	1.0 cup	17
20071	Wheat, hard red spring	192.0	1.0 cup	17
20072	Wheat, hard red winter	192.0	1.0 cup	17
01112	Whey, acid, fluid	246.0	1.0 cup	17
03172	Babyfood, juice, orange	31.2	1.0 fl oz	17
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	17
23320	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	17
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	17
01059	Milk, filled, fluid, with blend of hydrogenated vegetable oils	244.0	1.0 cup	17
01060	Milk, filled, fluid, with lauric acid oil	244.0	1.0 cup	17
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	122.0	1.0 rack	17
18006	Bagels, cinnamon-raisin, toasted	24.0	1.0 mini bagel (2-1/2" dia)	17
11028	Bamboo shoots, canned, drained solids	131.0	1.0 cup (1/8" slices)	17
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	131.0	1.0 chop	17

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
06481	Soup, chicken broth cubes, dry, prepared with water	243.0	1.0 cup (8 fl oz)	17
15127	Fish, tuna, fresh, yellowfin, raw	28.35	1.0 oz, boneless	17
02027	Spices, oregano, dried	1.0	1.0 tsp, leaves	17
15126	Fish, tuna, white, canned in water, drained solids	85.0	3.0 oz	17
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	17
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	17
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	17
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	17
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	17
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	85.0	3.0 oz	17
05227	Turkey, wing, from whole bird, meat only, raw	85.0	3.0 oz	17
05185	Turkey from whole, light meat, raw	85.0	1.0 serving	17
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	85.0	3.0 oz	17
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	85.0	3.0 oz	17
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	17
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	85.0	3.0 oz	17
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	113.0	4.0 oz	17
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	113.0	4.0 oz	17
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	11.0	1.0 cup	17
05312	Chicken, wing, frozen, glazed, barbecue flavored	29.0	1.0 piece	17
21268	TACO BELL, Nachos	80.0	1.0 serving	17
18965	Crackers, cheese, reduced fat	30.0	1.0 serving	17
21078	Fast foods, nachos, with cheese	80.0	1.0 serving	17
18164	Cookies, chocolate chip, refrigerated dough, baked	28.35	1.0 oz	17
05174	Turkey, gizzard, all classes, cooked, simmered	45.0	1.0 gizzard cooked	17
11007	Artichokes, (globe or french), raw	128.0	1.0 artichoke, medium	17
18302	Pie, apple, prepared from recipe	28.35	1.0 oz	16
03217	Zwieback	28.35	1.0 oz	16
19013	Snacks, fruit leather, pieces	28.35	1.0 oz	16
42183	Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars	51.0	2.0 cookie 2011 label	16
15121	Fish, tuna, light, canned in water, drained solids	28.35	1.0 oz	16
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	85.0	3.0 oz	16
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	16
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	16
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	85.0	3.0 oz	16
15186	Fish, tuna, white, canned in water, without salt, drained solids	85.0	3.0 oz	16

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	16
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	16
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	124.0	1.0 cup	16
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	16
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	115.0	1.0 serving	16
09374	Pears, canned, heavy syrup, drained	201.0	1.0 cup	16
12013	Seeds, lotus seeds, dried	32.0	1.0 cup	16
19440	Snacks, M&M MARS, KUDOS Whole Grain Bar, chocolate chip	28.0	1.0 bar	16
03089	Babyfood, dinner, macaroni and cheese, strained	28.35	1.0 oz	16
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	16
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	132.0	1.0 breast without skin	16
16370	Lentils, mature seeds, cooked, boiled, with salt	198.0	1.0 cup	16
16070	Lentils, mature seeds, cooked, boiled, without salt	198.0	1.0 cup	16
23562	Beef, ground, 90% lean meat / 10% fat, raw	113.0	4.0 oz	16
23472	Beef, ground, 93% lean meat / 7% fat, raw	113.0	4.0 oz	16
23572	Beef, ground, 80% lean meat / 20% fat, raw	113.0	4.0 oz	16
13498	Beef, ground, 70% lean meat / 30% fat, raw	113.0	4.0 oz	16
23577	Beef, ground, 75% lean meat / 25% fat, raw	113.0	4.0 oz	16
23557	Beef, ground, 95% lean meat / 5% fat, raw	113.0	4.0 oz	16
23477	Beef, ground, 97% lean meat / 3% fat, raw	113.0	4.0 oz	16
19034	Snacks, popcorn, air-popped	8.0	1.0 cup	16
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120.0	1.0 artichoke, medium	16
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	120.0	1.0 artichoke, medium	16
16409	Soybeans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	15
16109	Soybeans, mature cooked, boiled, without salt	172.0	1.0 cup	15
19040	Snacks, popcorn, cheese-flavor	11.0	1.0 cup	15
11151	Chicory, witloof, raw	53.0	1.0 head	15
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	96.0	6.0 pieces	15
12006	Seeds, chia seeds, dried	28.35	1.0 oz	15
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	15
07979	Sausage, pork, turkey, and beef, reduced sodium	85.0	3.0 oz	15
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	15
05188	Turkey, from whole, dark meat, cooked, roasted	85.0	1.0 serving	15
05216	Turkey, back, from whole bird, meat only, roasted	85.0	3.0 oz	15
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	15
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	85.0	3.0 oz	15

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	15
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	15
05741	Turkey, thigh, from whole bird, meat only, roasted	85.0	3.0 oz	15
15190	Fish, burbot, cooked, dry heat	90.0	1.0 fillet	15
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	15
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	15
09295	Pummelo, raw	190.0	1.0 cup, sections	15
20075	Wheat, soft white	168.0	1.0 cup	15
06431	CAMPBELL'S CHUNKY, New England Clam Chowder	251.0	1.0 cup	15
05600	USDA Commodity, turkey ham, dark meat, smoked, frozen	28.35	1.0 oz	15
09321	Sugar-apples, (sweetsop), raw	250.0	1.0 cup, pulp	15
08690	Cereals, QUAKER, oatmeal, REAL MEDLEYS, apple walnut, dry	75.0	1.0 package (1 NLEA serving)	15
19382	Candies, taffy, prepared-from-recipe	15.0	1.0 piece	15
09094	Figs, dried, uncooked	149.0	1.0 cup	15
09254	Pears, canned, juice pack, solids and liquids	248.0	1.0 cup, halves	15
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	135.0	1.0 chop	15
23319	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	15
21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	15
11674	Potatoes, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	15
16003	Beans, adzuki, mature seeds, canned, sweetened	296.0	1.0 cup	15
16112	Miso	17.0	1.0 tbsp	15
14623	Beverages, V8 V- FUSION Juices, Acai Berry	246.0	1.0 serving 8 oz	15
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	15
16022	Beans, french, mature seeds, raw	184.0	1.0 cup	15
16035	Beans, kidney, royal red, mature seeds, raw	184.0	1.0 cup	15
15061	Fish, perch, mixed species, cooked, dry heat	46.0	1.0 fillet	15
16030	Beans, kidney, california red, mature seeds, raw	184.0	1.0 cup	15
09087	Dates, deglet noor	147.0	1.0 cup, chopped	15
07278	HORMEL Pillow Pak Sliced Turkey Pepperoni	30.0	1.0 serving	15
09152	Lemon juice, raw	244.0	1.0 cup	15
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146.0	1.0 cup	15
09334	Feijoa, raw	243.0	1.0 cup, pureed	15
18955	Bread, pan dulce, sweet yeast bread	63.0	1.0 slice (average weight of 1 slice)	14
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	28.35	1.0 oz	14
12060	Nuts, acorn flour, full fat	28.35	1.0 oz	14

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	14
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	85.0	3.0 oz	14
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	14
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	14
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	85.0	3.0 oz	14
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	14
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	14
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	14
05628	Emu, inside drum, raw	85.0	3.0 oz	14
15154	Crustaceans, spiny lobster, mixed species, raw	85.0	3.0 oz	14
21009	Fast foods, biscuit, with sausage	111.0	1.0 item	14
16055	Carob flour	103.0	1.0 cup	14
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	7.9	1.0 cup	14
03176	Babyfood, juice, orange and banana	31.2	1.0 fl oz	14
32024	Rice mix, cheese flavor, dry mix, unprepared	57.0	0.25 cup dry rice mix	14
07901	USDA Commodity, pork, sausage, bulk/links/patties, frozen, cooked	28.35	1.0 oz	14
18175	Cookies, ladyfingers, with lemon juice and rind	28.35	1.0 oz	14
19902	Chocolate, dark, 45- 59% cacao solids	28.35	1.0 oz	14
12021	Seeds, safflower seed kernels, dried	28.35	1.0 oz	14
19903	Chocolate, dark, 60-69% cacao solids	28.35	1.0 oz	14
03135	Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	15.0	1.0 tbsp	14
42136	Cream substitute, powdered, light	94.0	1.0 cup	14
20063	Rye flour, dark	128.0	1.0 cup	14
08689	Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry	70.0	1.0 package (1 NLEA serving)	14
36022	APPLEBEE'S, crunchy onion rings	350.0	1.0 serving	14
06174	Soup, stock, fish, home-prepared	233.0	1.0 cup	14
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	14
03220	Babyfood, dessert, dutch apple, strained	28.35	1.0 oz	14
12022	Seeds, safflower seed meal, partially defatted	28.35	1.0 oz	14
19263	Frozen novelties, fruit and juice bars	77.0	1.0 bar (2.5 fl oz)	14
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	230.0	1.0 cup	14
16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	230.0	1.0 cup	14
16386	Peas, split, mature seeds, cooked, boiled, with salt	196.0	1.0 cup	14
16086	Peas, split, mature seeds, cooked, boiled, without salt	196.0	1.0 cup	14

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
17314	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	14
19120	Candies, milk chocolate	7.0	1.0 bar, miniature	14
19024	Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	35.0	1.0 bar (1.25 oz)	14
18116	Cake, gingerbread, prepared from recipe	28.35	1.0 oz	14
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	14
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	14
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	85.0	3.0 oz	14
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	14
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	14
02022	Spices, mace, ground	1.7	1.0 tsp	14
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	14
25051	Snacks, CLIF BAR, mixed flavors	68.0	1.0 bar	14
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	14
05710	Turkey, retail parts, breast, meat only, raw	85.0	3.0 oz	14
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	14
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	14
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	85.0	3.0 oz	14
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	8.0	1.0 serving	14
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	14
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	85.0	3.0 oz	14
14268	Beverages, Fruit punch drink, frozen concentrate	34.8	1.0 fl oz	14
06045	Soup, onion, canned, condensed	123.0	0.5 cup (4 fl oz)	14
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	14
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	14
08085	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ	14.0	2.0 tbsp (1 NLEA serving)	13
06971	Sauce, worcestershire	17.0	1.0 tbsp	13
03170	Babyfood, juice, apple and plum	31.2	1.0 fl oz	13
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	15.0	1.0 container, individual	13
18187	Cookies, peanut butter, refrigerated dough	28.35	1.0 oz	13
08691	Cereals, QUAKER, oatmeal, REAL MEDLEYS, summer berry, dry	70.0	1.0 package (1 NLEA serving)	13
07089	Sausage, Italian, pork, cooked	83.0	1.0 link, 4/lb	13
19405	Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	28.0	1.0 bar (1 oz)	13
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	16.0	1.0 tbsp	13
03179	Babyfood, juice, mixed fruit	31.2	1.0 fl oz	13
07073	Sandwich spread, pork, beef	15.0	1.0 tbsp	13

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
13328	Beef, variety meats and by-products, lungs, raw	28.35	1.0 oz	13
18188	Cookies, peanut butter, refrigerated dough, baked	28.35	1.0 oz	13
19183	Puddings, chocolate, ready-to-eat	28.35	1.0 oz	13
42185	Frozen yogurts, chocolate, nonfat milk, sweetened without sugar	186.0	1.0 cup	13
06981	Soup, bouillon cubes and granules, low sodium, dry	2.6	1.0 tsp	13
12023	Seeds, sesame seeds, whole, dried	144.0	1.0 cup	13
25052	Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	24.0	1.0 bar	13
18541	ARCHWAY Home Style Cookies, Peanut Butter	21.0	1.0 serving	13
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32.0	0.75 cup (1 NLEA serving)	13
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	142.0	1.0 chop	13
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	13
03144	Babyfood, fruit, applesauce and cherries, strained	28.35	1.0 oz	13
03145	Babyfood, fruit, applesauce and cherries, junior	28.35	1.0 oz	13
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	13
17461	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	13
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	13
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	13
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	13
05626	Emu, full rump, raw	85.0	3.0 oz	13
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	13
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	13
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	13
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	13
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	13
15070	Fish, rockfish, Pacific, mixed species, raw	85.0	3.0 oz	13
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	13
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	13
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	13
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	13
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	13
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	85.0	3.0 oz	13
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	13
17317	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	13
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	13

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23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	13
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	13
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	13
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	13
20012	Bulgur, dry	140.0	1.0 cup	13
02030	Spices, pepper, black	2.3	1.0 tsp, ground	13
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	114.0	4.0 oz	13
32025	Dumpling, potato- or cheese-filled, frozen	114.0	3.0 pieces pierogies	13
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	250.0	1.0 cup	12
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	250.0	1.0 cup	12
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	28.35	1.0 oz	12
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	12
01199	Cream, half and half, fat free	29.0	2.0 tbsp	12
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	113.0	4.0 oz	12
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	113.0	4.0 oz	12
19303	Marmalade, orange	20.0	1.0 tbsp	12
42259	Snacks, popcorn, home-prepared, oil-popped, unsalted	8.0	1.0 cup	12
14430	Cranberry juice cocktail, frozen concentrate	36.2	1.0 fl oz	12
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	12
18974	KASHI, TLC, Honey Sesame Crackers	30.0	15.0 cracker	12
25009	Snacks, M&M MARS, KUDOS Whole Grain Bar, M&M's milk chocolate	24.0	1.0 bar	12
11215	Garlic, raw	136.0	1.0 cup	12
18205	Cookies, sugar, refrigerated dough	33.0	1.0 serving	12
05179	Turkey from whole, neck, meat only, raw	28.35	1.0 oz	12
02065	Spearmint, fresh	0.3	2.0 leaves	12
08549	Cereals ready-to-eat, QUAKER, QUAKER Honey Graham LIFE Cereal	32.0	0.75 cup (1 NLEA serving)	12
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	135.0	1.0 cup	12
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	12
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	12
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	39.0	1.0 wing wing without skin	12
04367	Salad dressing, french dressing, fat-free	16.0	1.0 tablespoon	12
07913	Salami, pork, beef, less sodium	100.0	3.527 oz	12
19014	Snacks, fruit leather, rolls	21.0	1.0 large	12
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	12
21121	Fast foods, roast beef sandwich, plain	149.0	1.0 sandwich	12
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	12

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
18102	Cake, white, prepared from recipe with coconut frosting	28.35	1.0 oz	12
18306	Pie, blueberry, prepared from recipe	28.35	1.0 oz	12
19017	Snacks, granola bars, hard, chocolate chip	28.35	1.0 oz	12
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	12
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	12
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	12
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	12
05168	Turkey, whole, meat only, cooked, roasted	85.0	3.0 oz	12
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	12
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	12
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	85.0	1.0 serving	12
17448	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	12
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	12
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	12
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	12
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	12
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	12
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	12
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	12
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	12
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	12
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	12
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	12
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	12
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	12
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	12
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	85.0	3.0 oz	12
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	12
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	170.0	1.0 container (6 oz)	12
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	12
23567	Beef, ground, 85% lean meat / 15% fat, raw	85.0	3.0 oz	12
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	12
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	12

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
07230	OSCAR MAYER, Salami (hard)	27.0	1.0 serving 3 slices	12
02054	Capers, canned	8.6	1.0 tbsp, drained	12
08628	Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	32.0	0.75 cup (1 NLEA serving)	12
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	37.0	1.0 wing without skin	12
11444	Seaweed, irishmoss, raw	10.0	2.0 tbsp (1/8 cup)	12
16047	Beans, yellow, mature seeds, raw	196.0	1.0 cup	12
03165	Babyfood, fruit, apple and blueberry, junior	28.35	1.0 oz	12
23502	USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked	28.35	1.0 oz	12
18206	Cookies, sugar, refrigerated dough, baked	28.35	1.0 oz	12
18071	Bread, white, prepared from recipe, made with nonfat dry milk	28.35	1.0 oz	12
16077	Lupins, mature seeds, cooked, boiled, without salt	166.0	1.0 cup	12
11445	Seaweed, kelp, raw	10.0	2.0 tbsp (1/8 cup)	12
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	12
01235	Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener	68.0	0.5 cup	12
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	55.0	0.666 cup (1 NLEA serving)	12
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	128.0	1.0 cup	12
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	144.0	1.0 cup	12
12037	Seeds, sunflower seed kernels, dry roasted, without salt	128.0	1.0 cup	12
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	128.0	1.0 cup	12
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	115.0	1.0 serving	12
19406	Snacks, granola bars, soft, uncoated, nut and raisin	28.0	1.0 bar (1 oz)	11
14263	Beverages, citrus fruit juice drink, frozen concentrate, prepared with water	31.0	1.0 fl oz	11
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	7.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	11
15002	Fish, anchovy, european, canned in oil, drained solids	28.35	1.0 oz, boneless	11
19041	Snacks, pork skins, plain	28.35	1.0 oz	11
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	11
18254	Doughnuts, yeast-leavened, with creme filling	28.35	1.0 oz	11
12121	Nuts, hazelnuts or filberts, blanched	28.35	1.0 oz	11
17358	Lamb, New Zealand, imported, brains, raw	113.0	4.0 oz	11
08649	Cereals ready-to-eat, KASHI GOLEAN CRISP Cinnamon Crumble	51.0	0.75 cup (1 NLEA serving)	11
07907	USDA Commodity, pork sausage, bulk/links/patties, frozen, raw	28.0	1.0 link	11
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32.0	0.75 cup (1 NLEA serving)	11
16147	Veggie burgers or soyburgers, unprepared	70.0	1.0 pattie	11
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	185.0	1.0 cup	11
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	11
19904	Chocolate, dark, 70-85% cacao solids	28.35	1.0 oz	11

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
18251	Doughnuts, cake-type, chocolate, sugared or glazed	28.35	1.0 oz	11
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	28.35	1.0 oz spiral slice	11
12058	Nuts, acorns, raw	28.35	1.0 oz	11
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	28.35	1.0 oz spiral slice	11
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	11
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	11
17464	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	11
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	11
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	11
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	11
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	11
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	11
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	11
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	11
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	11
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	85.0	3.0 oz	11
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	11
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	11
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	11
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	11
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	11
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	11
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	11
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	11
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	11
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	11
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	11
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85.0	3.0 oz	11
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	11
04014	Salad dressing, KRAFT MIRACLE WHIP FREE Nonfat Dressing	16.0	1.0 tbsp	11

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	138.0	1.0 rack	11
20006	Barley, pearled, cooked	157.0	1.0 cup	11
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	122.0	1.0 rack	11
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	11
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.0	1.0 tbsp	11
20080	Wheat flour, whole-grain	120.0	1.0 cup	11
11952	Radicchio, raw	40.0	1.0 cup, shredded	11
10076	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	11
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	6.0	1.0 medium	11
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	11
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	11
05176	Turkey, heart, all classes, cooked, simmered	20.0	1.0 heart	11
11991	Yautia (tannier), raw	135.0	1.0 cup, sliced	11
04636	Salad dressing, italian dressing, fat-free	14.0	1.0 tbsp	11
03007	Babyfood, meat, pork, strained	28.35	1.0 oz	11
19912	Sweetener, syrup, agave	6.9	1.0 tsp	11
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)	11
09195	Olives, pickled, canned or bottled, green	2.7	1.0 olive	11
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	25.0	1.0 serving (3.5 oz)	10
04641	Salad dressing, mayonnaise, light	15.0	1.0 tablespoon	10
04708	Mayonnaise, reduced fat, with olive oil	15.0	1.0 tbsp	10
12202	Nuts, chestnuts, japanese, raw	28.35	1.0 oz	10
10132	Pork, cured, feet, pickled	28.35	1.0 oz	10
19016	Snacks, granola bars, hard, almond	28.35	1.0 oz	10
10123	Pork, cured, bacon, unprepared	28.0	1.0 slice raw	10
09095	Figs, dried, stewed	259.0	1.0 cup	10
19139	Baking chocolate, MARS SNACKFOOD US, M&M's Semisweet Chocolate Mini Baking Bits	14.0	1.0 serving 0.5 oz, about 1 tbsp	10
04639	Salad dressing, ranch dressing, regular	15.0	1.0 tablespoon	10
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	115.0	1.0 serving	10
16015	Beans, black, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	10
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	129.0	0.5 cup condensed	10
16315	Beans, black, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	10
36001	APPLEBEE'S, Double Crunch Shrimp	206.0	1.0 serving	10
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	103.0	1.0 serving	10
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	10

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
15027	Fish, fish sticks, frozen, prepared	57.0	1.0 piece (4" x 2" x 1/2")	10
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	114.0	4.0 oz	10
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	114.0	4.0 oz	10
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	10
02001	Spices, allspice, ground	1.9	1.0 tsp	10
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	10
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	128.0	1.0 cup	10
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)	10
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	10
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	10
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	28.35	1.0 oz	10
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	10
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	10
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	10
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	10
01184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	170.0	1.0 container (6 oz)	10
08353	Cereals ready-to-eat, QUAKER, MOTHER'S Cinnamon Oat Crunch	60.0	1.0 cup (1 NLEA serving)	10
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	10
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	10
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	10
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	68.0	1.0 cup	10
01221	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	10
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	85.0	3.0 oz	10
17463	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	10
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	10
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	10
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	10
17447	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	10
12062	Nuts, almonds, blanched	145.0	1.0 cup whole kernels	10
19891	Frozen novelties, No Sugar Added CREAMSICLE Pops	44.0	1.0 serving 1 pop	10
18233	Crackers, wheat, sandwich, with cheese filling	14.2	0.5 oz	10

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	10
43016	Salad dressing, coleslaw	16.0	1.0 tbsp	10
43523	Babyfood, mixed fruit yogurt, strained	15.0	1.0 tbsp	10
12198	Seeds, sesame butter, tahini, from raw and stone ground kernels	15.0	1.0 tbsp	10
04640	Salad dressing, ranch dressing, reduced fat	15.0	1.0 tablespoon	10
12698	Seeds, sesame butter, tahini, type of kernels unspecified	15.0	1.0 tbsp	10
42158	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	15.0	1.0 tbsp	10
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15.0	1.0 tbsp	10
43215	Salad dressing, buttermilk, lite	15.0	1.0 tablespoon	10
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)	10
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	125.0	1.0 cup	10
09443	Juice, apple and grape blend, with added ascorbic acid	250.0	8.0 fl oz	10
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	10
06443	Soup, cream of mushroom, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	10
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	10
06963	Fish broth	244.0	1.0 cup	10
06583	Soup, ramen noodle, any flavor, dry	81.0	1.0 package without flavor packet	10
02029	Spices, parsley, dried	0.5	1.0 tsp	10
03177	Babyfood, juice, orange and pineapple	31.2	1.0 fl oz	10
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	10
03153	Babyfood, fruit, apple and raspberry, junior	28.35	1.0 oz	10
43432	Babyfood, dinner, macaroni, beef and tomato sauce, toddler	16.0	1.0 tbsp	10
16316	Beans, black, mature seeds, canned, low sodium	240.0	1.0 cup	10
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	10
01186	Cheese, cream, fat free	18.0	1.0 tbsp	10
19150	Candies, REESE'S Peanut Butter Cups	17.0	1.0 package 0.6 oz 1 cup	10
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	68.0	0.333 cup	10
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	9
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	118.0	1.0 cup	9
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	9
12171	Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	14.0	1.0 tbsp	9
19436	Popcorn, sugar syrup/caramel, fat-free	28.35	1.0 oz	9
15175	Mollusks, squid, mixed species, raw	28.35	1.0 oz, boneless	9
19421	Snacks, potato chips, cheese-flavor	28.35	1.0 oz	9
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	9

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	9
18170	Cookies, fig bars	28.35	1.0 oz	9
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	9
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	9
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	9
05739	Turkey, drumstick, from whole bird, meat only, roasted	85.0	3.0 oz	9
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	9
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	9
05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	9
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	85.0	3.0 oz	9
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	9
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	9
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	9
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	9
17462	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	9
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	9
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	9
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	9
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	9
05627	Emu, full rump, cooked, broiled	85.0	1.0 serving (3 oz)	9
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	9
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	9
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	9
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	9
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	9
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	9
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	9
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	9
05228	Turkey, wing, from whole bird, meat only, roasted	85.0	3.0 oz	9
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	9
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	85.0	3.0 oz	9
05186	Turkey, all classes, light meat, cooked, roasted	85.0	1.0 serving	9
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	9
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	9

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	9
08627	Cereals ready-to-eat, QUAKER, Natural Granola Apple Cranberry Almond	49.0	0.5 cup (1 NLEA serving)	9
11218	Gourd, white-flowered (calabash), raw	58.0	0.5 cup (1" pieces)	9
20137	Quinoa, cooked	185.0	1.0 cup	9
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	28.0	1.0 slice	9
32029	Rice mix, white and wild, flavored, unprepared	57.0	2.0 oz (1/4 c dry rice mix and 4 tsp seasoning mix)	9
17458	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	9
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	9
18445	Pie, fried pies, lemon	28.35	1.0 oz	9
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	9
18290	Pancakes, plain, dry mix, complete, prepared	28.35	1.0 oz	9
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz	9
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	9
18179	Cookies, oatmeal, commercially prepared, soft-type	28.35	1.0 oz	9
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	9
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	129.0	1.0 fillet	9
03157	Babyfood, fruit, bananas and pineapple with tapioca, strained	15.0	1.0 tbsp	9
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)	9
03139	Babyfood, prunes, without vitamin c, strained	15.0	1.0 tbsp	9
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	9
07011	Bologna, turkey	28.0	0.99 oz 1 serving	9
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)	9
42119	Babyfood, banana juice with low fat yogurt	31.5	1.0 fl oz	9
42120	Babyfood, mixed fruit juice with low fat yogurt	31.5	1.0 fl oz	9
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	9
08142	Cereals, WHEATENA, dry	40.0	0.33 cup (1 NLEA serving)	9
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	28.35	1.0 oz	9
18299	Pancakes, whole-wheat, dry mix, incomplete	28.35	1.0 oz	9
03222	Babyfood, cherry cobbler, junior	28.35	1.0 oz	9
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	9
03115	Babyfood, apples, dices, toddler	28.35	1.0 oz	9
05191	Turkey, all classes, breast, meat and skin, raw	146.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	9
05088	Chicken, broilers or fryers, neck, meat only, raw	6.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	9
03169	Babyfood, apple-cranberry juice	31.2	1.0 fl oz	9

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
14267	Beverages, Fruit punch drink, with added nutrients, canned	31.0	1.0 fl oz	9
08589	Cereals ready-to-eat, KASHI GOLEAN CRISP Toasted Berry Crumble	51.0	0.75 cup (1 NLEA serving)	9
18212	Cookies, vanilla wafers, lower fat	28.35	1.0 oz	9
18354	Strudel, apple	28.35	1.0 oz	9
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	28.35	1.0 oz	9
03297	Babyfood, dinner, apples and chicken, strained	28.35	1.0 oz	9
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	8
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	85.0	3.0 oz	8
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	8
05629	Emu, inside drums, cooked, broiled	85.0	1.0 serving (3 oz)	8
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	85.0	3.0 oz	8
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	85.0	3.0 oz	8
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85.0	3.0 oz	8
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	8
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	8
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	85.0	3.0 oz	8
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	85.0	1.0 serving	8
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	85.0	3.0 oz	8
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	85.0	3.0 oz	8
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	8
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	85.0	3.0 oz	8
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	85.0	3.0 oz	8
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	8
03174	Babyfood, juice, orange and apple and banana	31.2	1.0 fl oz	8
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")	8
22978	Chicken tenders, breaded, frozen, prepared	21.0	1.0 piece	8
03163	Babyfood, fruit, bananas with apples and pears, strained	15.0	1.0 tbsp	8
12540	Seeds, sunflower seed butter, with salt added	16.0	1.0 tbsp	8
12040	Seeds, sunflower seed butter, without salt	16.0	1.0 tbsp	8
36031	DENNY'S, onion rings	166.0	1.0 serving	8
08617	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Bite Size Blueberry Muffin	55.0	25.0 biscuits (1 NLEA serving)	8
18223	Crackers, milk	14.2	0.5 oz	8
12149	Nuts, pine nuts, pinyon, dried	28.35	1.0 oz	8
06151	Sauce, plum, ready-to-serve	19.0	1.0 tbsp	8
11429	Radishes, raw	116.0	1.0 cup slices	8

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	135.0	1.0 chop	8
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	135.0	1.0 fillet	8
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	8
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	115.0	1.0 fillet	8
09062	Cherimoya, raw	160.0	1.0 cup, pieces	8
12169	Seeds, sesame butter, paste	16.0	1.0 tbsp	8
04013	Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	16.0	1.0 tbsp	8
17441	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	8
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	114.0	4.0 oz	8
08386	Cereals ready-to-eat, KASHI GOLEAN CRUNCH!	53.0	0.75 Cup (1 NLEA serving)	8
18180	Cookies, oatmeal, dry mix	28.35	1.0 oz	8
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior	28.35	1.0 oz	8
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	13.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	8
11137	Cauliflower, frozen, unprepared	66.0	0.5 cup (1" pieces)	8
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	113.0	4.0 oz	8
06124	Gravy, pork, dry, powder	6.7	1.0 serving	8
14015	Alcoholic beverage, pina colada, canned	32.6	1.0 fl oz	8
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	8
20141	Spelt, cooked	194.0	1.0 cup	8
18275	Muffins, blueberry, dry mix	43.0	1.0 serving	8
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	77.0	1.0 fillet	8
09294	Prune juice, canned	256.0	1.0 cup	8
02010	Spices, cinnamon, ground	2.6	1.0 tsp	8
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	8
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	28.35	1.0 oz	8
16129	Tofu, fried	28.35	1.0 oz	8
03011	Babyfood, meat, lamb, junior	28.35	1.0 oz	8
18319	Pie, fried pies, fruit	28.35	1.0 oz	8
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	8
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	8
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	85.0	3.0 oz	8
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85.0	3.0 oz	8
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	85.0	3.0 oz	8
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	8
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	8

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	85.0	3.0 oz	8
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	8
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	85.0	3.0 oz	8
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	8
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85.0	3.0 oz	8
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	85.0	3.0 oz	8
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	85.0	3.0 oz	8
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	85.0	3.0 oz	8
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	8
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	8
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	85.0	3.0 oz	8
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	8
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	85.0	3.0 oz	8
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	8
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	8
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	8
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	8
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	85.0	3.0 oz	8
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	85.0	3.0 oz	8
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	8
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	8
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	8
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	8
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	85.0	3.0 oz	8
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	8
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	85.0	3.0 oz	8
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	8
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	85.0	3.0 oz	8
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	8
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	8
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	85.0	3.0 oz	8
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	85.0	3.0 oz	8
02005	Spices, caraway seed	2.1	1.0 tsp	8
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	8
06168	Sauce, ready-to-serve, pepper or hot	4.7	1.0 tsp	8
19137	Toppings, strawberry	42.0	2.0 tbsp	8

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
01185	Parmesan cheese topping, fat free	5.0	1.0 tablespoon	8
43585	Babyfood, fruit supreme dessert	15.0	1.0 tbsp	8
36605	CRACKER BARREL, country fried shrimp platter	149.0	1.0 serving	7
11136	Cauliflower, cooked, boiled, drained, without salt	62.0	0.5 cup (1" pieces)	7
11761	Cauliflower, cooked, boiled, drained, with salt	62.0	0.5 cup (1" pieces)	7
19216	Candies, praline, prepared-from-recipe	39.0	1.0 piece	7
14405	Beverages, fruit punch juice drink, frozen concentrate	35.2	1.0 fl oz	7
12098	Nuts, chestnuts, european, raw, peeled	28.35	1.0 oz	7
18344	Rolls, dinner, egg	28.35	1.0 oz	7
42139	Granola bar, soft, milk chocolate coated, peanut butter	28.35	1.0 oz	7
16588	MORNINGSTAR FARMS Chik'n Grill Veggie Patties, frozen, unprepared	67.0	1.0 patty	7
16601	MORNINGSTAR FARMS Grillers Chik'n Veggie Patties, frozen, unprepared	67.0	1.0 patty	7
43241	Cereals ready-to-eat, FAMILIA	122.0	1.0 cup	7
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	12.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	7
08182	Cereals, WHEATENA, cooked with water, with salt	243.0	1.0 cup	7
16120	Soymilk, original and vanilla, unfortified	243.0	1.0 cup	7
16166	Soymilk, chocolate, unfortified	243.0	1.0 cup	7
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	7
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	7
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	29.0	2.0 cookies	7
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	145.0	1.0 chop	7
18630	PILLSBURY, Chocolate Chip Cookies, refrigerated dough	38.0	1.0 serving 2 cookies	7
19036	Snacks, popcorn, cakes	10.0	1.0 cake	7
14647	Beverages, Fruit flavored drink, reduced sugar, greater than 3% fruit juice, high vitamin C, added calcium	240.0	8.0 fl oz	7
06172	Soup, stock, chicken, home-prepared	240.0	1.0 cup	7
08663	Cereals ready-to-eat, KASHI ORGANIC PROMISE, Berry Fruitful	55.0	29.0 biscuits (1 NLEA serving)	7
10103	Pork, fresh, variety meats and by-products, heart, raw	28.35	1.0 oz	7
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1.0 oz	7
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	7
25018	Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Blueberry Snack Bar	22.0	1.0 bar	7
25010	Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Almond Snack Bar	22.0	1.0 bar	7
21130	Fast foods, onion rings, breaded and fried	117.0	1.0 package (18 onion rings)	7
01200	Reddi Wip Fat Free Whipped Topping	4.0	1.0 tablespoon	7
06116	Gravy, beef, canned, ready-to-serve	233.0	1.0 cup	7
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	7
19015	Snacks, granola bars, hard, plain	21.0	1.0 bar	7

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	138.0	1.0 rack	7
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	138.0	1.0 rack	7
03021	Babyfood, meat, meat sticks, junior	10.0	1.0 stick	7
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	138.0	1.0 fillet	7
08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax	53.0	0.67 Cup (1 NLEA serving)	7
20139	Wheat, KAMUT khorasan, cooked	172.0	1.0 cup	7
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	137.0	1.0 cup	7
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	114.0	4.0 oz	7
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	7
07052	Pastrami, turkey	57.0	2.0 slices	7
17456	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	7
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	7
19326	Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Bar	22.0	1.0 serving 0.78 oz bar	7
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	7
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	7
01256	Yogurt, Greek, plain, nonfat	170.0	1.0 container	7
17352	Veal, Australian, shank, hind, bone-in, separable lean and fat	85.0	3.0 oz	7
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	7
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	85.0	3.0 oz	7
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	7
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	7
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	85.0	3.0 oz	7
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	7
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	7
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	7
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	7
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	7
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	7
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	85.0	3.0 oz	7
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	85.0	3.0 oz	7
17445	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	7
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	7
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	7

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	7
17350	Veal, Australian, shank, fore, bone-in, separable lean and fat, raw	85.0	3.0 oz	7
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	7
10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	7
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	7
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	7
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	7
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	7
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	7
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	7
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	7
19079	Candies, confectioner's coating, yogurt	170.0	1.0 cup chips	7
10220	Pork, fresh, ground, cooked	85.0	3.0 oz	7
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	7
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	7
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	7
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	7
25041	Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	40.0	2.0 bar	7
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	7
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	7
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	7
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	7
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	7
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	85.0	3.0 oz	7
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	7
14530	Whiskey sour mix, bottled, with added potassium and sodium	32.3	1.0 fl oz	7
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	113.0	4.0 oz	7
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	113.0	4.0 oz	7
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	7
10805	USDA Commodity, pork, ground, fine/coarse, frozen, raw	113.0	1.0 oz crumbles	7
23248	Beef, top loin fillet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	7
19018	Fruit syrup	334.0	1.0 cup	7
25038	Snacks, granola bars, soft, almond, confectioners coating	35.0	1.0 bar	7
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	7

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	7
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	7
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup	7
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	7
03280	Babyfood, fruit, bananas with tapioca, junior	15.0	1.0 tbsp	7
02002	Spices, anise seed	2.1	1.0 tsp, whole	7
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	28.35	1.0 oz	7
03213	Babyfood, cookies	28.35	1.0 oz	7
03129	Babyfood, fruit, bananas with tapioca, strained	15.0	1.0 tbsp	6
42178	Mayonnaise, made with tofu	15.0	1.0 tbsp	6
28287	Bread, naan, whole wheat, commercially prepared, refrigerated	106.0	1.0 piece	6
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	90.0	1.0 fillet	6
43346	Frozen novelties, juice type, orange	29.8	1.0 fl oz	6
18322	Pie, mince, prepared from recipe	28.35	1.0 oz	6
18110	Cake, fruitcake, commercially prepared	28.35	1.0 oz	6
03152	Babyfood, fruit, apple and raspberry, strained	28.35	1.0 oz	6
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	124.0	1.0 fillet	6
43017	Salad dressing, green goddess, regular	15.0	1.0 tbsp	6
43537	Babyfood, dessert, blueberry yogurt, strained	15.0	1.0 tbsp	6
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	6
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	6
19348	Syrups, chocolate, fudge-type	304.0	1.0 cup	6
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	5.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	6
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	121.0	1.0 fillet	6
08568	Cereals, KASHI HEART TO HEART, Instant Oatmeal, Apple Cinnamon, dry	43.0	1.0 packet (1 NLEA serving)	6
01285	Yogurt, Greek, strawberry, nonfat	150.0	1.0 container (5.3 oz)	6
15147	Crustaceans, lobster, northern, raw	150.0	1.0 lobster	6
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	6
03156	Babyfood, fruit, bananas and pineapple with tapioca, junior	15.0	1.0 tbsp	6
03013	Babyfood, meat, chicken, junior	15.0	1.0 tbsp	6
18218	Crackers, matzo, egg	14.2	0.5 oz	6
03141	Babyfood, pears, dices, toddler	28.35	1.0 oz	6
03151	Babyfood, fruit, applesauce and pineapple, junior	28.35	1.0 oz	6
10024	Pork, fresh, loin, whole, separable lean only, raw	85.0	3.0 oz	6
10221	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	85.0	3.0 oz	6
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	6

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	6
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	85.0	3.0 oz	6
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	6
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	6
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	6
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	6
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	6
15155	Mollusks, abalone, mixed species, raw	85.0	3.0 oz	6
17455	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	6
10196	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	6
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	6
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	6
23094	Beef, chuck for stew, separable lean and fat, select, raw	85.0	3.0 oz	6
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	85.0	3.0 oz	6
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	6
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	6
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	85.0	3.0 oz	6
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	85.0	3.0 oz	6
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	85.0	3.0 oz	6
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	6
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	6
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	6
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	6
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	6
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	6
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	6
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	6
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	6
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	6
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	6
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	6
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	6
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	6

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	6
10229	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked	85.0	3.0 oz	6
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	6
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	6
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	6
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	6
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	6
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	6
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	6
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	85.0	3.0 oz	6
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	6
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	6
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	6
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	6
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	6
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	85.0	3.0 oz	6
10223	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	85.0	3.0 oz	6
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	6
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	6
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	6
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	6
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	6
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	6
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	6
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	6
10020	Pork, fresh, loin, whole, separable lean and fat, raw	85.0	3.0 oz	6
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	6
17440	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	6
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	6
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	6
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	6
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	6
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	6

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	6
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	6
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	6
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	6
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	6
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	6
17457	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	6
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	85.0	3.0 oz	6
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	6
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	6
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	85.0	3.0 oz	6
10195	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	6
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	6
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	6
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	6
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	6
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	6
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	6
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	6
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	6
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	6
14341	Beverages, pineapple and orange juice drink, canned	31.3	1.0 fl oz	6
14545	Beverages, tea, herb, brewed, chamomile	29.6	1.0 fl oz	6
18224	Crackers, rusk toast	14.2	0.5 oz	6
15148	Crustaceans, lobster, northern, cooked, moist heat	145.0	1.0 cup	6
11830	Potatoes, baked, skin only, with salt	58.0	1.0 skin	6
11364	Potatoes, baked, skin, without salt	58.0	1.0 skin	6
03166	Babyfood, juice, apple	31.7	1.0 fl oz	6
20017	Corn flour, masa, enriched, white	114.0	1.0 cup	6
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	6
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	6
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	114.0	4.0 oz	6
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	114.0	4.0 oz	6
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	6

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
20019	Corn flour, masa, unenriched, white	114.0	1.0 cup	6
16590	MORNINGSTAR FARMS BBQ Riblets, frozen, unprepared	142.0	1.0 sauce	6
03164	Babyfood, fruit, apple and blueberry, strained	28.35	1.0 oz	6
03238	Babyfood, dessert, tropical fruit, junior	28.35	1.0 oz	6
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	6
43535	Babyfood, juice, apple - cherry	31.2	1.0 fl oz	6
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	40.0	1.0 donut	6
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	28.0	3.0 oz	6
19897	Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Covered Almonds	28.0	1.0 serving 1oz pack	6
07002	Beerwurst, beer salami, pork and beef	56.0	2.0 oz	6
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	16.0	1.0 wing without skin, bone and breading	6
07931	Beerwurst, pork and beef	56.0	1.0 serving 2 oz	6
03233	Babyfood, dessert, fruit pudding, pineapple, strained	15.0	1.0 tbsp	6
19327	Candies, MARS SNACKFOOD US, COCOAVIA Blueberry and Almond Chocolate Bar	22.0	1.0 serving 0.78 oz bar	6
21509	BURGER KING, Onion Rings	91.0	1.0 small	5
02046	Mustard, prepared, yellow	5.0	1.0 tsp or 1 packet	5
19328	Candies, MARS SNACKFOOD US, COCOAVIA Crispy Chocolate Bar	20.0	1.0 serving 0.7 oz bar	5
08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	30.0	0.5 cup (1 NLEA serving)	5
04706	Dressing, honey mustard, fat-free	30.0	2.0 tbsp (1 NLEA serving)	5
04016	Salad dressing, sesame seed dressing, regular	15.0	1.0 tablespoon	5
09259	Pears, dried, sulfured, uncooked	180.0	1.0 cup, halves	5
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior	28.35	1.0 oz	5
12157	Nuts, walnuts, dry roasted, with salt added	28.0	1.0 oz	5
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	5
16323	Beans, french, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	5
16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	177.0	1.0 cup	5
16023	Beans, french, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	5
16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	5
04114	Salad dressing, italian dressing, commercial, regular	14.7	1.0 tbsp	5
04143	Salad dressing, italian dressing, commercial, regular, without salt	14.7	1.0 tablespoon	5
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	5
03143	Babyfood, fruit, applesauce and apricots, junior	16.0	1.0 tbsp	5
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	5
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	131.0	1.0 cup	5
20032	Millet, cooked	174.0	1.0 cup	5
20077	Wheat bran, crude	58.0	1.0 cup	5

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
02003	Spices, basil, dried	0.7	1.0 tsp, leaves	5
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)	5
11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	5
19102	Candies, fudge, peanut butter, prepared-from-recipe	16.0	1.0 piece	5
03159	Babyfood, fruit, pears and pineapple, junior	16.0	1.0 tbsps	5
03221	Babyfood, dessert, dutch apple, junior	28.35	1.0 oz	5
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	5
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	28.35	1.0 oz	5
07973	Turkey bacon, microwaved	8.1	1.0 slice	5
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	85.0	3.0 oz	5
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	5
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	5
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	5
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	5
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	5
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	5
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	5
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	5
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	5
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	5
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	85.0	3.0 oz	5
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	5
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	5
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	5
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	5
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	5
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	5
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	5
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	5
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	5
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	5
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	5

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	5
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	5
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	5
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	5
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	5
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	5
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	5
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	5
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	5
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	5
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	5
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	5
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	5
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	5
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	5
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	85.0	3.0 oz	5
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	5
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	5
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	5
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	85.0	3.0 oz	5
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	5
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	5
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	5
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	5
07013	Bratwurst, pork, cooked	85.0	1.0 link cooked	5
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	5
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	5
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	5
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	5
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	5
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	5
23095	Beef, chuck for stew, separable lean and fat, choice, raw	85.0	3.0 oz	5
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	5

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	5
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	5
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	5
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	5
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	5
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	5
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	5
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	5
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	5
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	5
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	5
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	5
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	85.0	3.0 oz	5
10201	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	5
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	5
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	5
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	5
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	5
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	5
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	5
14024	Beverages, Whiskey sour mix, powder	17.0	1.0 packet	5
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	5
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	85.0	3.0 oz	5
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85.0	3.0 oz	5
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	5
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	5
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	5
42137	Salad dressing, peppercorn dressing, commercial, regular	13.4	1.0 tbsp	5
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	168.0	1.0 cup	5
20143	Teff, cooked	252.0	1.0 cup	5
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	168.0	1.0 cup	5
43015	Salad dressing, caesar dressing, regular	14.7	1.0 tbsp	5
03171	Babyfood, juice, apple and prune	31.2	1.0 fl oz	5

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
06194	Soup, chicken broth, ready-to-serve	249.0	1.0 cup	5
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	165.0	1.0 cup	5
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	5
09524	Lemon juice from concentrate, bottled, REAL LEMON	15.0	1.0 tbsp	5
09153	Lemon juice from concentrate, canned or bottled	15.0	1.0 tbsp	5
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	165.0	1.0 cup	5
20089	Wild rice, cooked	164.0	1.0 cup	5
36413	Restaurant, Latino, black bean soup	246.0	1.0 cup	5
28288	Bread, roll, Mexican, bollilo	98.0	1.0 piece	5
12101	Nuts, chestnuts, european, boiled and steamed	28.35	1.0 oz	5
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	5
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	5
08561	Cereals, KASHI GO LEAN Hot Cereal, Hearty Honey & Cinnamon, dry	40.0	1.0 packet (1 NLEA serving)	5
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	5
05712	Turkey, retail parts, wing, meat only, raw	28.0	3.0 oz	5
07254	Turkey bacon, unprepared	14.0	1.0 serving	5
27058	Sauce, barbecue, OPEN PIT, original	17.0	1.0 tbsp	5
28286	Bread, paratha, whole wheat, commercially prepared, frozen	79.0	1.0 piece	5
03205	Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified	5.3	1.0 tbsp	5
20522	Cornmeal, degermed, unenriched, white	157.0	1.0 cup	5
20322	Cornmeal, degermed, enriched, white	157.0	1.0 cup	5
20125	Pasta, whole-wheat, cooked	117.0	1.0 cup spaghetti not packed	5
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	31.0	1.0 bar	5
03158	Babyfood, fruit, pears and pineapple, strained	16.0	1.0 tbsp	5
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	5
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	5
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	114.0	4.0 oz	5
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	114.0	4.0 oz	5
23302	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	5
18243	Croutons, seasoned	14.2	0.5 oz	5
19420	Snacks, granola bars, hard, peanut butter	28.35	1.0 oz	5
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	28.35	1.0 oz	5
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	28.35	1.0 oz	5
18039	Bread, oatmeal	28.35	1.0 oz	5
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	113.0	4.0 oz	5
09301	Rambutan, canned, syrup pack	150.0	1.0 cup, drained	4

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
09315	Soursop, raw	225.0	1.0 cup, pulp	4
18544	ARCHWAY Home Style Cookies, Raspberry Filled	25.0	1.0 serving	4
16158	Hummus, commercial	15.0	1.0 tbsp	4
43550	Babyfood, banana apple dessert, strained	15.0	1.0 tbsp	4
18547	ARCHWAY Home Style Cookies, Strawberry Filled	25.0	1.0 serving	4
03116	Babyfood, fruit, applesauce, strained	16.0	1.0 tbsp	4
21420	KFC, Coleslaw	112.0	1.0 package	4
08094	Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	28.0	1.0 packet (1 NLEA serving)	4
02035	Spices, pumpkin pie spice	1.7	1.0 tsp	4
18535	ARCHWAY Home Style Cookies, Molasses	26.0	1.0 serving	4
08452	Cereals, QUAKER, Whole Wheat Natural Cereal, dry	40.0	0.5 cup	4
44203	Beverages, Cocktail mix, non-alcoholic, concentrated, frozen	36.0	1.0 fl oz	4
28297	Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber	27.0	1.0 cake 1 serving	4
08569	Cereals, KASHI HEART TO HEART, Instant Oatmeal, golden brown maple, dry	43.0	1.0 packet (1 NLEA serving)	4
42280	Frankfurter, meat and poultry, low fat	143.0	1.0 cup, sliced	4
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	4
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	11.5	1.0 slice	4
18040	Bread, oatmeal, toasted	28.35	1.0 oz	4
10803	USDA Commodity, pork, ground, fine/coarse, frozen, cooked	28.35	1.0 oz grilled patties	4
10004	Pork, fresh, backfat, raw	28.35	1.0 oz	4
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	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	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	4
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	4
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	4
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	4
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	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	4
90240	Mollusks, scallop, (bay and sea), cooked, steamed	85.0	3.0 oz	4
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	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	4
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	4
15139	Crustaceans, crab, blue, raw	85.0	3.0 oz	4

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	4
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	4
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	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	4
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	4
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	4
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	85.0	1.0 serving (3 oz)	4
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	4
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	4
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	4
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	4
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	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	4
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	4
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	4
15156	Mollusks, abalone, mixed species, cooked, fried	85.0	3.0 oz	4
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	4
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	85.0	3.0 oz	4
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	4
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	4
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	4
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	4
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	4
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	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	4
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	4
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	4
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	4
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	4
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	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	4
02064	Peppermint, fresh	0.1	2.0 leaves	4

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
06959	Gravy, instant turkey, dry	6.7	1.0 serving	4
18533	ARCHWAY Home Style Cookies, Iced Oatmeal	28.0	1.0 serving	4
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	4
04686	Salad dressing, honey mustard dressing, reduced calorie	30.0	2.0 tbsp (1 serving)	4
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	4
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	210.0	1.0 cup	4
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	4
11046	Beans, navy, mature seeds, sprouted, raw	104.0	1.0 cup	4
08081	Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	59.0	1.0 cup (1 NLEA serving)	4
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	41.0	1.0 piece	4
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	51.0	0.5 cup (1 NLEA serving)	4
43497	Jellyfish, dried, salted	58.0	1.0 cup	4
09145	Java-plum, (jambolan), raw	135.0	1.0 cup	4
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	134.0	1.0 cup	4
09129	Grapes, muscadine, raw	6.0	1.0 grape	4
11972	Lemon grass (citronella), raw	67.0	1.0 cup	4
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	134.0	1.0 cup	4
14027	Alcoholic beverage, whiskey sour, canned	30.8	1.0 fl oz	4
18436	Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	28.35	1.0 oz	4
18368	Wonton wrappers (includes egg roll wrappers)	28.35	1.0 oz	4
18163	Cookies, chocolate chip, refrigerated dough	33.0	1.0 serving	4
21256	BURGER KING, Chicken Strips	36.0	1.0 strip	4
14531	Alcoholic beverage, whiskey sour	30.4	1.0 fl oz	4
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	4
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	49.0	0.75 cup (1 NLEA serving)	4
05705	Turkey, whole, meat only, with added solution, roasted	28.0	3.0 oz	4
19021	Snacks, granola bars, soft, uncoated, peanut butter	28.0	1.0 bar (1 oz)	4
18538	ARCHWAY Home Style Cookies, Oatmeal Raisin	26.0	1.0 serving	4
16019	Beans, cranberry (roman), mature seeds, raw	195.0	1.0 cup	4
20001	Amaranth grain, uncooked	193.0	1.0 cup	4
08384	Cereals ready-to-eat, KELLOGG, KELLOGG'S MINI-WHEATS, unfrosted bite size	55.0	30.0 biscuits (1 NLEA serving)	4
11452	Soybeans, mature seeds, sprouted, raw	35.0	0.5 cup	4
18522	ARCHWAY Home Style Cookies, Chocolate Chip Ice Box	24.0	1.0 serving	4
08054	Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey	48.0	0.5 cup (1 NLEA serving)	4
18042	Bread, pita, whole-wheat	64.0	1.0 pita, large (6-1/2" dia)	4
07944	Turkey, white, rotisserie, deli cut	48.0	1.69 oz (1 serving)	4

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	4
07974	Bacon, turkey, low sodium	15.0	1.0 serving	4
18537	ARCHWAY Home Style Cookies, Oatmeal	25.0	1.0 serving	4
19294	Fruit butters, apple	17.0	1.0 tbsp	4
02037	Spices, saffron	0.7	1.0 tsp	4
27066	Sauce, horseradish	5.6	1.0 tsp	4
18453	Cake, yellow, light, dry mix	28.35	1.0 oz	4
12205	Seeds, lotus seeds, raw	28.35	1.0 oz	4
12203	Nuts, chestnuts, japanese, boiled and steamed	28.35	1.0 oz	4
11029	Beans, kidney, mature seeds, sprouted, raw	184.0	1.0 cup	4
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	4
20013	Bulgur, cooked	182.0	1.0 cup	4
08450	Cereals, QUAKER, Instant Grits, Ham 'n' Cheese flavor, dry	28.0	1.0 packet (1 NLEA serving)	4
11400	Potatoes, frozen, whole, unprepared	182.0	1.0 cup	4
05195	Turkey, all classes, wing, meat and skin, raw	33.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	4
43311	Potatoes, canned, drained solids, no salt added	180.0	1.0 cup	4
42150	Babyfood, apple yogurt dessert, strained	15.0	1.0 tbsp	4
18978	KASHI, Blueberry Waffle	72.0	2.0 pieces	4
11154	Chicory roots, raw	60.0	1.0 root	4
18980	KASHI, Original Waffle	72.0	2.0 pieces	4
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	4
09420	Jackfruit, canned, syrup pack	178.0	1.0 cup, drained	4
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	4
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	4
07072	Salami, dry or hard, pork, beef	9.8	1.0 slice	4
20316	Corn flour, whole-grain, white	117.0	1.0 cup	4
27050	Sauce, sweet and sour, ready-to-serve	35.0	2.0 Tbsp	4
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	58.0	7.0 biscuit (1 NLEA serving)	3
18346	Rolls, dinner, rye	43.0	1.0 large (approx 3-1/2" to 4" dia)	3
23304	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	3
23317	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	3
18400	Crackers, matzo, egg and onion	14.2	0.5 oz	3
19077	Baking chocolate, unsweetened, liquid	28.35	1.0 oz	3
18430	Danish pastry, cinnamon, unenriched	28.35	1.0 oz	3

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz (1 serving)	3
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	3
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	85.0	3.0 oz	3
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	3
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	3
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	3
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	3
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	3
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	85.0	3.0 oz	3
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	3
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	85.0	3.0 oz	3
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	3
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	3
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	3
11436	Rutabagas, cooked, boiled, drained, without salt	170.0	1.0 cup, cubes	3
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	3
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	3
14269	Beverages, Fruit punch drink, frozen concentrate, prepared with water	30.9	1.0 fl oz	3
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	16.0	1.0 tbsp	3
18528	ARCHWAY Home Style Cookies, Dutch Cocoa	24.0	1.0 serving	3
19027	Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	28.0	1.0 bar (1 oz)	3
02011	Spices, cloves, ground	2.1	1.0 tsp	3
12012	Seeds, hemp seed, hulled	30.0	3.0 tbsp	3
08542	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS Bite Size Strawberry Delight	55.0	25.0 biscuits (1 NLEA serving)	3
08677	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS Touch of Fruit in the Middle, Raspberry	55.0	24.0 biscuits (1 NLEA serving)	3
21401	Fast foods, chicken tenders	30.0	1.0 strip	3
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	3
21024	Fast foods, french toast sticks	65.0	3.0 pieces	3
18527	ARCHWAY Home Style Cookies, Date Filled Oatmeal	25.0	1.0 serving	3
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	54.0	21.0 biscuits (1 NLEA serving)	3
11282	Onions, raw	160.0	1.0 cup, chopped	3
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	40.0	0.5 cup (1 NLEA serving)	3
03012	Babyfood, meat, chicken, strained	15.0	1.0 tbsp	3
42237	Cereals ready-to-eat, WEETABIX whole grain cereal	35.0	2.0 biscuits (1 NLEA serving)	3

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
05193	Turkey, all classes, leg, meat and skin, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	3
32031	Salisbury steak with gravy, frozen	63.0	1.0 patty	3
03186	Babyfood, cereal, mixed, with bananas, dry	2.5	1.0 tbsp	3
18539	ARCHWAY Home Style Cookies, Old Fashioned Molasses	26.0	1.0 serving	3
18152	Cookies, brownies, dry mix, regular	28.35	1.0 oz	3
19437	Snacks, potato chips, fat free, salted	28.35	1.0 oz	3
08449	Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, dry	28.0	1.0 packet (1 NLEA serving)	3
18532	ARCHWAY Home Style Cookies, Iced Molasses	28.0	1.0 serving	3
42192	Salad dressing, blue or roquefort cheese dressing, fat-free	17.0	1.0 tbsp	3
19091	Candies, YORK Peppermint Pattie	43.0	1.0 patty 1.5 oz	3
09156	Lemon peel, raw	6.0	1.0 tbsp	3
03184	Babyfood, cereal, whole wheat, with apples, dry fortified	15.0	0.5 oz	3
08537	Cereals ready-to-eat, KASHI 7 Whole Grain Flakes	50.0	1.0 cup (1 NLEA serving)	3
43539	Babyfood, dessert, banana yogurt, strained	15.0	1.0 tbsp	3
08697	Cereals ready-to-eat, KASHI ORGANIC PROMISE, RAISIN VINEYARD	50.0	0.75 Cup (1 NLEA serving)	3
10860	Pork, cured, bacon, cooked, baked	8.1	1.0 slice cooked	3
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	8.0	1.0 slice cooked	3
03133	Babyfood, fruit, pears, junior	16.0	1.0 tbsp	3
18615	MARTHA WHITE FOODS, Martha White's Buttermilk Biscuit Mix, dry	41.0	1.0 serving	3
12061	Nuts, almonds	143.0	1.0 cup, whole	3
15235	Fish, catfish, channel, farmed, cooked, dry heat	143.0	1.0 fillet	3
43004	Babyfood, dessert, banana pudding, strained	15.0	1.0 tbsp	3
14196	Beverages, Cocoa mix, no sugar added, powder	19.0	1.0 envelope Alba (.675 oz)	3
10005	Pork, fresh, belly, raw	28.35	1.0 oz	3
18157	Cookies, chocolate wafers	28.35	1.0 oz	3
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	3
19071	Candies, carob, unsweetened	28.35	1.0 oz	3
18250	Doughnuts, cake-type, plain, sugared or glazed	28.35	1.0 oz	3
03167	Babyfood, apple-banana juice	31.2	1.0 fl oz	3
25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	35.0	1.0 bar	3
11435	Rutabagas, raw	140.0	1.0 cup, cubes	3
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	138.0	1.0 piece (1/12 of a cake)	3
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	3
08708	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Touch of Fruit in the Middle, raisin	55.0	24.0 Biscuits (1 NLEA serving)	3
08459	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS, Maple & Brown Sugar, Bite Size	55.0	25.0 biscuits (1 NLEA serving)	3
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	3

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
20129	Wheat flours, bread, unenriched	137.0	1.0 cup unsifted, dipped	3
19181	Candies, YORK BITES	39.0	15.0 pieces	3
03132	Babyfood, fruit, pears, strained	16.0	1.0 tbsp	3
02018	Spices, fennel seed	2.0	1.0 tsp, whole	3
15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	3
16026	Beans, great northern, mature seeds, canned	262.0	1.0 cup	3
16039	Beans, navy, mature seeds, canned	262.0	1.0 cup	3
16326	Beans, great northern, mature seeds, canned, low sodium	262.0	1.0 cup	3
11907	Corn, sweet, white, canned, cream style, no salt added	256.0	1.0 cup	3
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	256.0	1.0 cup	3
10105	Pork, fresh, variety meats and by-products, jowl, raw	28.35	1.0 oz	3
12024	Seeds, sesame seeds, whole, roasted and toasted	28.35	1.0 oz	3
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	3
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	3
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	3
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	3
14242	Cranberry juice cocktail, bottled	31.6	1.0 fl oz	3
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	250.0	8.0 fl oz	2
09262	Pear nectar, canned, without added ascorbic acid	250.0	1.0 cup	2
09408	Pear nectar, canned, with added ascorbic acid	250.0	1.0 cup	2
20581	Wheat flour, white, all-purpose, enriched, unbleached	125.0	1.0 cup	2
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	248.0	1.0 cup	2
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248.0	1.0 cup	2
14323	Beverages, orange drink, canned, with added vitamin C	31.0	1.0 fl oz	2
06126	Gravy, turkey, dry	7.0	1.0 serving	2
11851	Rutabagas, cooked, boiled, drained, with salt	120.0	0.5 cup, mashed	2
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	2
14431	Cranberry juice cocktail, frozen concentrate, prepared with water	29.6	1.0 fl oz	2
15140	Crustaceans, crab, blue, cooked, moist heat	118.0	1.0 cup, flaked and pieces	2
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	2
09228	Papaya, canned, heavy syrup, drained	39.0	1.0 piece	2
11831	Potatoes, boiled, cooked in skin, flesh, with salt	78.0	0.5 cup	2
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	58.0	0.5 cup (1 NLEA serving)	2
06494	Soup, onion, dry, mix, prepared with water	230.0	1.0 serving 1 cup	2
23323	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	2

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	2
35236	Stew, pinto bean and hominy, badufsuki (Hopi)	227.0	8.0 oz	2
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	2
01093	Milk, dry, nonfat, calcium reduced	28.35	1.0 oz	2
18253	Doughnuts, french crullers, glazed	28.35	1.0 oz	2
19039	Snacks, popcorn, caramel-coated, without peanuts	28.35	1.0 oz	2
03215	Babyfood, pretzels	28.35	1.0 oz	2
10001	Pork, fresh, carcass, separable lean and fat, raw	28.35	1.0 oz	2
09328	Maraschino cherries, canned, drained	5.0	1.0 cherry (NLEA serving)	2
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15.0	1.0 container, individual	2
02025	Spices, nutmeg, ground	2.2	1.0 tsp	2
02019	Spices, fenugreek seed	3.7	1.0 tsp	2
16138	Falafel, home-prepared	17.0	1.0 patty (approx 2-1/4" dia)	2
14197	Cocoa mix, NESTLE, Rich Chocolate Hot Cocoa Mix	20.0	1.0 serving 1 envelope	2
08277	Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA	55.0	0.667 cup (1 NLEA serving)	2
18360	Taco shells, baked	12.9	1.0 shell	2
28325	Crackers, toast thins, low sodium	31.0	1.0 serving	2
18174	Cookies, graham crackers, chocolate-coated	27.0	3.0 pieces	2
19806	Snacks, popcorn, air-popped (Unsalted)	8.0	1.0 cup	2
06179	Sauce, fish, ready-to-serve	18.0	1.0 tbsp	2
43441	Rolls, pumpernickel	36.0	1.0 medium (2-1/2" dia)	2
11908	Corn, sweet, white, canned, vacuum pack, regular pack	210.0	1.0 cup	2
11909	Corn, sweet, white, canned, vacuum pack, no salt added	210.0	1.0 cup	2
35195	Cattail, Narrow Leaf Shoots (Northern Plains Indians)	19.0	1.0 shoot	2
28295	Tortillas, ready-to-bake or -fry, whole wheat	41.0	1.0 tortilla 1 serving	2
25036	Snacks, granola bites, mixed flavors	20.0	1.0 package	2
14195	Beverages, Cocoa mix, NESTLE, Hot Cocoa Mix Rich Chocolate With Marshmallows	20.0	1.0 serving 1 envelope	2
10187	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw	28.35	1.0 oz	2
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	28.35	1.0 oz	2
10228	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw	28.35	1.0 oz	2
10219	Pork, fresh, ground, raw	28.35	1.0 oz	2
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	28.35	1.0 oz	2
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	28.35	1.0 oz	2
18060	Bread, rye	28.35	1.0 oz	2
19202	Puddings, vanilla, dry mix, instant	99.0	1.0 package (3.5 oz)	2

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
04028	Salad dressing, mayonnaise, imitation, milk cream	15.0	1.0 tablespoon	2
03017	Babyfood, meat, turkey sticks, junior	10.0	1.0 stick	2
28317	Bread, wheat, sprouted, toasted	38.0	1.0 slice 1 serving	2
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	2
14427	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	31.3	1.0 fl oz	2
05025	Chicken, heart, all classes, raw	6.1	1.0 heart	2
04144	Salad dressing, italian dressing, reduced fat, without salt	15.0	1.0 tablespoon	2
04021	Salad dressing, italian dressing, commercial, reduced fat	15.0	1.0 tablespoon	2
11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	2
11902	Corn, sweet, white, cooked, boiled, drained, with salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	2
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	177.0	6.0 fl oz	2
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	2
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	2
04635	Salad dressing, thousand island dressing, fat-free	16.0	1.0 tbsp	2
03190	Babyfood, cereal, oatmeal, with bananas, dry	2.5	1.0 tbsp	2
21610	School Lunch, chicken patty, whole grain breaded	86.0	1.0 patty	2
06119	Gravy, chicken, canned or bottled, ready-to-serve	57.0	0.25 cup	2
10072	Pork, fresh, shoulder, whole, separable lean only, raw	28.35	1.0 oz	2
18051	Bread, reduced-calorie, oatmeal	28.35	1.0 oz	2
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	2
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	2
19154	Candies, sesame crunch	28.35	1.0 oz	2
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	28.35	1.0 oz	2
19201	Puddings, vanilla, ready-to-eat	28.35	1.0 oz	2
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	2
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	2
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	85.0	3.0 oz	2
19085	Candies, confectioner's coating, butterscotch	170.0	1.0 cup chips	2
07914	Sausage, Italian, sweet, links	84.0	1.0 link 3 oz	2
19086	Candies, confectioner's coating, peanut butter	168.0	1.0 cup chips	2
07070	Salami, cooked, turkey	28.0	1.0 serving	2
08463	Cereals ready-to-eat, KASHI ORGANIC PROMISE, STRAWBERRY FIELDS	55.0	1.0 cup (1 NLEA serving)	2
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	15.0	1.0 cup (1 NLEA serving)	2
20030	Hominy, canned, white	165.0	1.0 cup	2
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	2

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
28322	Bagels, multigrain	81.0	1.0 piece bagel	2
06118	Gravy, brown, dry	6.0	1.0 tbsp	2
28350	Cookies, chocolate cream covered biscuit sticks	40.0	1.0 serving	2
12565	Nuts, almonds, oil roasted, with salt added	157.0	1.0 cup whole kernels	2
12065	Nuts, almonds, oil roasted, without salt added	157.0	1.0 cup whole kernels	2
12665	Nuts, almonds, oil roasted, lightly salted	157.0	1.0 cup whole kernels	2
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	2
03268	Babyfood, juice, apple and cherry	31.2	1.0 fl oz	2
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	2
14241	Beverages, cranberry-grape juice drink, bottled	30.6	1.0 fl oz	2
28316	Bread, wheat, sprouted	38.0	1.0 slice 1 serving	2
19227	Frostings, coconut-nut, ready-to-eat	38.0	0.083 package	2
28324	Pancakes, whole wheat, dry mix, incomplete	38.0	0.25 cup mix 1 serving	2
28300	Cookies, oatmeal sandwich, with creme filling	38.0	1.0 cookie 1 serving	2
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	2
19310	Pectin, unsweetened, dry mix	50.0	1.0 package (1.75 oz)	2
42141	Cream substitute, liquid, light	30.0	1.0 fl oz	2
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	1
14025	Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix	29.4	1.0 fl oz	1
14406	Beverages, fruit punch juice drink, frozen concentrate, prepared with water	29.3	1.0 fl oz	1
03117	Babyfood, fruit, applesauce, junior	16.0	1.0 tbsp	1
28318	Bread, french or vienna, whole wheat	48.0	1.0 slice 1 serving	1
18037	Bread, oat bran	28.35	1.0 oz	1
18266	English muffins, whole-wheat	28.35	1.0 oz	1
18191	Cookies, raisin, soft-type	28.35	1.0 oz	1
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	28.35	1.0 oz	1
18383	Bread, protein, (includes gluten), toasted	28.35	1.0 oz	1
19418	Snacks, sesame sticks, wheat-based, salted	28.35	1.0 oz	1
18038	Bread, oat bran, toasted	28.35	1.0 oz	1
10804	USDA Commodity, pork, cured, ham, boneless, cooked, unheated	28.35	1.0 oz boneless	1
12096	Nuts, chestnuts, chinese, roasted	28.35	1.0 oz	1
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	28.35	1.0 oz	1
18043	Bread, protein (includes gluten)	28.35	1.0 oz	1
28302	Cookies, graham crackers, plain or honey, lowfat	35.0	1.0 serving	1
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28.0	1.0 roll (1 oz)	1
12563	Nuts, almonds, dry roasted, with salt added	138.0	1.0 cup whole kernels	1

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	1
04705	Salad dressing, caesar, fat-free	34.0	2.0 tbsp (1 NLEA serving)	1
28346	Waffles, gluten-free, frozen, ready-to-heat	45.0	1.0 waffle	1
19919	Candies, fruit snacks, with high vitamin C	44.0	1.0 serving	1
18964	Cinnamon buns, frosted (includes honey buns)	65.0	1.0 bun	1
03211	Babyfood, cereal, high protein, with apple and orange, dry	2.4	1.0 tbsp	1
18112	Cake, pudding-type, german chocolate, dry mix	43.0	1.0 serving	1
28319	Bagels, whole grain white	43.0	0.5 piece bagel 1 serving	1
28326	Crackers, whole grain, sandwich-type, with peanut butter filling	43.0	6.0 cracker 1 serving	1
19866	Candies, soft fruit and nut squares	42.0	3.0 pieces	1
14282	Beverages, grape juice drink, canned	31.3	1.0 fl oz	1
03265	Babyfood, juice, apple and grape	31.2	1.0 fl oz	1
08316	Cereals, QUAKER, hominy grits, white, regular, dry	41.0	0.25 cup (1 NLEA serving)	1
32009	Pasta mix, classic beef, unprepared	122.0	1.0 package	1
19807	Snacks, popcorn, oil-popped, white popcorn, salt added	11.0	1.0 cup	1
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	30.2	1.0 fl oz	1
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	1
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	1
14068	Beverages, KELLOGG'S SPECIAL K20 protein powder	14.5	1.0 packet	1
23315	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	1
18973	Focaccia, Italian flatbread, plain	57.0	1.0 piece	1
28320	English muffins, whole grain white	57.0	1.0 muffin 1 serving	1
16596	MORNINGSTAR FARMS Grillers Quarter Pound Veggie Burger, frozen, unprepared	114.0	1.0 burger	1
35239	Tortilla, blue corn, Sakwavikaviki (Hopi)	57.0	1.0 piece	1
18227	Crackers, rye, wafers, seasoned	14.2	0.5 oz	1
18061	Bread, rye, toasted	28.35	1.0 oz	1
19056	Snacks, tortilla chips, plain, white corn, salted	28.35	1.0 oz	1
18053	Bread, reduced-calorie, rye	28.35	1.0 oz	1
18078	Bread, whole-wheat, prepared from recipe, toasted	28.35	1.0 oz	1
18161	Cookies, chocolate chip, dry mix	28.35	1.0 oz	1
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	1
18422	Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched	28.35	1.0 oz	1
18076	Bread, whole-wheat, commercially prepared, toasted	28.35	1.0 oz	1
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	1
18385	Bread, wheat germ, toasted	28.35	1.0 oz	1

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
19235	Puddings, chocolate, ready-to-eat, fat free	113.0	1.0 serving 4 oz	1
06094	Soup, onion, dry, mix	7.5	1.0 serving 1 tbsp	1
07936	Bologna, pork and turkey, lite	56.0	1.0 serving 2 oz	1
18967	Bread, white wheat	28.0	1.0 slice	1
14192	Beverages, Cocoa mix, powder	28.0	1.0 serving (3 heaping tsp or 1 envelope)	1
19234	Puddings, tapioca, ready-to-eat, fat free	112.0	1.0 container refrigerated 4 oz	1
28315	Bread, cinnamon	28.0	1.0 slice 1 serving	1
02016	Spices, dill seed	2.1	1.0 tsp	1
19125	Chocolate-flavored hazelnut spread	37.0	1.0 serving 2 TBSP	1
03014	Babyfood, meat, chicken sticks, junior	10.0	1.0 stick	1
21319	McDONALD'S, Hash Brown	53.0	1.0 serving 1 patty	1
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	1
19300	Jellies	21.0	1.0 serving 1 tbsp	1
28308	Crackers, standard snack-type, with whole wheat	15.0	5.0 crackers 1 serving	1
02007	Spices, celery seed	2.0	1.0 tsp	1
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	1
07043	Roast beef, deli style, prepackaged, sliced	9.3	1.0 slice oval	1
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	51.0	1.0 biscuit	1
19233	Puddings, vanilla, ready-to-eat, fat free	99.0	1.0 serving 3.5 oz shelf stable	1
06175	Sauce, hoisin, ready-to-serve	16.0	1.0 tbsp	1
18075	Bread, whole-wheat, commercially prepared	32.0	1.0 slice	1
36612	DENNY'S, golden fried shrimp	16.0	1.0 piece	1
03147	Babyfood, fruit, applesauce with banana, junior	16.0	1.0 tbsp	1
03267	Babyfood, juice, fruit punch, with calcium	31.2	1.0 fl oz	1
14238	Beverages, cranberry-apple juice drink, bottled	30.6	1.0 fl oz	1
15172	Mollusks, scallop, mixed species, raw	30.0	1.0 unit 2 large or 5 small	1
03289	Babyfood, apples with ham, strained	15.0	1.0 tbsp	1
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	1
28332	Cookies, gluten-free, chocolate sandwich, with creme filling	44.0	3.0 cookies	1
08092	Cereals, QUAKER, corn grits, instant, plain, dry	29.0	1.0 packet	1
28321	Rolls, hamburger, whole grain white, calcium-fortified	43.0	1.0 piece roll	1
18057	Bread, reduced-calorie, white	28.35	1.0 oz	1
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1.0 oz	1
18077	Bread, whole-wheat, prepared from recipe	28.35	1.0 oz	1
18171	Cookies, fortune	28.35	1.0 oz	1
18114	Cake, gingerbread, dry mix	28.35	1.0 oz	1

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
18059	Bread, rice bran	28.35	1.0 oz	1
18198	Cookies, chocolate chip, commercially prepared, special dietary	28.35	1.0 oz	1
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	1
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	1
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	28.35	1.0 oz	1
18193	Cookies, shortbread, commercially prepared, pecan	28.35	1.0 oz	1
17268	Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	1
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	1
15234	Fish, catfish, channel, farmed, raw	85.0	3.0 oz	1
35234	Piki bread, made from blue cornmeal (Hopi)	28.0	1.0 piece	1
28351	Cookies, Marie biscuit	28.0	5.0 cookie	1
27035	Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium	40.0	1.41 oz dry (half noodle block)	1
08388	Cereals ready-to-eat, KASHI 7 Whole Grain Puffs	19.0	1.0 cup (1 NLEA serving)	1
43021	Salad dressing, caesar, low calorie	15.0	1.0 tbsp	1
43546	Babyfood, banana no tapioca, strained	15.0	1.0 tbsp	1
16137	Hummus, home prepared	15.0	1.0 tablespoon	1
03008	Babyfood, meat, ham, strained	15.0	1.0 tbsp	1
11353	Potatoes, russet, flesh and skin, raw	75.0	0.5 cup, diced	1
11900	Corn, sweet, white, raw	73.0	1.0 ear, small (5-1/2" to 6-1/2" long)	1
03212	Babyfood, cereal, rice, with bananas, dry	2.5	1.0 tbsp	1
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	12.0	1.0 slice	1
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	1
18226	Crackers, rye, wafers, plain	14.2	0.5 oz	1
28292	Crackers, multigrain	14.0	4.0 crackers	1
08177	Cereals, MALT-O-MEAL, chocolate, dry	35.0	3.0 tbsp (1 NLEA serving)	1
07924	Bratwurst, pork, beef and turkey, lite, smoked	66.0	1.0 serving 2.33 oz	1
14224	Beverages, coffee, instant, mocha, sweetened	13.0	1.0 serving 2 tbsp	1
18562	ARCHWAY Home Style Cookies, Reduced Fat Ginger Snaps	32.0	1.0 serving	1
11285	Onions, canned, solids and liquids	63.0	1.0 onion	1
14017	Alcoholic beverage, pina colada, prepared-from-recipe	31.4	1.0 fl oz	1
14334	Beverages, pineapple and grapefruit juice drink, canned	31.3	1.0 fl oz	1
02024	Spices, mustard seed, ground	2.0	1.0 tsp	1
14009	Alcoholic beverage, daiquiri, canned	30.5	1.0 fl oz	1
25043	Snacks, candy bits, yogurt covered with vitamin C	20.0	1.0 package	1
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond	60.0	1.0 cup (1 NLEA serving)	1
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	1

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
14305	Malt beverage, includes non-alcoholic beer	29.6	1.0 fl oz	1
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	29.6	1.0 fl oz	1
14096	Alcoholic beverage, wine, table, red	29.4	1.0 fl oz	1
28311	Cookies, sugar wafer, chocolate-covered	29.0	3.0 cookie	1
44110	Jellies, reduced sugar, home preserved	19.0	1.0 tbsp	1
07912	Roast beef spread	57.0	1.0 serving .25 cup	1
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	1
18156	Cookies, fudge, cake-type (includes trolley cakes)	28.35	1.0 oz	1
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	28.35	1.0 oz	1
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	1
17269	Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	1
19117	Candies, halavah, plain	28.35	1.0 oz	1
18064	Bread, wheat	28.35	1.0 oz	1
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	28.35	1.0 oz	1
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	1
18172	Cookies, gingersnaps	28.35	1.0 oz	1
18127	Cake, snack cakes, creme-filled, chocolate with frosting	28.35	1.0 oz	1
18049	Bread, reduced-calorie, oat bran	28.35	1.0 oz	1
18363	Tortillas, ready-to-bake or -fry, corn	28.35	1.0 oz	1
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	28.35	1.0 oz	1
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	28.35	1.0 oz	1
18265	English muffins, wheat, toasted	28.35	1.0 oz	1
18097	Cake, pudding-type, chocolate, dry mix	28.35	1.0 oz	1
18117	Cake, pudding-type, marble, dry mix	28.35	1.0 oz	1
03001	Babyfood, juice treats, fruit medley, toddler	28.0	1.0 packet	1
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	0.2	1.0 tbsp	1
03193	Babyfood, cereal, oatmeal, with honey, dry	2.4	1.0 tbsp	1
28296	Cake, snack cakes, creme-filled, chocolate with frosting, low-fat, with added fiber	27.0	1.0 cake 1 serving	1
02021	Spices, ginger, ground	1.8	1.0 tsp	1
06958	Gravy, instant beef, dry	6.7	1.0 serving	1
42157	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free	17.0	1.0 tbsp	1
19217	Frozen novelties, ice type, fruit, no sugar added	51.0	1.0 bar	1
03185	Babyfood, cereal, mixed, dry fortified	2.5	1.0 tbsp	0
28352	Cookies, vanilla sandwich with creme filling, reduced fat	48.0	1.0 serving cookie	0
28347	Pancakes, gluten-free, frozen, ready-to-heat	48.0	1.0 pancake	0
11984	Epazote, raw	0.8	1.0 tbsp	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
08489	Cereals, MALT-O-MEAL, Maple & Brown Sugar Hot Wheat Cereal, dry	45.0	0.25 cup (1 NLEA serving)	0
20118	Noodles, flat, crunchy, Chinese restaurant	45.0	1.0 cup	0
43536	Babyfood, dessert, peach yogurt	15.0	1.0 tbsp	0
43020	Salad dressing, blue or roquefort cheese, low calorie	15.0	1.0 tbsp	0
18635	PILLSBURY, Cinnamon Rolls with Icing, refrigerated dough	44.0	1.0 serving 1 roll with icing	0
14557	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients	22.0	1.0 serving	0
18144	Cake, yellow, enriched, dry mix	43.0	1.0 serving	0
28345	Crackers, gluten-free, multi-seeded and multigrain	6.1	3.0 crackers	0
04638	Salad dressing, ranch dressing, fat-free	14.0	1.0 tablespoon	0
19226	Frostings, chocolate, creamy, ready-to-eat	41.0	2.0 tbsp creamy	0
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	40.0	1.0 serving fun size (8 chews)	0
11677	Shallots, raw	10.0	1.0 tbsp chopped	0
18540	ARCHWAY Home Style Cookies, Old Fashioned Windmill Cookies	20.0	1.0 serving	0
08562	Cereals, KASHI GO LEAN Hot Cereal, Creamy TRULY VANILLA, dry	40.0	1.0 packet (1 NLEA serving)	0
02015	Spices, curry powder	2.0	1.0 tsp	0
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	0
06189	Sauce, teriyaki, ready-to-serve, reduced sodium	36.0	2.0 Tbsp	0
14194	Beverages, Cocoa mix, powder, prepared with water	34.3	1.0 fl oz	0
28328	Cookies, chocolate chip sandwich, with creme filling	34.0	1.0 cookie	0
28299	Cookies, chocolate sandwich, with creme filling, reduced fat	34.0	1.0 serving	0
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	0
18619	NABISCO, NABISCO OREO CRUNCHIES, Cookie Crumb Topping	11.0	1.0 serving	0
14390	Beverages, cocoa mix, with aspartame, powder, prepared with water	32.1	1.0 fl oz	0
28294	Cookie, chocolate, with icing or coating	32.0	4.0 cookies	0
28293	Cookie, butter or sugar, with chocolate icing or filling	31.0	3.0 cookies	0
14293	Lemonade, frozen concentrate, white, prepared with water	30.9	1.0 fl oz	0
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	15.0	1.0 tbsp chopped	0
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0
06115	Gravy, au jus, dry	3.0	1.0 tsp	0
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	30.0	0.75 cup (1 NLEA serving)	0
18228	Crackers, saltines (includes oyster, soda, soup)	14.9	5.0 crackers	0
08090	Cereals, corn grits, white, regular and quick, enriched, dry	9.7	1.0 tbsp	0
28301	Cookies, peanut butter, commercially prepared, sugar free	29.0	1.0 serving 3 cookies	0
18069	Bread, white, commercially prepared (includes soft bread crumbs)	29.0	1.0 slice	0
18215	Crackers, cheese, sandwich-type with peanut butter filling	14.2	0.5 oz	0
18337	Puff pastry, frozen, ready-to-bake	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	28.35	1.0 oz	0
18420	Cake, yellow, unenriched, dry mix	28.35	1.0 oz	0
18033	Bread, italian	28.35	1.0 oz	0
18264	English muffins, wheat	28.35	1.0 oz	0
18192	Cookies, shortbread, commercially prepared, plain	28.35	1.0 oz	0
18029	Bread, french or vienna (includes sourdough)	28.35	1.0 oz	0
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	0
12140	Nuts, formulated, wheat-based, unflavored, with salt added	28.35	1.0 oz	0
18384	Bread, rice bran, toasted	28.35	1.0 oz	0
18202	Cookies, sugar wafer, with creme filling, sugar free	28.35	1.0 oz	0
19365	Toppings, marshmallow cream	28.35	1.0 oz	0
12200	Nuts, formulated, wheat-based, all flavors except macadamia, without salt	28.35	1.0 oz	0
18055	Bread, reduced-calorie, wheat	28.35	1.0 oz	0
18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	28.35	1.0 oz	0
18352	Rolls, hamburger or hotdog, reduced-calorie	28.35	1.0 oz	0
17222	Veal, variety meats and by-products, tongue, raw	28.35	1.0 oz	0
18050	Bread, reduced-calorie, oat bran, toasted	28.35	1.0 oz	0
18211	Puff pastry, frozen, ready-to-bake, baked	28.35	1.0 oz	0
18416	Bread, white, commercially prepared, low sodium, no salt	28.35	1.0 oz	0
08444	Cereals, QUAKER, Instant Grits, Redeye Gravy & Country Ham flavor, dry	28.0	1.0 packet (1 NLEA serving)	0
21144	CHICK-FIL-A, hash browns	5.5	1.0 piece	0
19416	Snacks, rice cakes, brown rice, rye	9.0	1.0 cake	0
19220	Desserts, rennin, chocolate, dry mix	9.0	1.0 tbsp	0
14204	Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener	6.4	1.0 tsp dry	0
14236	Beverages, coffee substitute, cereal grain beverage, powder	3.0	1.0 tsp (1 serving)	0
18513	ARCHWAY Home Style Cookies, Sugar Free Oatmeal	24.0	1.0 serving	0
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	24.0	1.0 bar	0
43401	Beverages, coffee, instant, with whitener, reduced calorie	1.7	1.0 tsp dry	0
21129	Fast foods, hush puppies	22.0	1.0 piece	0
06122	Gravy, mushroom, dry, powder	21.0	1.0 cup (8 fl oz)	0
27064	Wasabi	20.0	1.0 tablespoon	0
43529	Babyfood, rice and apples, dry	2.5	1.0 tbsp	0
11640	Shallots, freeze-dried	0.9	1.0 tbsp	0
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	18.0	1.0 piece (1/8 of 9" crust)	0
25059	Snacks, brown rice chips	9.0	1.0 cake	0
42230	Salad Dressing, coleslaw dressing, reduced fat	17.0	1.0 tbsp	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
12195	Nuts, almond butter, plain, without salt added	16.0	1.0 tbsp	0
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	0
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16.0	1.0 serving	0
14631	Beverages, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	7.8	1.0 tbsp	0
18966	Crackers, saltines, whole wheat (includes multi-grain)	14.0	1.0 serving	0
16004	Yokan, prepared from adzuki beans and sugar	14.0	1.0 slice	0
43046	Candies, nougat, with almonds	14.0	1.0 piece	0
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	0
28310	Cookies, shortbread, reduced fat	11.8	1.0 cookie	0
21387	BURGER KING, Hash Brown Rounds	5.6	1.0 piece	0
21026	Fast foods, potatoes, hash browns, round pieces or patty	5.5	1.0 round piece	0
19858	Candies, sugar-coated almonds	3.5	1.0 piece	0
02055	Horseradish, prepared	5.0	1.0 tsp	0
06081	Soup, chicken broth cubes, dry	4.8	1.0 cube	0
06080	Soup, chicken broth or bouillon, dry	4.0	1.0 cube	0
03997	Babyfood, Baby MUM MUM Rice Biscuits	8.0	4.0 biscuit	0
06957	Gravy, brown instant, dry	6.7	1.0 serving	0
06076	Soup, beef broth, cubed, dry	3.6	1.0 cube	0
14207	Beverages, tea, ready-to-drink, lemon, diet	266.0	1.0 cup	0
19705	Puddings, banana, dry mix, instant, with added oil	99.0	1.0 package (3.5 oz)	0
28291	Cookies, animal, with frosting or icing	31.0	8.0 cookies 1 serving	0
13147	Beef, rib, shortribs, separable lean and fat, choice, raw	28.35	1.0 oz	0
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	0
07045	Luncheon meat, pork, canned	28.35	1.0 oz	0
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
04588	Oil, oat	13.6	1.0 tbsp	0
16616	MORNINGSTAR FARMS Garden Veggie Nuggets, frozen, unprepared	80.0	5.0 nuggets	0
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0
14353	Beverages, tea, instant, decaffeinated, unsweetened	0.7	1.0 serving 2 tsp	0
19009	Snacks, KRAFT, CORNNUTS, plain	28.35	1.0 oz	0
13387	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0
18221	Crackers, melba toast, rye (includes pumpernickel)	14.2	0.5 oz	0
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	28.0	1.0 serving 5 slices	0
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	158.0	1.0 cup cup rinsed solids	0
04698	Oil, industrial, canola, high oleic	14.0	1.0 tablespoon	0
17079	Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	85.0	3.0 oz	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
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	28.35	1.0 oz	0
14626	Beverages, Energy drink, FULL THROTTLE	240.0	1.0 serving 8 fluid oz	0
03002	Babyfood, meat, beef, strained	14.7	1.0 tbsp	0
20114	Noodles, japanese, soba, dry	57.0	2.0 oz	0
43135	Sandwich spread, meatless	15.0	1.0 tbsp	0
07003	Beerwurst, beer salami, pork	23.0	1.0 slice (4" dia x 1/8" thick)	0
12087	Nuts, cashew nuts, raw	28.35	1.0 oz	0
16546	MORNINGSTAR FARMS Breakfast Sausage Links, frozen, unprepared	45.0	2.0 links	0
17162	Game meat, caribou, raw	28.35	1.0 oz	0
05643	Ostrich, fan, raw	85.0	1.0 serving (cooked from 4oz raw)	0
13858	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0
18429	Crackers, whole-wheat, low salt	14.2	0.5 oz	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
19113	Syrups, table blends, pancake, with butter	73.0	1.0 serving 1/4 cup	0
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
12588	Nuts, cashew butter, plain, with salt added	16.0	1.0 tbsp	0
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0
17245	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	85.0	3.0 oz	0
16099	Peanut flour, defatted	60.0	1.0 cup	0
04531	Oil, soybean lecithin	13.6	1.0 tablespoon	0
20069	Triticale	192.0	1.0 cup	0
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
14276	Beverages, Tropical Punch, ready-to-drink	210.0	1.0 NLEA Serving	0
18950	Crackers, wheat, reduced fat	29.0	1.0 serving	0
25025	Snacks, soy chips or crisps, salted	28.35	1.0 oz	0
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	85.0	3.0 oz	0
06112	Sauce, teriyaki, ready-to-serve	18.0	1.0 tbsp	0
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	13.6	1.0 tbsp	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
10112	Pork, fresh, variety meats and by-products, lungs, raw	28.35	1.0 oz	0
14079	Beverages, yellow green colored citrus soft drink with caffeine	473.0	16.0 fl oz	0
14543	Beverages, lemonade, frozen concentrate, pink, prepared with water	30.9	1.0 fl oz	0
08172	Cereals, farina, unenriched, dry	10.9	1.0 tbsp	0
19340	Sugars, maple	3.0	1.0 tsp	0
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
17210	Lamb, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0
04042	Oil, peanut, salad or cooking	13.5	1.0 tbsp	0
16505	LOMA LINDA Swiss Stake with Gravy, canned, unprepared	92.0	1.0 piece	0
19813	Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	28.35	1.0 oz	0
13824	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
16161	MORI-NU, Tofu, silken, soft	84.0	1.0 slice	0
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0
17213	Veal, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0
19296	Honey	339.0	1.0 cup	0
04053	Oil, olive, salad or cooking	13.5	1.0 tablespoon	0
20031	Millet, raw	200.0	1.0 cup	0
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85.0	3.0 oz	0
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	0
10184	Pork, cured, ham, extra lean and regular, canned, unheated	140.0	1.0 cup	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
03024	Babyfood, water, bottled, GERBER, without added fluoride.	113.0	1.0 serving	0
14035	Beverages, ABBOTT, EAS soy protein powder	44.0	1.0 scoop	0
07022	Frankfurter, beef, unheated	50.0	1.0 frankfurter	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
11829	Potatoes, baked, flesh, with salt	61.0	0.5 cup	0
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	15.0	1.0 tbsp	0
17178	Game meat, rabbit, domesticated, composite of cuts, cooked, roasted	85.0	3.0 oz	0
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	188.0	1.0 cup	0
19911	Syrup, maple, Canadian	80.0	60.0 milliliter	0
43598	Mayonnaise dressing, no cholesterol	15.0	1.0 tbsp	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
18448	Taco shells, baked, without added salt	28.35	1.0 oz	0
07922	Bratwurst, beef and pork, smoked	66.0	1.0 serving 2.33 oz	0
13002	Beef, carcass, separable lean and fat, select, raw	28.35	1.0 oz	0
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0
18087	Cake, angelfood, dry mix	38.0	1.0 serving	0
11266	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole	0
04556	Shortening frying (heavy duty), palm (hydrogenated)	12.8	1.0 tbsp	0
20087	Wheat, sprouted	108.0	1.0 cup	0
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	85.0	3.0 oz	0
08571	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola	55.0	0.75 cup (1 NLEA serving)	0
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
11374	Potatoes, canned, solids and liquids	300.0	1.0 cup, whole	0
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
11701	Arrowhead, cooked, boiled, drained, with salt	12.0	1.0 corm, medium	0
16261	SILK French Vanilla Creamer	15.0	1.0 tbsp	0
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	0
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	140.0	1.0 cup	0
14130	Carbonated beverage, cream soda	30.9	1.0 fl oz	0
02051	Vanilla extract, imitation, alcohol	4.2	1.0 tsp	0
35144	Stew, dumpling with mutton (Navajo)	308.0	1.0 serving	0
43057	Candies, gum drops, no sugar or low calorie (sorbitol)	182.0	1.0 cup	0
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
06319	Gravy, CAMPBELL'S, country style sausage	59.0	0.25 cup	0
06977	Gravy, meat or poultry, low sodium, prepared	236.0	1.0 cup	0
11796	Lotus root, cooked, boiled, drained, with salt	60.0	0.5 cup	0
16522	WORTHINGTON Vegetable Steaks, canned, unprepared	72.0	2.0 slices	0
17146	Game meat, bear, raw	28.35	1.0 oz	0
10854	HORMEL ALWAYS TENDER, Pork Loin Filets, Lemon Garlic-Flavored	28.0	1.0 oz	0
14248	Alcoholic beverage, beer, light, higher alcohol	356.0	12.0 fl oz	0
15261	Fish, tilapia, raw	116.0	1.0 fillet	0
19188	Puddings, chocolate, dry mix, regular	99.0	1.0 package (3.5 oz)	0
36414	Restaurant, Latino, tripe soup	200.0	1.0 cup	0
13331	Beef, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0
13842	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0
07088	Honey roll sausage, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
11889	Turnips, cooked, boiled, drained, with salt	156.0	1.0 cup, cubes	0
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0
17229	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0
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
10942	Pork, fresh, composite of separable fat, with added solution, raw	28.35	1.0 oz	0
19318	Puddings, banana, dry mix, instant	99.0	1.0 package (3.5 oz)	0
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165.0	1.0 cup	0
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0
14252	Beverages, Malt liquor beverage	1184.0	1.0 bottle	0
06728	Soup, potato ham chowder, chunky, ready-to-serve, single brand	240.0	1.0 serving	0
17111	Veal, rib, separable lean and fat, cooked, braised	85.0	3.0 oz	0
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	85.0	1.0 package (3 oz)	0
04642	Oil, industrial, mid-oleic, sunflower	13.6	1.0 tablespoon	0
20325	Cornmeal, white, self-rising, degermed, enriched	138.0	1.0 cup	0
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
14057	Alcoholic beverage, wine, dessert, sweet	29.5	1.0 fl oz	0
11850	Radishes, oriental, cooked, boiled, drained, with salt	147.0	1.0 cup slices	0
17194	Veal, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	0
20010	Buckwheat groats, roasted, cooked	168.0	1.0 cup	0
12071	Nuts, almond paste	28.35	1.0 oz	0
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0
07938	Ham, honey, smoked, cooked	55.0	1.94 oz (1 serving)	0
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	0
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
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0
19107	Candies, hard	28.35	1.0 oz	0
43131	Luncheon slices, meatless	14.0	1.0 slice, thin	0
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
06997	Gravy, CAMPBELL'S, beef	59.0	0.25 cup	0
16536	WORTHINGTON Wham (roll), frozen, unprepared	55.0	1.0 slice , 3/8"	0
17159	Game meat, boar, wild, cooked, roasted	85.0	3.0 oz	0
05632	Emu, top loin, cooked, broiled	85.0	1.0 serving (3 oz)	0
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
14157	Beverages, carbonated, root beer	30.8	1.0 fl oz	0
18177	Cookies, molasses	28.35	1.0 oz	0
18426	Crackers, saltines, unsalted tops (includes oyster, soda, soup)	14.2	0.5 oz	0
07900	Turkey, pork, and beef sausage, low fat, smoked	85.0	3.0 oz	0
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	256.0	1.0 cup	0
12567	Nuts, almonds, oil roasted, with salt added, smoke flavor	28.0	1.0 oz (28 almonds)	0
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0
17242	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
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
06341	CAMPBELL'S, Cream of Potato Soup, condensed	124.0	0.5 cup condensed	0
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	0
16096	Peanuts, virginia, oil-roasted, with salt	143.0	1.0 cup	0
04528	Oil, walnut	13.6	1.0 tbsp	0
20066	Semolina, enriched	167.0	1.0 cup	0
21238	McDONALD'S, french fries	71.0	1.0 small serving	0
42291	Peanut butter, reduced sodium	16.0	1.0 tbsp	0
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	0
25022	Snacks, FRITOLAY, SUNCHIPS, multigrain, French onion flavor	28.35	1.0 oz	0
13348	Beef, cured, corned beef, canned	28.35	1.0 oz	0
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	13.6	1.0 tbsp	0
20466	Semolina, unenriched	167.0	1.0 cup	0
09297	Raisins, golden seedless	165.0	1.0 cup, packed	0
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	28.35	1.0 oz	0
14074	Beverages, ZEVIA, cola, caffeine free	355.0	1.0 can	0
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	233.0	1.0 cup	0
19335	Sugars, granulated	2.8	1.0 serving packet	0
01069	Cream substitute, powdered	94.0	1.0 cup	0
12156	Nuts, walnuts, glazed	28.0	1.0 oz	0
17207	Veal, variety meats and by-products, lungs, raw	28.35	1.0 oz	0
18272	Ice cream cones, sugar, rolled-type	28.35	1.0 oz	0
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1.0 tbsp	0
16500	LOMA LINDA Little Links, canned, unprepared	46.0	2.0 links	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
14223	Beverages, coffee, instant, chicory	29.9	1.0 fl oz	0
19163	Chewing gum	3.0	1.0 stick	0
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	55.0	0.75 cup (1 NLEA serving)	0
19810	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted	28.35	1.0 oz	0
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	0
18135	Cake, pudding-type, white, enriched, dry mix	28.35	1.0 oz	0
18375	Leavening agents, yeast, baker's, active dry	4.0	1.0 tsp	0
23312	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	0
07061	Mother's loaf, pork	28.35	1.0 oz	0
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0
14385	Beverages, water, bottled, POLAND SPRING	29.6	1.0 fl oz	0
20028	Couscous, dry	173.0	1.0 cup	0
42190	Pork sausage rice links, brown and serve, cooked	45.0	2.0 links 1 NLEA serving	0
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
18234	Crackers, wheat, sandwich, with peanut butter filling	14.2	0.5 oz	0
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
28309	Cookies, coconut macaroon	36.0	2.0 cookie 1 serving	0
11961	Hearts of palm, canned	146.0	1.0 cup	0
17092	Veal, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0
05284	Turkey, canned, meat only, with broth	135.0	1.0 cup, drained	0
17349	Veal, Australian, shank, fore, bone-in, separable lean only, raw	85.0	3.0 oz	0
14641	Beverages, Energy drink, VAULT Zero, sugar-free, citrus flavor	246.0	1.0 serving (8 fl oz)	0
20132	Oat flour, partially debranned	104.0	1.0 cup	0
43216	Sweeteners, tabletop, fructose, dry, powder	196.0	1.0 cup	0
14031	Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories	240.0	8.0 fl oz	0
07019	Chorizo, pork and beef	28.35	1.0 oz	0
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	10.6	1.0 tbsp	0
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	0
16579	GARDENBURGER Original, frozen, unprepared	71.0	1.0 patty	0
17175	Game meat, muskrat, cooked, roasted	85.0	3.0 oz	0
05656	Ostrich, tip trimmed, cooked	85.0	1.0 serving (3 oz)	0
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
14181	Beverages, chocolate syrup	39.0	1.0 serving 2 tbsp	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
07919	Sausage, turkey, breakfast links, mild	56.0	2.0 oz, 2 links	0
08314	Cereals, QUAKER, hominy grits, white, quick, dry	37.0	0.25 cup	0
17258	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	0
16113	Natto	175.0	1.0 cup	0
04550	Shortening frying (heavy duty), beef tallow and cottonseed	12.8	1.0 tbsps	0
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
14297	Beverages, lemonade-flavor drink, powder, prepared with water	31.8	1.0 fl oz	0
08567	Cereals ready-to-eat, KASHI 7 Whole Grain Nuggets	58.0	0.5 cup (1 NLEA serving)	0
28393	PEPPERIDGE FARM, White Hoagie Roll	69.0	1.0 serving	0
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0
16258	SILK Key Lime soy yogurt	170.0	1.0 container	0
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	85.0	3.0 oz	0
10130	Canadian bacon, unprepared	85.0	3.0 oz	0
14106	Alcoholic beverage, wine, table, white	29.4	1.0 fl oz	0
02048	Vinegar, cider	14.9	1.0 tbsps	0
19363	Candies, MARS SNACKFOOD US, SKITTLES Wild Berry Bite Size Candies	62.0	1.0 serving 2.1 oz bag	0
43028	Jams and preserves, no sugar (with sodium saccharin), any flavor	224.0	1.0 cup	0
16518	WORTHINGTON Saucettes, canned, unprepared	38.0	1.0 link	0
17143	Veal, ground, cooked, broiled	85.0	3.0 oz	0
10851	HORMEL, Cure 81 Ham	84.0	1.0 serving	0
03112	Babyfood, potatoes, toddler	163.0	1.0 cup	0
19859	Cocoa, dry powder, hi-fat or breakfast, plain	5.4	1.0 tbsps	0
43408	Babyfood, juice, pear	31.2	1.0 fl oz	0
13839	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0
18406	Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	0
07078	Thuringer, cervelat, summer sausage, beef, pork	56.0	2.0 oz 1 serving	0
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0
17226	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	44.0	1.0 medallion	0
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	85.0	1.0 serving (3 oz)	0
14425	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water	31.0	1.0 fl oz	0
19313	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Tropical fruits	40.0	1.0 serving fun size (8 chews)	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
20046	Rice, white, long-grain, parboiled, enriched, dry	185.0	1.0 cup	0
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
17108	Veal, loin, separable lean only, cooked, braised	85.0	3.0 oz	0
11048	Beans, pinto, immature seeds, frozen, unprepared	94.0	0.333 package (10 oz)	0
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	28.35	1.0 oz	0
10088	Pork, fresh, spareribs, separable lean and fat, raw	85.0	3.0 oz	0
18353	Rolls, hard (includes kaiser)	28.35	1.0 oz	0
07038	Knackwurst, knockwurst, pork, beef	72.0	1.0 link	0
19051	Snacks, rice cracker brown rice, plain	9.0	1.0 cake	0
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	27.0	0.75 cup (1 NLEA serving)	0
12132	Nuts, macadamia nuts, dry roasted, without salt added	132.0	1.0 cup, whole or halves	0
17191	Lamb, variety meats and by-products, heart, raw	28.35	1.0 oz	0
11442	Seaweed, agar, raw	10.0	2.0 tbsp (1/8 cup)	0
16044	Beans, pinto, mature seeds, canned, solids and liquids	240.0	1.0 cup	0
16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	0
21118	Fast foods, hotdog, plain	98.0	1.0 sandwich	0
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
14203	Beverages, coffee, instant, regular, half the caffeine	1.0	1.0 tsp	0
07935	Oven-roasted chicken breast roll	56.0	1.0 serving 2 oz	0
13096	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
17330	Game meat , bison, ground, raw	85.0	1.0 serving (3 oz)	0
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85.0	3.0 oz	0
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	0
16610	MORNINGSTAR FARMS Roasted Garlic & Quinoa Burger, frozen, unprepared	67.0	1.0 burger	0
14350	Strawberry-flavor beverage mix, powder	22.0	1.0 serving (2-3 heaping tsp)	0
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	1.0 serving	0
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	28.35	1.0 oz	0
16533	WORTHINGTON Smoked Turkey Roll, frozen, unprepared	55.0	1.0 slice , 3/8"	0
17156	Game meat, bison, separable lean only, raw	28.35	1.0 oz	0
13852	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0
14154	Beverages, Energy drink, RED BULL	258.0	1.0 can 8.4 fl oz	0
07241	OSCAR MAYER, Wieners (beef franks)	45.0	1.0 serving	0
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
17038	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0
17239	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	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
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	85.0	3.0 oz	0
11240	Mushrooms, morel, raw	66.0	1.0 cup	0
16093	Peanuts, valencia, raw	146.0	1.0 cup	0
04517	Oil, grapeseed	13.6	1.0 tablespoon	0
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	0
13345	Beef, cured, breakfast strips, cooked	34.0	3.0 slices	0
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	85.0	3.0 oz	0
06462	CAMPBELL'S CHUNKY Soups, Steak 'N' Potato Soup	245.0	1.0 cup	0
04653	Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry	13.6	1.0 tbsp	0
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	158.0	1.0 cup	0
14067	Beverages, Protein powder soy based	45.0	1.0 scoop	0
14534	Alcoholic beverage, liqueur, coffee, 63 proof	34.8	1.0 fl oz	0
19069	Candies, NESTLE, BUTTERFINGER Bar	60.0	1.0 serving 2.1 oz bar	0
19332	Puddings, lemon, dry mix, regular	85.0	1.0 package (3 oz)	0
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	58.0	1.0 serving 1 biscuit	0
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	14.1	1.0 tablespoon	0
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	11.0	1.0 block	0
09511	Fruit juice smoothie, NAKED JUICE, BLUE MACHINE	240.0	8.0 fl oz	0
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0
17343	Game meat, deer, ground, raw	85.0	1.0 patty (cooked from 4 oz raw)	0
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	28.35	1.0 oz	0
06413	Soup, chicken broth, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0
18372	Leavening agents, baking soda	4.6	1.0 tsp	0
23309	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
16150	Peanut butter, smooth, reduced fat	36.0	2.0 tablespoon	0
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	85.0	3.0 oz	0
22996	KASHI Three Cheese Penne, frozen, unprepared	269.0	1.0 Entrée	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
14376	Beverages, tea, instant, lemon, diet	29.8	1.0 fl oz	0
03189	Babyfood, cereal, oatmeal, dry fortified	3.2	1.0 tbsp	0
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
23640	Beef, variety meats and by-products, tripe, cooked, simmered	85.0	1.0 serving	0
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	0
05236	Turkey, young hen, skin only, cooked, roasted	31.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0
19413	Snacks, rice cakes, brown rice, corn	9.0	1.0 cake	0
43212	Bacon bits, meatless	7.0	1.0 tbsp	0
14028	Beverages, Whiskey sour mix, bottled	32.3	1.0 fl oz	0
07015	Brotwurst, pork, beef, link	70.0	1.0 link	0
08096	Cereals, QUAKER, Instant Grits, Country Bacon flavor, dry	28.0	1.0 packet (1 NLEA serving)	0
31033	Ginger root, pickled, canned, with artificial sweetener	25.0	2.0 tablespoon	0
16561	MORNINGSTAR FARMS Corn Dog Mini, frozen, unprepared	76.0	4.0 pieces	0
17172	Game meat, moose, raw	28.35	1.0 oz	0
05653	Ostrich, round, raw	85.0	1.0 serving (cooked from 4 oz raw)	0
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	0
11149	Chayote, fruit, raw	132.0	1.0 cup (1" pieces)	0
03150	Babyfood, fruit, applesauce and pineapple, strained	28.35	1.0 oz	0
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
18439	English muffins, plain, unenriched, without calcium propionate (includes sourdough)	28.35	1.0 oz	0
07916	Sausage, Polish, pork and beef, smoked	76.0	1.0 serving 2.67 oz	0
17255	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0
18080	Bread sticks, plain	46.0	1.0 cup, small pieces	0
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
11259	Mountain yam, hawaii, cooked, steamed, without salt	145.0	1.0 cup, cubes	0
04546	Shortening bread, soybean (hydrogenated) and cottonseed	12.8	1.0 tablespoon	0
14292	Lemonade, frozen concentrate, white	36.5	1.0 fl oz	0
19230	Frostings, vanilla, creamy, ready-to-eat	38.0	0.083 package	0
06123	Gravy, onion, dry, mix	24.0	1.0 cup (8 fl oz)	0
18196	Cookies, brownies, dry mix, sugar free	28.35	1.0 oz	0
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	78.0	0.5 cup	0
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
16255	SILK Peach soy yogurt	170.0	1.0 container	0
04669	USDA Commodity Food, oil, vegetable, soybean, refined	13.6	1.0 tablespoon	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0
10122	Pork, fresh, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	0
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0
14093	Beverages, The COCA-COLA company, Glaceau Vitamin Water, Revive Fruit Punch, fortified	591.0	20.0 fl oz	0
19360	Syrups, table blends, pancake, with 2% maple	20.0	1.0 tbsp	0
12177	Nuts, coconut meat, dried (desiccated), creamed	28.35	1.0 oz	0
16515	WORTHINGTON Low Fat Veja-Links, canned, unprepared	31.0	1.0 link	0
17140	Veal, cubed for stew (leg and shoulder), separable lean only, raw	28.35	1.0 oz	0
13834	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0
07074	Smoked link sausage, pork	68.0	1.0 link (4" long x 1-1/8" dia)	0
11618	Eppaw, raw	100.0	1.0 cup	0
17022	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0
17223	Veal, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	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
19309	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Fruit and Creme	40.0	1.0 serving fun size (8 chews)	0
20042	Rice, brown, parboiled, dry, UNCLE BEN'S	48.0	0.25 cup	0
09165	Litchis, dried	2.5	1.0 fruit	0
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0
01187	Yogurt, chocolate, nonfat milk	170.0	1.0 container (6 oz)	0
18617	NABISCO, NABISCO GRAHAMS Crackers	28.0	1.0 serving	0
17105	Veal, loin, separable lean and fat, cooked, braised	85.0	3.0 oz	0
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	0
14050	Alcoholic beverage, distilled, rum, 80 proof	27.8	1.0 fl oz	0
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	28.35	1.0 oz	0
17188	Veal, variety meats and by-products, brain, raw	28.35	1.0 oz	0
11437	Salsify, (vegetable oyster), raw	133.0	1.0 cup slices	0
16041	Beans, pink, mature seeds, cooked, boiled, without salt	169.0	1.0 cup	0
04002	Lard	12.8	1.0 tbsp	0
16394	Peanuts, valencia, oil-roasted, without salt	144.0	1.0 cup	0
20003	Arrowroot flour	128.0	1.0 cup	0
44260	Puddings, all flavors except chocolate, low calorie, instant, dry mix	8.0	1.0 serving	0
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0
14199	Beverages, tea, black, ready-to-drink, lemon, sweetened	271.0	1.0 cup	0
07932	Chicken breast, fat-free, mesquite flavor, sliced	42.0	1.0 serving 2 slices	0
08363	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Toasted Wheat Bran	16.0	0.25 cup (1 NLEA serving)	0
28285	Bread, chapati or roti, whole wheat, commercially prepared, frozen	43.0	1.0 piece	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	87.0	1.0 cup whole	0
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
06008	Soup, beef broth or bouillon canned, ready-to-serve	240.0	1.0 cup	0
23293	Beef, Australian, imported, grass-fed, ground, 85% lean / 15% fat, raw	114.0	4.0 oz (4 oz)	0
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz (1 serving)	0
11564	Turnips, raw	130.0	1.0 cup, cubes	0
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	126.0	0.5 cup	0
04582	Oil, canola	14.0	1.0 tbsp	0
16607	MORNINGSTAR FARMS Buffalo Chik Patties, frozen, unprepared	71.0	1.0 patty	0
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0
19002	Snacks, beef jerky, chopped and formed	28.35	1.0 oz	0
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254.0	1.0 cup	0
42140	Salad dressing, italian dressing, reduced calorie	14.0	1.0 tbsp	0
11386	Potatoes, scalloped, dry mix, unprepared	26.0	0.167 package (5.5 oz)	0
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
17073	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	85.0	3.0 oz	0
10153	Pork, cured, ham, whole, separable lean only, roasted	140.0	1.0 cup	0
10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	0
02069	Vinegar, balsamic	16.0	1.0 tbsp	0
43125	Beans, liquid from stewed kidney beans	240.0	1.0 cup	0
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	57.0	1.0 cup (1 NLEA serving)	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	0
17236	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	146.0	1.0 chop	0
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	0
04514	Oil, poppyseed	13.6	1.0 tablespoon	0
20060	Rice bran, crude	118.0	1.0 cup	0
42283	Snacks, potato chips, white, restructured, baked	34.0	1.0 cup	0
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0
14260	Beverages, tea, green, brewed, decaffeinated	240.0	240.0 ml	0
01205	Cream substitute, flavored, liquid	15.0	1.0 tbsp	0
11989	Mushrooms, straw, canned, drained solids	182.0	1.0 cup	0
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	85.0	3.0 oz	0
05327	Chicken breast tenders, breaded, uncooked	15.0	1.0 piece	0
04650	Oil, industrial, soy, refined, for woks and light frying	13.6	1.0 tbsp	0
20421	Pasta, cooked, unenriched, without added salt	124.0	1.0 cup spaghetti not packed	0
10102	Pork, fresh, variety meats and by-products, feet, raw	28.35	1.0 oz	0
08156	Cereals ready-to-eat, rice, puffed, fortified	14.0	1.0 cup	0
21138	Fast foods, potato, french fried in vegetable oil	71.0	1.0 serving small	0
28298	Cookies, brownies, commercially prepared, reduced fat, with added fiber	36.0	1.0 brownie 1 serving	0
13166	USDA Commodity, beef, canned	45.0	1.0 serving	0
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
17340	Game meat, elk, loin, separable lean only, cooked, broiled	114.0	1.0 steak (yield from 148.1 g raw meat)	0
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1.0 tsp	0
23306	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0
23545	Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
04595	Shortening, multipurpose, soybean (hydrogenated) and palm (hydrogenated)	12.8	1.0 tbsp	0
17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
21311	McDONALD'S, Creamy Ranch Sauce	43.0	1.5 oz	0
22993	KASHI Spicy Black Bean Enchilada, frozen, unprepared	255.0	1.0 entree	0
14370	Beverages, tea, instant, lemon, sweetened, powder	23.0	1.0 serving (3 heaping tsp)	0
31027	Potatoes, yellow fleshed, french fried, frozen, unprepared	85.0	3.0 oz	0
42179	Frankfurter, beef, low fat	57.0	1.0 frankfurter	0
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0
17428	Veal, shank, separable lean only, raw	85.0	3.0 oz	0
06596	CAMPBELL'S Soup on the Go, Cheesy Potato with Bacon Flavor Soup	305.0	1.0 container	0
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	50.0	10.0 strips	0
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	85.0	3.0 oz	0
19410	Snack, potato chips, made from dried potatoes, plain	28.0	1.0 oz	0
09257	Pears, canned, heavy syrup pack, solids and liquids	266.0	1.0 cup	0
43155	Alcoholic beverage, wine, light	29.5	1.0 fl oz	0
19022	Snacks, granola bars, soft, uncoated, raisin	43.0	1.0 bar (1.5 oz)	0
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
31030	Potatoes, french fried, steak cut, salt not added in processing, frozen, unprepared	85.0	3.0 oz	0
17169	Game meat, goat, cooked, roasted	85.0	3.0 oz	0
05650	Ostrich, outside strip, cooked	85.0	1.0 serving (3 oz)	0
17435	Veal, shank, separable lean and fat, raw	85.0	3.0 oz	0
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
36007	T.G.I. FRIDAY'S, french fries	184.0	1.0 serving	0
17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
17252	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0
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
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	0
11255	Lotus root, cooked, boiled, drained, without salt	60.0	0.5 cup	0
16107	Sausage, meatless	25.0	1.0 link	0
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1.0 tablespoon	0
20076	Wheat, durum	192.0	1.0 cup	0
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
13358	Beef, cured, smoked, chopped beef	28.0	1.0 slice (1 oz)	0
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	28.35	1.0 oz	0
16252	SILK Plain soy yogurt	227.0	1.0 container	0
04666	Shortening, industrial, soy (partially hydrogenated) and corn for frying	12.8	1.0 tbsp	0
17054	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0
10119	Pork, fresh, variety meats and by-products, stomach, raw	28.35	1.0 oz	0
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0
14090	Beverages, Coconut water, ready-to-drink, unsweetened	245.0	1.0 cup	0
14553	Beverages, Wine, non-alcoholic	29.0	1.0 fl oz	0
08191	Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	52.0	1.0 cup (1 NLEA serving)	0
19353	Syrups, maple	20.0	1.0 tbsp	0
12174	Seeds, watermelon seed kernels, dried	108.0	1.0 cup	0
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0
18283	Muffins, oat bran	28.35	1.0 oz	0
16071	Lima beans, large, mature seeds, raw	178.0	1.0 cup	0
16512	WORTHINGTON Diced Chik, canned, unprepared	55.0	0.25 cup	0
17137	Veal, sirloin, separable lean only, raw	28.35	1.0 oz	0
22123	MORNINGSTAR FARMS Spicy Black Bean Burger, frozen, unprepared	67.0	1.0 burger	0
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117.0	0.5 cup	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
13322	Beef, variety meats and by-products, heart, cooked, simmered	85.0	3.0 oz	0
13831	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0
07071	Salami, dry or hard, pork	113.0	1.0 package (4 oz)	0
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
17220	Lamb, variety meats and by-products, tongue, raw	28.35	1.0 oz	0
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0
11216	Ginger root, raw	2.0	1.0 tsp	0
16074	Lima beans, thin seeded (baby), mature seeds, raw	202.0	1.0 cup	0
20038	Oats	156.0	1.0 cup	0
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	85.0	3.0 oz	0
05304	Turkey, mechanically deboned, from turkey frames, raw	227.0	0.5 lb	0
16201	Campbell's Pork and Beans	130.0	0.5 cup	0
18347	Rolls, dinner, wheat	28.0	1.0 roll (1 oz)	0
07030	Ham, minced	28.35	1.0 oz	0
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1.0 oz	0
11836	Potatoes, microwaved, cooked, in skin, skin with salt	58.0	1.0 skin	0
17185	Lamb, variety meats and by-products, brain, raw	28.35	1.0 oz	0
11432	Radishes, oriental, dried	116.0	1.0 cup	0
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0
16389	Peanuts, all types, oil-roasted, without salt	144.0	1.0 cup,	0
21110	Fast foods, hamburger; double, regular, patty; plain	120.0	1.0 item	0
09437	Tamarind nectar, canned	251.0	1.0 cup	0
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
01135	Egg, white, dried, flakes, stabilized, glucose reduced	28.35	1.0 oz	0
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
16123	Soy sauce made from soy and wheat (shoyu)	16.0	1.0 tbsp	0
04575	Fat, turkey	12.8	1.0 tbsp	0
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
12059	Nuts, acorns, dried	28.35	1.0 oz	0
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0

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23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0
04689	Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	14.0	1.0 tbsp (1 NLEA serving)	0
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	28.35	1.0 oz	0
43109	Pretzels, soft	143.0	1.0 large	0
18048	Bread, raisin, enriched, toasted	28.35	1.0 oz	0
06329	Gravy, FRANCO-AMERICAN, beef, slow roast	59.0	0.25 cup	0
16529	WORTHINGTON FriPats, frozen, unprepared	64.0	1.0 patty	0
17153	Game meat, beefalo, composite of cuts, cooked, roasted	85.0	3.0 oz	0
11122	Cardoon, raw	178.0	1.0 cup, shredded	0
19198	Puddings, tapioca, dry mix	92.0	1.0 package (3.5 oz)	0
13339	Beef, variety meats and by-products, tongue, raw	28.35	1.0 oz	0
43483	Millet, puffed	21.0	1.0 cup	0
13849	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0
14150	Beverages, carbonated, orange	31.0	1.0 fl oz	0
07212	OSCAR MAYER, Ham (chopped with natural juice)	28.0	1.0 serving (1 slice)	0
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	13.6	1.0 tbsp	0
43327	Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted	28.35	1.0 oz	0
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	85.0	3.0 oz	0
14061	Beverages, Energy Drink, sugar free	240.0	8.0 fl oz	0
14462	Beverages, Propel Zero, fruit-flavored, non-carbonated	29.6	1.0 fl oz	0
32023	KASHI Mushroom & Asparagus Risotto, frozen, unprepared	284.0	0.5 package	0
16051	Beans, white, mature seeds, canned	262.0	1.0 cup	0
16424	Soy sauce made from soy and wheat (shoyu), low sodium	14.2	1.0 tbsp	0
21516	KASHI Pizza, Mushroom and Spinach, single serve, frozen, unprepared	152.0	1.0 pizza	0
14214	Beverages, coffee, instant, regular, powder	1.0	1.0 tsp	0
19153	Candies, NESTLE, AFTER EIGHT Mints	42.0	1.0 serving 5 mints	0
19710	Puddings, vanilla, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	85.0	1.0 serving (3 oz)	0
23303	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0
04592	Fish oil, menhaden, fully hydrogenated	12.5	1.0 tbsp	0
17000	Veal, Australian, rib, rib roast, separable lean only, raw	85.0	3.0 oz	0
21306	Fast foods, griddle cake sandwich, sausage	135.0	1.0 item	0
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0

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14366	Beverages, tea, instant, unsweetened, powder	0.7	1.0 serving 1 tsp	0
03181	Babyfood, cereal, barley, dry fortified	2.4	1.0 tbsp	0
13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	85.0	3.0 oz	0
07945	Frankfurter, beef, heated	48.0	1.0 frankfurter	0
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0
16341	Beans, pink, mature seeds, cooked, boiled, with salt	169.0	1.0 cup	0
04702	Oil, industrial, cottonseed, fully hydrogenated	13.6	1.0 tablespoon	0
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	85.0	3.0 oz	0
14630	Beverages, Energy drink, ROCKSTAR, sugar free	240.0	8.0 fl oz	0
14021	Beverages, Energy drink, Citrus	240.0	8.0 fl oz	0
16552	MORNINGSTAR FARMS Mushroom Lover's Burger, frozen, unprepared	64.0	1.0 burger	0
17166	Game meat, elk, raw	28.35	1.0 oz	0
05647	Ostrich, inside strip, cooked	85.0	1.0 serving (3 oz)	0
06183	Soup, chicken broth, less/reduced sodium, ready to serve	240.0	1.0 cup	0
11142	Celeriac, cooked, boiled, drained, without salt	155.0	1.0 cup pieces	0
14167	Beverages, POWERADE, Zero, Mixed Berry	360.0	12.0 fl oz	0
07910	Bratwurst, veal, cooked	84.0	1.0 serving 2.96 oz	0
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
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0
17249	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted	85.0	3.0 oz	0
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
06354	CAMPBELL'S Red and White, French Onion Soup, condensed	126.0	1.0 serving 1/2 cup	0
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0
15152	Crustaceans, shrimp, mixed species, canned	128.0	1.0 cup	0
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	0
20073	Wheat, soft red winter	168.0	1.0 cup	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)	0
14280	Beverages, tea, black, ready to drink, decaffeinated, diet	240.0	1.0 cup	0
17131	Veal, shoulder, blade chop, separable lean only, raw	85.0	3.0 oz	0
11362	Potatoes, raw, skin	38.0	1.0 skin	0
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	13.6	1.0 tbsp	0
20622	Spaghetti, protein-fortified, dry, enriched (n x 6.25)	57.0	2.0 oz	0
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	27.8	1.0 fl oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
19081	Candies, sweet chocolate	28.35	1.0 oz	0
19350	Syrups, corn, light	341.0	1.0 cup	0
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
11784	Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	146.0	1.0 cup (1" cubes)	0
16068	Hyacinth beans, mature seeds, cooked, boiled, without salt	194.0	1.0 cup	0
16509	LOMA LINDA Linketts, canned, unprepared	35.0	1.0 link	0
17134	Veal, sirloin, separable lean and fat, raw	28.35	1.0 oz	0
22120	MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared	50.0	0.5 cup	0
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	85.0	3.0 oz	0
19172	Gelatin desserts, dry mix	85.0	1.0 package (3 oz)	0
19818	Snacks, rice cakes, brown rice, multigrain, unsalted	9.0	1.0 cake	0
09059	Breadfruit, raw	220.0	1.0 cup	0
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0
43390	Turkey, light or dark meat, smoked, cooked, with skin, bone removed	85.0	3.0 oz, boneless	0
13828	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0
07068	Salami, cooked, beef	26.0	1.0 slice	0
16165	MORI-NU, Tofu, silken, lite extra firm	84.0	1.0 slice	0
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0
17217	Veal, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
18242	Croutons, plain	14.2	0.5 oz	0
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	17.0	1.0 tbsp	0
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
17099	Veal, leg (top round), separable lean only, raw	28.35	1.0 oz	0
43268	Whipped cream substitute, dietetic, made from powdered mix	80.0	1.0 cup	0
02006	Spices, cardamom	2.0	1.0 tsp, ground	0
07027	Ham, chopped, not canned	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0
08116	Cereals, MALT-O-MEAL, original, plain, dry	35.0	3.0 tbsp (1 NLEA serving)	0
12119	Nuts, coconut water (liquid from coconuts)	240.0	1.0 cup	0
17182	Game meat, raccoon, cooked, roasted	85.0	3.0 oz	0
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	35.0	2.0 tbsp	0
09434	Guanabana nectar, canned	251.0	1.0 cup	0
44061	Puddings, chocolate flavor, low calorie, instant, dry mix	9.9	1.0 serving	0
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0
14191	Beverages, tea, green, ready-to-drink, citrus, diet, fortified with vitamin C	265.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
07926	Salami, Italian, pork	28.0	1.0 oz	0
13047	Beef, grass-fed, ground, raw	85.0	1.0 serving	0
17265	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0
04572	Oil, nutmeg butter	13.6	1.0 tbsp	0
19244	Frostings, vanilla, creamy, dry mix	411.0	1.0 package	0
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
06545	CAMPBELL'S Homestyle New England Clam Chowder	256.0	1.0 cup	0
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
16281	HOUSE FOODS Premium Firm Tofu	56.0	2.0 oz	0
17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	28.35	1.0 oz	0
14144	Beverages, carbonated, lemon-lime soda, no caffeine	30.8	1.0 fl oz	0
19370	Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies	62.0	1.0 serving 2.17 oz pack	0
18044	Bread, pumpernickel	28.35	1.0 oz	0
16526	WORTHINGTON Meatless Chicken Roll, frozen, unprepared	55.0	1.0 slices , 3/8"	0
17150	Game meat, beaver, raw	28.35	1.0 oz	0
05623	Emu, fan fillet, raw	85.0	1.0 serving (3 oz)	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
13335	Beef, variety meats and by-products, suet, raw	28.35	1.0 oz	0
13846	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0
14147	Beverages, carbonated, cola, without caffeine	30.7	1.0 fl oz	0
07201	OSCAR MAYER, Bologna (beef)	28.0	1.0 serving (1 slice)	0
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
11637	Radishes, white icicle, raw	50.0	0.5 cup slices	0
17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
17233	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	85.0	3.0 oz	0
16087	Peanuts, all types, raw	28.35	1.0 oz	0
19322	Puddings, coconut cream, dry mix, instant	99.0	1.0 package (3.5 oz)	0
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	13.6	1.0 tbsp	0
20053	Rice, white, short-grain, enriched, cooked	186.0	1.0 cup	0
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
28337	Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	35.0	1.0 slice	0
17115	Veal, rib, separable lean only, cooked, roasted	85.0	3.0 oz	0
11447	Sesbania flower, raw	3.0	1.0 flower	0
16410	Soybeans, mature seeds, roasted, no salt added	172.0	1.0 cup	0
21513	KASHI Pizza, Greek Tzatziki, single serve, frozen, unprepared	149.0	1.0 pizza	0
14209	Beverages, coffee, brewed, prepared with tap water	29.6	1.0 fl oz	0
19706	Puddings, banana, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	0
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
17334	Game meat, bison, chuck, shoulder clod, separable lean only, raw	85.0	1.0 serving (3 oz)	0
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
16134	Yardlong beans, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0
16617	MORNINGSTAR FARMS Spicy Black Bean Enchilada Entree, frozen, unprepared	255.0	1.0 entree	0
14355	Beverages, tea, black, brewed, prepared with tap water	29.6	1.0 fl oz	0
01258	Egg, white, dried, stabilized, glucose reduced	107.0	1.0 cup, sifted	0
08598	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS	52.0	1.0 cup (1 NLEA serving)	0
12085	Nuts, cashew nuts, dry roasted, without salt added	137.0	1.0 cup, halves and whole	0
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
18222	Crackers, melba toast, wheat	14.2	0.5 oz	0
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0
04699	Oil, industrial, soy, low linolenic	14.0	1.0 tablespoon	0
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	140.0	1.0 cup	0
14627	Beverages, Energy Drink, Monster, fortified with vitamins C, B2, B3, B6, B12	240.0	1.0 serving	0
03003	Babyfood, meat, beef, junior	28.35	1.0 oz	0
19404	Snacks, granola bars, soft, uncoated, chocolate chip	43.0	1.0 bar (1.5 oz)	0
20115	Noodles, japanese, soba, cooked	114.0	1.0 cup	0
43137	Vegetarian meatloaf or patties	56.0	1.0 slice	0
07004	Sausage, Berliner, pork, beef	23.0	1.0 slice	0
27009	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST New England Clam Chowder	245.0	1.0 cup	0
12088	Nuts, cashew butter, plain, without salt added	16.0	1.0 tbsp	0
16548	MORNINGSTAR FARMS Grillers Original, frozen, unprepared	64.0	1.0 burger	0
17163	Game meat, caribou, cooked, roasted	85.0	3.0 oz	0
05644	Ostrich, inside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	0
13859	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
12632	Nuts, macadamia nuts, dry roasted, with salt added	132.0	1.0 cup, whole or halves	0
17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0
17246	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	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
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0
16100	Peanut flour, low fat	60.0	1.0 cup	0
04532	Oil, hazelnut	13.6	1.0 tablespoon	0
20070	Triticale flour, whole-grain	130.0	1.0 cup	0
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
14277	Beverages, grape drink, canned	31.3	1.0 fl oz	0
08539	Cereals ready-to-eat, KASHI ORGANIC PROMISE, CINNAMON HARVEST	55.0	28.0 biscuits (1 NLEA serving)	0
17128	Veal, shoulder, blade chop, separable lean and fat, raw	85.0	3.0 oz	0
06114	Gravy, au jus, canned	59.0	0.25 cup	0
06475	Soup, beef broth or bouillon, powder, prepared with water	240.0	1.0 serving 1 cup	0
04660	Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy	13.6	1.0 tbsp	0
20523	Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	140.0	1.0 cup	0
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0
14544	Beverages, tea, black, brewed, prepared with distilled water	29.6	1.0 fl oz	0
19078	Baking chocolate, unsweetened, squares	29.0	1.0 oz square Bakers	0
08173	Cereals, farina, enriched, cooked with water, with salt	233.0	1.0 cup	0
19345	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	35.0	2.0 tbsp	0
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
17211	Lamb, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0
04044	Oil, soybean, salad or cooking	13.6	1.0 tbsp	0
16506	LOMA LINDA Vege-Burger, canned, unprepared	55.0	0.25 cup	0
14231	Beverages, KRAFT, coffee, instant, French Vanilla Cafe	14.0	1.0 NLEA Serving	0
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	28.35	1.0 oz	0
13825	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0
18142	Cake, pudding-type, yellow, dry mix	28.35	1.0 oz	0
07065	Pork and beef sausage, fresh, cooked	13.0	1.0 link (raw dimensions: 4" long x 7/8" dia), cooked	0
16162	MORI-NU, Tofu, silken, firm	84.0	1.0 slice	0
17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
17214	Lamb, variety meats and by-products, spleen, raw	28.35	1.0 oz	0
19297	Jams and preserves	20.0	1.0 tbsp	0
04055	Oil, palm	13.6	1.0 tbsp	0
42204	Rice cake, cracker (include hain mini rice cakes)	4.2	1.0 cubic inch	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0
06611	Soup, SWANSON, beef broth, lower sodium	213.0	1.0 cup	0
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
16368	Hyacinth beans, mature seeds, cooked, boiled, with salt	194.0	1.0 cup	0
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	0
10185	Pork, cured, ham, extra lean and regular, canned, roasted	140.0	1.0 cup	0
18338	Phyllo dough	28.35	1.0 oz	0
07024	Frankfurter, chicken	85.0	3.0 oz	0
27034	CAMPBELL'S, 98% Fat Free Cream of Mushroom Soup, condensed	124.0	0.5 cup condensed	0
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	0
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	85.0	3.0 oz	0
16032	Beans, kidney, red, mature seeds, raw	184.0	1.0 cup	0
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0
44005	Oil, corn, peanut, and olive	14.0	1.0 tablespoon	0
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0
14188	Beverages, tea, green, ready to drink, ginseng and honey, sweetened	260.0	1.0 cup	0
18449	Tortillas, ready-to-bake or -fry, corn, without added salt	28.35	1.0 oz	0
11927	Mountain yam, hawaii, cooked, steamed, with salt	145.0	1.0 cup, cubes	0
13019	Beef, retail cuts, separable fat, raw	28.35	1.0 oz	0
17262	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	0
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	0
04559	Shortening household soybean (hydrogenated) and palm	12.8	1.0 tbsp	0
16591	WORTHINGTON Leanies, frozen, unprepared	40.0	1.0 link	0
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
19240	Frostings, chocolate, creamy, dry mix	388.0	1.0 package	0
28397	Bread, multi-grain (includes whole-grain)	28.35	1.0 oz	0
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
06147	Soup, beef mushroom, canned, condensed	126.0	0.5 cup (4 fl oz)	0
11376	Potatoes, canned, drained solids	180.0	1.0 cup	0
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0
16262	SILK Hazelnut Creamer	15.0	1.0 tbsp	0
04678	Oil, vegetable, Natreon canola, high stability, non trans, high oleic (70%)	14.0	1.0 tbsp	0
17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	140.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
14136	Beverages, carbonated, ginger ale	30.5	1.0 fl oz	0
02052	Vanilla extract, imitation, no alcohol	4.2	1.0 tsp	0
08695	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, little bites	56.0	1.0 Cup (1 NLEA serving)	0
35145	Stew, hominy with mutton (Navajo)	411.0	1.0 serving	0
43058	Candies, hard, dietetic or low calorie (sorbitol)	3.0	1.0 piece	0
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	0
11797	Mushrooms, white, cooked, boiled, drained, with salt	156.0	1.0 cup pieces	0
16523	WORTHINGTON Vegetarian Burger, canned, unprepared	55.0	0.25 cup	0
17147	Game meat, bear, cooked, simmered	85.0	3.0 oz	0
10855	HORMEL ALWAYS TENDER, Center Cut Chops, Fresh Pork	28.35	1.0 oz	0
15262	Fish, tilapia, cooked, dry heat	87.0	1.0 fillet	0
08491	Cereals ready-to-eat, MOM'S BEST, Honey Nut TOASTY O'S	30.0	1.0 cup (1 NLEA serving)	0
19868	Sweeteners, tabletop, sucralose, SLENDA packets	1.0	1.0 serving 1 packet	0
13332	Beef, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0
13843	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
18413	Bread, pita, white, unenriched	28.35	1.0 oz	0
11890	Turnips, frozen, cooked, boiled, drained, with salt	156.0	1.0 cup	0
17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
17230	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
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
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	85.0	3.0 oz	0
11228	Jew's ear, (pepeao), raw	99.0	1.0 cup slices	0
04501	Oil, cocoa butter	13.6	1.0 tablespoon	0
20050	Rice, white, medium-grain, raw, enriched	195.0	1.0 cup	0
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0
14253	Alcoholic beverages, wine, rose	30.3	1.0 fl oz	0
18639	GEORGE WESTON BAKERIES, Thomas English Muffins	57.0	1.0 serving	0
28329	Cookies, chocolate, made with rice cereal	62.0	1.0 cookie	0
17112	Veal, rib, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
19703	Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C	9.0	1.0 tbsp	0
04643	Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying	13.6	1.0 tablespoon	0
10096	Pork, fresh, variety meats and by-products, brain, raw	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0
08143	Cereals, WHEATENA, cooked with water	243.0	1.0 cup	0
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	99.0	1.0 bagel	0
20011	Buckwheat flour, whole-groat	120.0	1.0 cup	0
12077	Nuts, beechnuts, dried	28.35	1.0 oz	0
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
06170	Soup, stock, beef, home-prepared	240.0	1.0 cup	0
18219	Crackers, matzo, whole-wheat	14.2	0.5 oz	0
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
11720	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt	94.0	0.333 package (10 oz) yields	0
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	85.0	3.0 oz	0
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	112.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0
10165	Pork, cured, salt pork, raw	28.35	1.0 oz	0
11005	Arrowhead, raw	25.0	1.0 large	0
08709	Cereals ready-to-eat, MOM'S BEST, Sweetened WHEAT-FULS	55.0	1.0 cup (1 NLEA serving)	0
43132	Meatballs, meatless	144.0	1.0 cup	0
16538	MORNINGSTAR FARMS Breakfast Pattie with Organic Soy, frozen, unprepared	38.0	1.0 Patty	0
17160	Game meat, buffalo, water, raw	28.35	1.0 oz	0
05641	Ostrich, ground, raw	109.0	1.0 patty	0
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
18427	Crackers, standard snack-type, regular, low salt	14.2	0.5 oz	0
19111	Candies, NESTLE, BABY RUTH Bar	60.0	1.0 serving 2.1 oz bar	0
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0
12585	Nuts, cashew nuts, dry roasted, with salt added	137.0	1.0 cup, halves and whole	0
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0
17243	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0
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
06342	CAMPBELL'S Red and White, Cream of Shrimp Soup, condensed	124.0	1.0 serving 1/2 cup	0
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0
16097	Peanut butter, chunk style, with salt	32.0	2.0 tbsp	0
04529	Oil, almond	13.6	1.0 tablespoon	0
20067	Sorghum grain	192.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
17125	Veal, shoulder, arm, separable lean only, raw	28.35	1.0 oz	0
04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	13.6	1.0 tbsp	0
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	0
09298	Raisins, seedless	165.0	1.0 cup, packed	0
14075	Beverages, GEROLSTEINER BRUNNEN GmbH & Co. KG, Gerolsteiner naturally sparkling mineral water,	240.0	8.0 fl oz	0
14541	Beverages, fruit punch-flavor drink, powder, without added sodium, prepared with water	32.7	1.0 fl oz	0
02032	Spices, pepper, white	2.4	1.0 tsp, ground	0
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	0
19336	Sugars, powdered	120.0	1.0 cup unsifted	0
01070	Dessert topping, powdered	43.0	1.5 oz	0
17208	Veal, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0
04037	Oil, rice bran	13.6	1.0 tablespoon	0
16502	LOMA LINDA Low Fat Big Franks, canned, unprepared	51.0	1.0 link	0
19165	Cocoa, dry powder, unsweetened	86.0	1.0 cup	0
19811	Snacks, potato chips, plain, unsalted	28.35	1.0 oz	0
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
23313	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	0
07062	Picnic loaf, pork, beef	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0
11593	Waxgourd, (chinese preserving melon), raw	132.0	1.0 cup, cubes	0
17010	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	128.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0
01286	Yogurt, Greek, vanilla, nonfat	150.0	1.0 container (5.3 oz)	0
08631	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS LITTLE BITES, chocolate	56.0	1.0 cup (1 NLEA serving)	0
20029	Couscous, cooked	157.0	1.0 cup, cooked	0
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
18235	Crackers, whole-wheat	28.0	1.0 serving	0
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0
05285	Turkey, diced, light and dark meat, seasoned	28.35	1.0 oz	0
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	140.0	1.0 cup	0
14644	Beverages, PEPSICO QUAKER, Gatorade G2, low calorie	237.0	8.0 fl oz	0
20133	Rice noodles, dry	57.0	2.0 oz	0
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	154.0	1.0 pie crust (average weight of 1 baked crust)	0
07020	Corned beef loaf, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251.0	1.0 cup (1 serving)	0
12110	Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	77.0	1.0 cup	0
17176	Game meat, opossum, cooked, roasted	85.0	3.0 oz	0
05657	Ostrich, top loin, raw	85.0	1.0 serving (cooked from 4 oz raw)	0
16029	Beans, kidney, all types, mature seeds, canned	256.0	1.0 cup	0
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0
18446	Pie crust, standard-type, frozen, ready-to-bake, unenriched	142.0	1.0 crust, single 9"	0
19128	Syrups, table blends, pancake, reduced-calorie	73.0	1.0 serving 1/4 cup	0
36014	Restaurant, family style, french fries	170.0	1.0 serving	0
13000	Beef, grass-fed, strip steaks, lean only, raw	85.0	3.0 oz	0
17259	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0
11264	Mushrooms, canned, drained solids	156.0	1.0 cup	0
16114	Tempeh	166.0	1.0 cup	0
04551	Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	12.8	1.0 tbsp	0
16586	GARDENBURGER Veggie Medley Burger, frozen, unprepared	71.0	1.0 patty	0
20084	Wheat flour, white, cake, enriched	137.0	1.0 cup unsifted, dipped	0
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
14303	Limeade, frozen concentrate, prepared with water	30.9	1.0 fl oz	0
06127	Gravy, unspecified type, dry	25.0	1.0 cup (8 fl oz)	0
18201	Cookies, peanut butter sandwich, special dietary	28.35	1.0 oz	0
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
16259	SILK Banana-Strawberry soy yogurt	170.0	1.0 container	0
17061	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled	85.0	3.0 oz	0
19092	Candies, TWIZZLERS NIBS CHERRY BITS	40.0	27.0 pieces	0
35009	Whale, beluga, meat, dried (Alaska Native)	45.0	1.0 strip	0
25045	Formulated bar, high fiber, chewy, oats and chocolate	40.0	1.0 bar	0
16519	WORTHINGTON Super Links, canned, unprepared	48.0	1.0 link	0
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
17144	Game meat, antelope, raw	28.35	1.0 oz	0
10852	HORMEL ALWAYS TENDER, Pork Tenderloin, Teriyaki-Flavored	112.0	4.0 oz	0
14246	Beverages, tea, green, instant, decaffeinated, lemon, unsweetened, fortified with vitamin C	4.5	2.0 tbsp	0
19860	Cocoa, dry powder, hi-fat or breakfast, processed with alkali	6.0	1.0 tablespoon Ghirardelli label 2011	0
43410	Chicken, meatless, breaded, fried	130.0	1.0 cup, diced	0
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
18160	Cookies, chocolate chip, commercially prepared, soft-type	14.2	1.0 cookie	0
18407	Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	0
07081	Turkey breast, sliced, prepackaged	15.0	1.0 slice	0
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
17227	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0
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
20047	Rice, white, long-grain, parboiled, enriched, cooked	158.0	1.0 cup	0
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	149.0	1.0 steak (yield from 1 raw steak weighing 149g)	0
18631	PILLSBURY, Crusty French Loaf, refrigerated dough	52.0	1.0 serving	0
17109	Veal, loin, separable lean only, cooked, roasted	85.0	3.0 oz	0
06057	CAMPBELL'S Red and White, Chicken Broth, condensed	124.0	1.0 serving 1/2 cup	0
11049	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt	94.0	0.333 package (10 oz) yields	0
20323	Cornmeal, white, self-rising, bolted, plain, enriched	122.0	1.0 cup	0
43297	Pork, oriental style, dehydrated	22.0	1.0 cup	0
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
14429	Beverages, water, tap, municipal	29.6	1.0 fl oz	0
19052	Snacks, rice cakes, brown rice, buckwheat	9.0	1.0 cake	0
17192	Lamb, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	0
16045	Beans, small white, mature seeds, raw	215.0	1.0 cup	0
90480	Syrup, Cane	21.0	1.0 serving	0
19147	Candies, peanut bar	28.35	1.0 oz	0
13097	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0
17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty (yield from 112.7 g raw meat)	0
06013	Soup, chicken broth, canned, condensed	126.0	0.5 cup (4 fl oz)	0
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0
16130	Okara	122.0	1.0 cup	0
04586	Shortening, special purpose for cakes and frostings, soybean (hydrogenated)	12.8	1.0 tbsp	0
16611	MORNINGSTAR FARMS Parmesan Garlic Wings, frozen, unprepared	85.0	5.0 Wings	0
19384	Candies, divinity, prepared-from-recipe	11.0	1.0 piece	0
43128	Chicken, meatless	168.0	1.0 cup	0
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
14003	Alcoholic beverage, beer, regular, all	29.7	1.0 fl oz	0
25064	Snacks, potato chips, lightly salted	28.0	23.0 pieces	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
16534	WORTHINGTON Stakelets, frozen, unprepared	71.0	1.0 piece	0
17157	Game meat, bison, separable lean only, cooked, roasted	85.0	3.0 oz	0
05630	Emu, outside drum, raw	85.0	3.0 oz	0
43507	Frankfurter, low sodium	57.0	1.0 frankfurter	0
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
14155	Beverages, carbonated, tonic water	30.5	1.0 fl oz	0
18424	Crackers, melba toast, plain, without salt	14.2	0.5 oz	0
19108	Candies, jellybeans	11.0	10.0 small	0
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	28.35	1.0 oz	0
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0
23050	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	0
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	85.0	3.0 oz	0
16094	Peanuts, valencia, oil-roasted, with salt	144.0	1.0 cup	0
04518	Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1.0 tbsp	0
20064	Rye flour, medium	102.0	1.0 cup	0
42289	Oil, corn and canola	14.0	1.0 tbsp	0
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
14264	Beverages, fruit punch drink, without added nutrients, canned	210.0	6.75 fl oz	0
18267	English muffins, whole-wheat, toasted	28.35	1.0 oz	0
19206	Puddings, vanilla, dry mix, regular	88.0	1.0 package (3.12 oz)	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
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	0
13346	Beef, cured, corned beef, brisket, raw	28.35	1.0 oz	0
17122	Veal, shoulder, arm, separable lean and fat, raw	28.35	1.0 oz	0
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	13.6	1.0 tbsp	0
20446	Rice, white, long-grain, parboiled, unenriched, dry	185.0	1.0 cup	0
14536	Alcoholic beverage, wine, dessert, dry	29.5	1.0 fl oz	0
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	0
08673	Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	0
32030	KASHI Italian Vegetable Medley Pasta, frozen, unprepared	298.0	0.5 package	0
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	28.35	1.0 oz	0
43366	Turkey, wing, smoked, cooked, with skin, bone removed	19.0	1.0 oz with bone, cooked (yield after bone removed)	0
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
17344	Game meat, deer, ground, cooked, pan-broiled	93.0	1.0 patty	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
18373	Leavening agents, cream of tartar	3.0	1.0 tsp	0
23310	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	0
07059	Polish sausage, pork	85.0	3.0 oz	0
11295	Onion rings, breaded, par fried, frozen, unprepared	85.0	6.0 rings	0
11588	Waterchestnuts, chinese, (matai), raw	62.0	0.5 cup slices	0
04606	Meat drippings (lard, beef tallow, mutton tallow)	12.8	1.0 tablespoon	0
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
21316	McDONALD'S, Tangy Honey Mustard Sauce	43.0	1.5 oz	0
14381	Beverages, tea, herb, other than chamomile, brewed	29.6	1.0 fl oz	0
19283	Frozen novelties, ice type, pop	52.0	1.0 serving 1.75 fl oz pop	0
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
18529	ARCHWAY Home Style Cookies, Frosty Lemon	26.0	1.0 serving	0
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0
17347	Game meat, deer, tenderloin, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	0
06032	Soup, beef broth bouillon and consomme, canned, condensed	124.0	0.5 cup	0
11298	Parsnips, raw	133.0	1.0 cup slices	0
03015	Babyfood, meat, turkey, strained	15.0	1.0 tbsp	0
19414	Snacks, rice cakes, brown rice, multigrain	9.0	1.0 cake	0
20130	Barley flour or meal	148.0	1.0 cup	0
43214	Butter replacement, without fat, powder	80.0	1.0 cup	0
14029	Alcoholic beverage, whiskey sour, prepared from item 14028	30.4	1.0 fl oz	0
18332	Pie crust, standard-type, dry mix	28.35	1.0 oz	0
19030	Syrup, fruit flavored	20.0	1.0 serving	0
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	0
12104	Nuts, coconut meat, raw	80.0	1.0 cup, shredded	0
17173	Game meat, moose, cooked, roasted	85.0	3.0 oz	0
05654	Ostrich, tenderloin, raw	85.0	1.0 serving (cooked from 4 oz raw)	0
11150	Chayote, fruit, cooked, boiled, drained, without salt	160.0	1.0 cup (1" pieces)	0
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0
14179	Beverages, coffee, ready to drink, milk based, sweetened	262.0	1.0 cup	0
07917	Sausage, pork and beef, with cheddar cheese, smoked	77.0	12.0 oz serving 2.7 oz	0
19124	Baking chocolate, mexican, squares	20.0	1.0 tablet	0
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
16111	Soybeans, mature seeds, dry roasted	93.0	1.0 cup	0
04548	Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)	12.8	1.0 tbsp	0
16581	GARDENBURGER Flame Grilled Burger, frozen, unprepared	96.0	1.0 patty	0
20081	Wheat flour, white, all-purpose, enriched, bleached	125.0	1.0 cup	0
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz (1 serving)	0
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	0
28391	PEPPERIDGE FARM, Seeded Jewish Rye Bread	32.0	1.0 serving	0
42040	Syrups, grenadine	20.0	1.0 tbsp	0
11369	Potatoes, microwaved, cooked in skin, skin, without salt	58.0	1.0 skin	0
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0
16256	SILK Black Cherry soy yogurt	170.0	1.0 container	0
04670	USDA Commodity Food, oil, vegetable, low saturated fat	13.6	1.0 tbsp	0
17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0
14095	Beverages, MINUTE MAID, Lemonada, Limeade	240.0	8.0 fl oz	0
14599	Beverages, Powerade Zero Ion4, calorie-free, assorted flavors	237.0	8.0 fl oz	0
19361	Syrups, table blends, cane and 15% maple	315.0	1.0 cup	0
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93.0	1.0 cup, shredded	0
43026	Syrups, sugar free	240.0	1.0 cup	0
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	28.35	1.0 oz	0
06970	Soup, chicken broth, low sodium, canned	240.0	1.0 cup	0
16516	WORTHINGTON Multigrain Cutlets, canned, unprepared	92.0	2.0 slices	0
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	85.0	3.0 oz	0
11108	Butterbur, canned	124.0	1.0 cup, chopped	0
13835	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0
18402	Pie crust, standard-type, prepared from recipe, unbaked	24.0	1.0 piece (1/8 of 9" crust)	0
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
17224	Lamb, ground, raw	28.35	1.0 oz	0
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	40.0	1.0 medallion	0
03214	Babyfood, cookies, arrowroot	28.35	1.0 oz	0
20044	Rice, white, long-grain, regular, raw, enriched	185.0	1.0 cup	0
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
07971	Bologna, meat and poultry	33.0	1.0 slice	0
28323	Pancakes, plain, low fat, dry mix, incomplete (includes buttermilk)	41.0	0.33 cup 1 serving	0
17106	Veal, loin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
14051	Alcoholic beverage, distilled, vodka, 80 proof	27.8	1.0 fl oz	0
18351	Rolls, hamburger or hotdog, mixed-grain	28.35	1.0 oz	0
02013	Spices, coriander seed	1.8	1.0 tsp	0
07034	Headcheese, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0
17189	Veal, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0
11438	Salsify, cooked, boiled, drained, without salt	135.0	1.0 cup, sliced	0
16042	Beans, pinto, mature seeds, raw	193.0	1.0 cup	0
16396	Peanuts, virginia, oil-roasted, without salt	143.0	1.0 cup	0
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0
07933	Chicken breast, oven-roasted, fat-free, sliced	42.0	1.0 serving 2 slices	0
08365	Cereals ready-to-eat, QUAKER, Shredded Wheat, bagged cereal	63.0	3.0 biscuits (1 NLEA serving)	0
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
23294	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85.0	3.0 oz	0
11565	Turnips, cooked, boiled, drained, without salt	156.0	1.0 cup, cubes	0
04583	Oil, mustard	14.0	1.0 tbsps	0
08591	Cereals ready-to-eat, KASHI ORGANIC PROMISE, ISLAND VANILLA	55.0	27.0 biscuits (1 NLEA serving)	0
20008	Buckwheat	170.0	1.0 cup	0
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0
18216	Crackers, crispbread, rye	14.2	0.5 oz	0
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
10158	USDA Commodity, pork, canned	85.0	3.0 oz	0
36606	CRACKER BARREL, farm raised catfish platter	178.0	1.0 serving	0
13340	Beef, variety meats and by-products, tongue, cooked, simmered	85.0	3.0 oz	0
43495	Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	50.0	1.0 cup (1 NLEA serving)	0
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
14151	Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine	29.6	1.0 fl oz	0
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
17036	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0
17237	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	107.0	1.0 chop	0
16091	Peanuts, spanish, raw	146.0	1.0 cup	0
04515	Oil, tomatoseed	13.6	1.0 tablespoon	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
20061	Rice flour, white, unenriched	158.0	1.0 cup	0
42284	Babyfood, baked product, finger snacks cereal fortified	1.7	1.0 cookie	0
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0
14261	Beverages, tea, green, ready to drink, unsweetened	473.0	16.0 fl oz	0
01206	Cream substitute, flavored, powdered	12.0	4.0 tsp	0
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
17119	Veal, shoulder, whole (arm and blade), separable lean only, raw	28.35	1.0 oz	0
05332	Chicken, ground, raw	112.0	4.0 oz crumbled	0
06075	Soup, beef broth or bouillon, powder, dry	3.6	1.0 cube	0
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	13.6	1.0 tbsp	0
14065	Beverages, The COCA-COLA company, Hi-C Flashin' Fruit Punch	200.0	6.75 fl oz	0
14532	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof	27.8	1.0 fl oz	0
02026	Spices, onion powder	2.4	1.0 tsp	0
19067	Candies, TWIZZLERS CHERRY BITES	40.0	18.0 pieces	0
08157	Cereals ready-to-eat, wheat, puffed, fortified	12.0	1.0 cup	0
19330	Puddings, lemon, dry mix, instant	99.0	1.0 package (3.5 oz)	0
27065	Dip, bean, original flavor	36.0	2.0 tbsp	0
04027	Salad dressing, mayonnaise, imitation, soybean	15.0	1.0 tbsp	0
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	17.0	1.0 piece	0
14218	Beverages, coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	0
08402	Cereals, QUAKER, Quick Oats, Dry	40.0	0.5 cup	0
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	28.35	1.0 oz	0
13227	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
43355	Mayonnaise, low sodium, low calorie or diet	14.0	1.0 tbsp	0
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0
17341	Game meat, elk, round, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	0
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1.0 tsp	0
23307	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean only, raw	114.0	4.0 oz	0
07056	Peppered loaf, pork, beef	100.0	3.52 slices	0
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0
21313	McDONALD'S, Hot Mustard Sauce	28.0	1.0 package	0
22994	KASHI Spinach Artichoke Pasta, frozen, unprepared	269.0	1.0 entree	0
14371	Beverages, tea, instant, lemon, sweetened, prepared with water	259.0	1.0 cup (8 fl oz)	0
31028	Potatoes, yellow fleshed, hash brown, shredded, salt added in processing, frozen, unprepared	85.0	3.0 oz	0
13395	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	85.0	3.0 oz	0
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	0
18524	ARCHWAY Home Style Cookies, Coconut Macaroon	22.0	1.0 serving	0
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	65.0	10.0 strips	0
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
17087	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	0
19411	Snacks, potato chips, plain, salted	28.0	1.0 oz	0
09258	Pears, canned, extra heavy syrup pack, solids and liquids	266.0	1.0 cup, halves	0
43158	Sweeteners, tabletop, saccharin (sodium saccharin)	1.0	1.0 serving 1 packet	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
31031	Potatoes, french fried, cross cut, frozen, unprepared	85.0	3.0 oz	0
12099	Nuts, chestnuts, european, dried, unpeeled	28.35	1.0 oz	0
17170	Game meat, horse, raw	28.35	1.0 oz	0
05651	Ostrich, oyster, raw	85.0	1.0 serving (cooked from 4 oz raw)	0
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	85.0	3.0 oz	0
11413	Potato flour	160.0	1.0 cup	0
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
14173	Beverages, coffee, ready to drink, vanilla, light, milk based, sweetened	281.0	9.5 fl oz	0
18437	English muffins, plain, enriched, without calcium propionate(includes sourdough)	28.35	1.0 oz	0
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0
17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	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
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	113.0	4.0 oz	0
04544	Shortening, household, lard and vegetable oil	12.8	1.0 tablespoon	0
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
14287	Beverages, Lemonade, powder	18.0	1.0 serving	0
28388	PEPPERIDGE FARM, Deli Swirl Bread	32.0	1.0 serving	0
06121	Gravy, mushroom, canned	238.0	1.0 cup	0
11366	Potatoes, boiled, cooked in skin, skin, without salt	34.0	1.0 skin	0
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0
16253	SILK Strawberry soy yogurt	170.0	1.0 container	0
04667	Shortening, industrial, soy (partially hydrogenated) for baking and confections	12.8	1.0 tbsp	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0
14555	Water, bottled, generic	29.6	1.0 fl oz	0
02043	Spices, turmeric, ground	3.0	1.0 tsp	0
19355	Syrups, sorghum	330.0	1.0 cup	0
43019	Salad dressing, sweet and sour	16.0	1.0 tbsp	0
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz (1serving)	0
18284	Muffins, wheat bran, dry mix	28.35	1.0 oz	0
25037	Snacks, pita chips, salted	28.35	1.0 oz	0
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188.0	1.0 cup	0
16513	WORTHINGTON FriChik Original, canned, unprepared	90.0	2.0 pieces	0
17138	Veal, sirloin, separable lean only, cooked, braised	85.0	3.0 oz	0
05353	USDA Commodity, chicken fajita strips, frozen	9.4	1.0 strip	0
22126	LOMA LINDA Big Franks, canned, unprepared	51.0	1.0 link	0
11104	Burdock root, raw	118.0	1.0 cup (1" pieces)	0
14239	Alcoholic beverage, malt beer, hard lemonade	335.0	11.2 fl oz	0
19177	Gelatins, dry powder, unsweetened	7.0	1.0 envelope (1 tbsp)	0
13832	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0
06433	CAMPBELL'S CHUNKY Soups, Old Fashioned Potato Ham Chowder	245.0	1.0 cup	0
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0
17221	Lamb, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	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
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0
14416	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	29.6	1.0 fl oz	0
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0
20040	Rice, brown, medium-grain, raw	190.0	1.0 cup	0
10000	Pork, fresh, composite of separable fat, with added solution, cooked	85.0	3.0 oz	0
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
18614	MARTHA WHITE FOODS, Martha White's Chewy Fudge Brownie Mix, dry	28.0	1.0 serving	0
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
17103	Veal, leg (top round), separable lean only, cooked, roasted	85.0	3.0 oz	0
20314	Corn grain, white	166.0	1.0 cup	0
18348	Rolls, dinner, whole-wheat	28.0	1.0 roll (1 oz)	0
07031	Ham salad spread	15.0	1.0 tbsp	0
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	50.0	10.0 strips	0
17186	Lamb, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	0
19924	Syrup, NESTLE, chocolate	20.0	1.0 tablespoon	0
09442	Pomegranate juice, bottled	249.0	1.0 cup	0
44258	Puddings, chocolate flavor, low calorie, regular, dry mix	9.9	1.0 serving	0
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0
07930	Yachtwurst, with pistachio nuts, cooked	56.0	1.0 serving 2 oz	0
01136	Egg, white, dried, powder, stabilized, glucose reduced	107.0	1.0 cup, sifted	0
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
17279	Veal, shank (fore and hind), separable lean only, cooked, braised	85.0	3.0 oz	0
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
16124	Soy sauce made from soy (tamari)	18.0	1.0 tbsp	0
04576	Fat, goose	12.8	1.0 tbsp	0
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	0
42138	Mayonnaise, reduced-calorie or diet, cholesterol-free	14.6	1.0 tbsp	0
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
18213	Cookies, vanilla wafers, higher fat	30.0	8.0 wafers	0
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0
11712	Bamboo shoots, cooked, boiled, drained, with salt	120.0	1.0 cup (1/2" slices)	0
10150	Pork, cured, ham, whole, separable lean and fat, unheated	140.0	1.0 cup	0
20098	Pasta, homemade, made without egg, cooked	57.0	2.0 oz	0
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
16531	WORTHINGTON Prosage Links, frozen, unprepared	45.0	2.0 links	0
22908	Beef, corned beef hash, with potato, canned	236.0	1.0 cup	0
10863	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	85.0	3.0 oz	0
16005	Beans, baked, home prepared	253.0	1.0 cup	0
18261	English muffins, mixed-grain, toasted (includes granola)	28.35	1.0 oz	0
28341	Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch	78.0	1.0 roll	0
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	28.35	1.0 oz	0
05324	Chicken patty, frozen, cooked	60.0	1.0 patty	0
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	13.6	1.0 tbsp	0
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	28.35	1.0 oz	0
14475	Beverages, ARIZONA, tea, ready-to-drink, lemon	30.6	1.0 fl oz	0
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	47.0	2.0 biscuits (1 NLEA serving)	0
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	15.0	1.0 tbsp	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
14215	Beverages, coffee, instant, regular, prepared with water	29.8	1.0 fl oz	0
08389	Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs	30.0	1.0 cup (1 NLEA serving)	0
13158	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled	85.0	3.0 oz	0
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
17338	Game meat, elk, ground, raw	102.0	1.0 patty (yield from 102.2 g raw meat)	0
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
04593	Fish oil, salmon	13.6	1.0 tbsp	0
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	0
14367	Beverages, tea, instant, unsweetened, prepared with water	29.7	1.0 fl oz	0
42173	Turkey and pork sausage, fresh, bulk, patty or link, cooked	130.0	1.0 cup, cooked	0
13392	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	85.0	3.0 oz	0
06594	CAMPBELL'S Soup on the Go, New England Clam Chowder	305.0	1.0 container	0
07949	Frankfurter, meat, heated	52.0	1.0 serving (1 hot dog)	0
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	85.0	3.0 oz	0
03009	Babyfood, meat, ham, junior	28.35	1.0 oz	0
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	0
36002	APPLEBEE'S, french fries	164.0	1.0 serving	0
09255	Pears, canned, extra light syrup pack, solids and liquids	247.0	1.0 cup, halves	0
14022	Beverages, MONSTER energy drink, low carb	240.0	8.0 fl oz	0
19020	Snacks, granola bars, soft, uncoated, plain	28.0	1.0 bar (1 oz)	0
16554	MORNINGSTAR FARMS Tomato & Basil Pizza Burger, frozen, unprepared	67.0	1.0 burger	0
17167	Game meat, elk, cooked, roasted	85.0	3.0 oz	0
05648	Ostrich, outside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	0
06188	Soup, beef broth, less/reduced sodium, ready to serve	219.0	1.0 cup	0
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0
09410	Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid	211.0	1.0 can (6 fl oz)	0
14168	Beverages, Carob-flavor beverage mix, powder	12.0	1.0 tbsp	0
19118	Candies, NESTLE, OH HENRY! Bar	57.0	1.0 bar 2 oz	0
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
17049	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) 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
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	0
04541	Oil, cupu assu	13.6	1.0 tablespoon	0
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
14281	Beverages, tea, black, ready to drink, decaffeinated	240.0	1.0 cup	0
19222	Desserts, rennin, vanilla, dry mix	10.8	1.0 tbsp	0
08546	Rice and Wheat cereal bar	22.0	1.0 bar	0
28385	PEPPERIDGE FARM, Jewish Rye Bread (Seedless)	32.0	1.0 serving	0
17132	Veal, shoulder, blade, separable lean only, cooked, braised	85.0	3.0 oz	0
11363	Potatoes, baked, flesh, without salt	61.0	0.5 cup	0
04664	Oil, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings	13.6	1.0 tbsp	0
20648	Sorghum flour, whole-grain	121.0	1.0 cup	0
10117	Pork, fresh, variety meats and by-products, spleen, raw	28.35	1.0 oz	0
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	27.8	1.0 fl oz	0
19083	Candies, sweet chocolate coated fondant	43.0	1.0 patty, large	0
08183	Cereals, whole wheat hot natural cereal, cooked with water, with salt	242.0	1.0 cup	0
19351	Syrups, corn, high-fructose	310.0	1.0 cup	0
08683	Cereals ready-to-eat, CASCADIAN FARM, Multi-Grain Squares	53.0	1.0 cup (1 NLEA serving)	0
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
18025	Bread, cracked-wheat	28.35	1.0 oz	0
16510	WORTHINGTON Chili, canned, unprepared	230.0	1.0 cup	0
17135	Veal, sirloin, separable lean and fat, cooked, braised	85.0	3.0 oz	0
22121	MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared	71.0	1.0 Burger	0
19173	Gelatin desserts, dry mix, prepared with water	135.0	0.5 cup	0
19819	Snacks, rice cakes, brown rice, sesame seed, unsalted	9.0	1.0 cake	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
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
07069	Salami, cooked, beef and pork	12.3	1.0 slice round	0
17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
17218	Veal, variety meats and by-products, thymus, raw	28.35	1.0 oz	0
14411	Beverages, water, tap, drinking	29.6	1.0 fl oz	0
08640	Cereals, QUAKER, Instant Oatmeal Organic, Regular	41.0	1.0 packet	0
20036	Rice, brown, long-grain, raw	185.0	1.0 cup	0
42231	Oil, flaxseed, cold pressed	13.6	1.0 tbsp	0
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
11747	Burdock root, cooked, boiled, drained, with salt	125.0	1.0 cup (1" pieces)	0
17100	Veal, leg (top round), separable lean only, cooked, braised	85.0	3.0 oz	0
16172	Refried beans, canned, fat-free	231.0	1.0 cup	0
18345	Rolls, dinner, oat bran	28.35	1.0 oz	0
07028	Ham, sliced, packaged (96% fat free, water added)	23.0	1.0 slice	0
08120	Cereals, oats, regular and quick, not fortified, dry	81.0	1.0 cup	0
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	202.0	1.0 potato (2-1/3" x 4-3/4")	0
17183	Game meat, squirrel, raw	28.35	1.0 oz	0
22962	LEAN POCKETS, Ham N Cheddar	127.0	1.0 hot pocket (1 NLEA serving)	0
11430	Radishes, oriental, raw	116.0	1.0 cup slices	0
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
18457	Crackers, saltines, fat-free, low-sodium	15.0	3.0 saltines	0
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0
06384	CAMPBELL'S CHUNKY Soups, Baked Potato with Steak & Cheese Soup	245.0	1.0 cup	0
23507	USDA Commodity, beef, patties (100%), frozen, raw	85.0	3.0 oz	0
16121	Soy protein concentrate, produced by alcohol extraction	28.35	1.0 oz	0
04573	Oil, ucuhuba butter	13.6	1.0 tbsp	0
19246	Frostings, white, fluffy, dry mix	207.0	1.0 package	0
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	0
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
10142	Pork, cured, ham, center slice, separable lean and fat, unheated	28.35	1.0 oz	0
14145	Beverages, carbonated, SPRITE, lemon-lime, without caffeine	30.8	1.0 fl oz	0
19099	Candies, fondant, prepared-from-recipe	28.35	1.0 oz	0
12206	Nuts, almonds, honey roasted, unblanched	144.0	1.0 cup whole kernels	0
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
18045	Bread, pumpernickel, toasted	28.35	1.0 oz	0
06326	Gravy, CAMPBELL'S, turkey	59.0	0.25 cup	0
16527	WORTHINGTON Meatless Corned Beef Roll, frozen, unprepared	55.0	2.0 slices , 3/8"	0
17151	Game meat, beaver, cooked, roasted	85.0	3.0 oz	0
05624	Emu, fan fillet, cooked, broiled	85.0	1.0 serving (3 oz)	0
19194	Puddings, rice, dry mix	106.0	1.0 package	0
13337	Beef, variety meats and by-products, thymus, raw	28.35	1.0 oz	0
13847	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
14148	Beverages, carbonated, cola, regular	30.7	1.0 fl oz	0
18168	Cookies, chocolate sandwich, with extra creme filling	28.35	1.0 oz	0
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	147.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0
17234	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
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
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	107.0	1.0 chop	0
16088	Peanuts, all types, cooked, boiled, with salt	63.0	1.0 cup in shell, edible yield	0
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1.0 tablespoon	0
20054	Rice, white, glutinous, unenriched, uncooked	185.0	1.0 cup	0
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0
11852	Salsify, cooked, boiled, drained, with salt	135.0	1.0 cup slices	0
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	24.0	1.0 mini bagel (2-1/2" dia)	0
11448	Sesbania flower, cooked, steamed, without salt	104.0	1.0 cup	0
16049	Beans, white, mature seeds, raw	202.0	1.0 cup	0
16420	Soy protein concentrate, produced by acid wash	28.35	1.0 oz	0
21514	KASHI Pizza, Tikka Masala, single serve, frozen, unprepared	159.0	1.0 pizza	0
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	85.0	3.0 oz	0
14210	Beverages, coffee, brewed, espresso, restaurant-prepared	29.6	1.0 fl oz	0
19151	Candies, REESE'S PIECES Candy	47.0	0.25 cup	0
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	85.0	1.0 package (3 oz)	0
13149	Beef, rib, shortribs, separable lean only, choice, raw	28.35	1.0 oz	0
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0
07050	Mortadella, beef, pork	28.35	1.0 oz	0
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
16135	Winged beans, mature seeds, raw	182.0	1.0 cup	0
04590	Fish oil, herring	13.6	1.0 tbsp	0
16618	MORNINGSTAR FARMS Spicy Indian Veggie Burger, frozen, unprepared	67.0	1.0 burger	0
14356	Beverages, tea, instant, decaffeinated, lemon, diet	1.6	2.0 tsp	0
19268	Candies, dark chocolate coated coffee beans	40.0	1.0 serving 28 pieces	0
08599	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS	55.0	1.0 cup (1 NLEA serving)	0
13389	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0
07943	Turkey, breast, smoked, lemon pepper flavor, 97% fat-free	28.0	1.0 slice	0
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	256.0	1.0 cup	0
04700	Oil, industrial, soy, ultra low linolenic	13.6	1.0 tablespoon	0
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	140.0	1.0 cup	0
14628	Beverages, Energy drink, AMP, sugar free	240.0	8.0 fl oz	0
03005	Babyfood, meat, veal, strained	16.0	1.0 tbsp	0
20116	Noodles, japanese, somen, dry	57.0	2.0 oz	0
43142	Radishes, hawaiian style, pickled	150.0	1.0 cup	0
18065	Bread, wheat, toasted	28.35	1.0 oz	0
07005	Blood sausage	100.0	4.0 slices	0
16549	MORNINGSTAR FARMS Grillers Prime, frozen, unprepared	71.0	1.0 burger	0
17164	Game meat, deer, raw	28.35	1.0 oz	0
05645	Ostrich, inside leg, cooked	85.0	1.0 serving (3 oz)	0
06180	Soup, shark fin, restaurant-prepared	216.0	1.0 cup	0
13860	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0
14165	Beverages, carbonated, limeade, high caffeine	253.0	1.0 cup	0
07908	Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)	56.0	2.0 oz 1 NLEA serving	0
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
17046	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0
17247	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0
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
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	92.0	1.0 piece	0
03269	Babyfood, juice, apple, with calcium	189.0	1.0 serving	0
04534	Oil, babassu	13.6	1.0 tbsp	0
13951	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
14278	Beverages, tea, green, brewed, regular	245.0	1.0 cup	0
19218	Puddings, tapioca, ready-to-eat	28.35	1.0 oz	0
13353	Beef, cured, luncheon meat, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	85.0	3.0 oz	0
18186	Cookies, peanut butter, commercially prepared, soft-type	28.35	1.0 oz	0
06476	Soup, beef broth, cubed, prepared with water	240.0	1.0 serving 1 cup	0
16246	SILK Nog, soymilk	122.0	0.5 cup	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	13.6	1.0 tbsp	0
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	0
01074	Sour cream, imitation, cultured	28.35	1.0 oz	0
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	240.0	1.0 cup	0
16507	LOMA LINDA Redi-Burger, canned, unprepared	85.0	1.0 slice , 5/8"	0
08451	Cereals, QUAKER, Quick Oats with Iron, Dry	40.0	0.5 cup	0
19816	Snacks, rice cakes, brown rice, plain, unsalted	9.0	1.0 cake	0
01172	Egg, white, raw, frozen, pasteurized	28.0	1.0 oz	0
13317	Beef, ground, patties, frozen, cooked, broiled	85.0	3.0 oz	0
43384	Beef, bologna, reduced sodium	138.0	1.0 cup pieces	0
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0
16163	MORI-NU, Tofu, silken, extra firm	84.0	1.0 slice	0
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0
17215	Lamb, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0
04058	Oil, sesame, salad or cooking	13.6	1.0 tablespoon	0
20033	Oat bran, raw	94.0	1.0 cup	0
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
28314	Crackers, sandwich-type, peanut butter filled, reduced fat	36.0	1.0 package	0
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	85.0	3.0 oz	0
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	85.0	3.0 oz	0
19422	Snacks, potato chips, reduced fat	28.35	1.0 oz	0
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	211.0	1.0 can (6 fl oz)	0
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	27.8	1.0 fl oz	0
18339	Popovers, dry mix, enriched	28.35	1.0 oz	0
07025	Frankfurter, turkey	28.35	1.0 oz	0
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	240.0	1.0 cup	0
17180	Game meat, rabbit, wild, raw	28.35	1.0 oz	0
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0
16377	Lupins, mature seeds, cooked, boiled, with salt	166.0	1.0 cup	0
44018	Sweeteners, tabletop, fructose, liquid	0.1	1.0 serving	0
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0
14189	Beverages, The COCA-COLA company, Minute Maid, Lemonade	240.0	8.0 fl oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	28.35	1.0 oz	0
13020	Beef, retail cuts, separable fat, cooked	28.35	1.0 oz	0
17263	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0
11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	0
04560	Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)	12.8	1.0 tbsp	0
16592	MORNINGSTAR FARMS California Turk'y Burger, frozen, unprepared	64.0	1.0 burger	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
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	28.35	1.0 oz	0
42128	Turkey ham, sliced, extra lean, prepackaged or deli-sliced	138.0	1.0 cup pieces	0
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0
04679	Oil, PAM cooking spray, original	0.3	1.0 spray , about 1/3 second (1 NLEA serving)	0
17065	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	0
10138	Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	140.0	1.0 cup	0
14142	Beverages, carbonated, grape soda	31.0	1.0 fl oz	0
02053	Vinegar, distilled	14.9	1.0 tbsp	0
19368	Candies, MARS SNACKFOOD US, SKITTLES Tropical Bite Size Candies	62.0	1.0 serving 2.1 oz bag	0
35146	Stew, mutton, corn, squash (Navajo)	303.0	1.0 serving	0
43060	Chewing gum, sugarless	2.0	1.0 piece	0
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	0
06321	Gravy, CAMPBELL'S, golden pork	59.0	0.25 cup	0
11798	Mushrooms, shiitake, cooked, with salt	145.0	1.0 cup pieces	0
16524	WORTHINGTON Veja-Links, canned, unprepared	31.0	1.0 link	0
17148	Bison, ground, grass-fed, cooked	85.0	3.0 oz	0
05621	Emu, ground, raw	117.0	1.0 patty	0
10856	HORMEL ALWAYS TENDER, Boneless Pork Loin, Fresh Pork	28.0	1.0 oz	0
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	84.0	1.0 serving	0
13333	Beef, variety meats and by-products, spleen, raw	28.35	1.0 oz	0
13844	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
18414	Bread, raisin, unenriched	28.35	1.0 oz	0
07090	Luncheon sausage, pork and beef	23.0	1.0 slice (4" dia x 1/8" thick)	0
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0
17231	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0
11230	Pepeao, dried	24.0	1.0 cup	0
19320	Puddings, banana, dry mix, regular	88.0	1.0 package (3.12 oz)	0
04502	Oil, cottonseed, salad or cooking	13.6	1.0 tablespoon	0
20051	Rice, white, medium-grain, enriched, cooked	186.0	1.0 cup	0
09183	Melons, casaba, raw	170.0	1.0 cup, cubes	0
42272	Snacks, granola bar, with coconut, chocolate coated	28.35	1.0 oz	0
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	28.35	1.0 oz	0
08500	Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	0
17113	Veal, rib, separable lean only, raw	28.35	1.0 oz	0
04644	Oil, industrial, canola for salads, woks and light frying	13.6	1.0 tablespoon	0
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	158.0	1.0 cup	0
09286	Pomegranates, raw	87.0	0.5 cup arils (seed/juice sacs)	0
43325	Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted	28.35	1.0 oz, boneless	0
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0
14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	30.5	1.0 fl oz	0
02020	Spices, garlic powder	3.1	1.0 tsp	0
08144	Cereals, whole wheat hot natural cereal, dry	94.0	1.0 cup	0
07044	USDA Commodity, luncheon meat, canned	45.0	1.0 serving	0
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	0
16132	Tofu, salted and fermented (fuyu)	11.0	1.0 block	0
04587	Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed	12.8	1.0 tbsp	0
16615	MORNINGSTAR FARMS Chipotle Black Bean Crumbles, frozen, unprepared	56.0	0.5 cup	0
14352	Beverages, tea, black, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz	0
12078	Nuts, brazilnuts, dried, unblanched	133.0	1.0 cup, whole	0
13386	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0
18220	Crackers, melba toast, plain	14.2	0.5 oz	0
07940	Macaroni and cheese loaf, chicken, pork and beef	38.0	1.0 slice	0
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	28.35	1.0 oz	0

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11006	Arrowhead, cooked, boiled, drained, without salt	12.0	1.0 medium	0
14625	Beverages, Energy drink, AMP	240.0	1.0 serving	0
20113	Noodles, chinese, chow mein	28.0	0.5 cup dry	0
43134	Vegetarian fillets	85.0	1.0 fillet	0
14013	Alcoholic beverage, beer, light, low carb	29.5	1.0 fl oz	0
12086	Nuts, cashew nuts, oil roasted, without salt added	129.0	1.0 cup, whole	0
16542	MORNINGSTAR FARMS Breakfast Bacon Strips, frozen, unprepared	16.0	2.0 strips	0
17161	Game meat, buffalo, water, cooked, roasted	85.0	3.0 oz	0
05642	Ostrich, ground, cooked, pan-broiled	93.0	1.0 patty	0
06176	Sauce, oyster, ready-to-serve	18.0	1.0 tbsp	0
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	0
13857	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0
14162	Beverages, Apple juice drink, light, fortified with vitamin C	240.0	8.0 fl oz	0
18428	Crackers, wheat, low salt	14.2	0.5 oz	0
07905	Frankfurter, beef, pork, and turkey, fat free	57.0	1.0 frank 1 NLEA serving	0
19112	Candies, TWIZZLERS Strawberry Twists Candy	45.0	4.0 pieces 1.6oz	0
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0
12586	Nuts, cashew nuts, oil roasted, with salt added	129.0	1.0 cup, whole	0
17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
17244	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0
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
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	85.0	3.0 oz	0
16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	0
04530	Oil, apricot kernel	13.6	1.0 tablespoon	0
20068	Tapioca, pearl, dry	152.0	1.0 cup	0
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
14270	Beverages, coffee, instant, vanilla, sweetened, decaffeinated, with non dairy creamer	15.0	1.0 serving	0
18949	Crackers, whole-wheat, reduced fat	29.0	1.0 serving	0
25024	Pretzels, soft, unsalted	143.0	1.0 large	0
13350	Beef, cured, dried	28.0	10.0 slices	0
17126	Veal, shoulder, arm, separable lean only, cooked, braised	85.0	3.0 oz	0
04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	13.6	1.0 tbsp	0
09299	Raisins, seeded	165.0	1.0 cup, packed	0
14076	Beverages, ICELANDIC, Glacial Natural spring water	100.0	1.0 serving	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
14542	Lemonade, frozen concentrate, pink	36.4	1.0 fl oz	0
02033	Spices, poppy seed	2.8	1.0 tsp	0
19076	Candies, caramels, chocolate-flavor roll	6.6	1.0 piece	0
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	251.0	1.0 cup (1 serving)	0
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	3.5	1.0 tsp	0
17209	Lamb, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	0
18017	Biscuits, mixed grain, refrigerated dough	28.35	1.0 oz	0
04038	Oil, wheat germ	4.5	1.0 tsp	0
16504	LOMA LINDA Tender Rounds with Gravy, canned, unprepared	80.0	6.0 pieces	0
19166	Cocoa, dry powder, unsweetened, processed with alkali	86.0	1.0 cup	0
19812	Snacks, pretzels, hard, plain, made with unenriched flour, salted	28.35	1.0 oz	0
23314	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	0
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	175.0	1.0 cup, cubes	0
16159	Tofu, extra firm, prepared with nigari	91.0	0.2 block	0
17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
17212	Veal, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0
21328	McDONALD'S, Sausage McGRIDDLES	135.0	1.0 item	0
14400	Beverages, carbonated, cola, fast-food cola	258.0	1.0 serving child 12 fl oz, without ice	0
03194	Babyfood, cereal, rice, dry fortified	2.5	1.0 tbsp	0
04047	Oil, coconut	13.6	1.0 tbsp	0
42193	Salad Dressing, mayonnaise-like, fat-free	16.0	1.0 tbsp	0
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
18236	Cracker meal	28.35	1.0 oz	0
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
17094	Veal, leg (top round), separable lean and fat, raw	28.35	1.0 oz	0
17351	Veal, Australian, shank, hind, bone-in, separable lean only, raw	85.0	3.0 oz	0
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	140.0	1.0 cup	0
11027	Bamboo shoots, cooked, boiled, drained, without salt	120.0	1.0 cup (1/2" slices)	0
14645	Beverages, Fruit flavored drink, less than 3% juice, not fortified with vitamin C	238.0	1.0 cup (8 fl oz)	0
04615	Shortening, vegetable, household, composite	12.8	1.0 tbsp	0
20134	Rice noodles, cooked	176.0	1.0 cup	0
43218	Cereals ready-to-eat, ALPEN	55.0	0.67 cup (1 NLEA serving)	0
14034	Alcoholic beverage, creme de menthe, 72 proof	33.6	1.0 fl oz	0
18336	Pie crust, standard-type, prepared from recipe, baked	23.0	1.0 piece (1/8 of 9" crust)	0
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	11.0	1.0 tbsp	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
12114	Nuts, coconut meat, dried (desiccated), toasted	28.35	1.0 oz	0
17177	Game meat, rabbit, domesticated, composite of cuts, raw	28.35	1.0 oz	0
05658	Ostrich, top loin, cooked	85.0	1.0 serving (3 oz)	0
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
14183	Beverages, coffee, ready to drink, iced, mocha, milk based	265.0	1.0 cup	0
18447	Popovers, dry mix, unenriched	28.35	1.0 oz	0
07921	Bacon and beef sticks	28.0	1.0 oz	0
19129	Syrups, table blends, pancake	314.0	1.0 cup	0
11922	Sesbania flower, cooked, steamed, with salt	104.0	1.0 cup	0
13001	Beef, carcass, separable lean and fat, choice, raw	28.35	1.0 oz	0
17260	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0
18086	Cake, angelfood, commercially prepared	28.0	1.0 piece (1/12 of 12 oz cake)	0
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	0
04554	Shortening industrial, soybean (hydrogenated) and cottonseed	12.8	1.0 tbsp	0
20086	Wheat flour, white, tortilla mix, enriched	111.0	1.0 cup	0
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
06529	CAMPBELL'S Homestyle Light New England Clam Chowder	245.0	1.0 cup	0
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
16260	SILK Original Creamer	15.0	1.0 tbsp	0
17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	140.0	1.0 cup	0
14121	Beverages, carbonated, club soda	29.6	1.0 fl oz	0
02050	Vanilla extract	4.2	1.0 tsp	0
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
06318	Gravy, CAMPBELL'S, country style cream	59.0	0.25 cup	0
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	0
25046	Snacks, bagel chips, plain	28.35	1.0 oz	0
16521	WORTHINGTON Vegetable Skallops, canned, unprepared	85.0	0.5 cup	0
17145	Game meat, antelope, cooked, roasted	85.0	3.0 oz	0
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	0
10853	HORMEL ALWAYS TENDER, Pork Tenderloin, Peppercorn-Flavored	112.0	4.0 oz	0
14247	Beverages, tea, black, ready to drink	473.0	16.0 fl oz	0
19187	Flan, caramel custard, dry mix	85.0	1.0 package (3 oz)	0
08488	Cereals, MALT-O-MEAL, Farina Hot Wheat Cereal, dry	35.0	3.0 tbsp (1 NLEA serving)	0
13330	Beef, variety meats and by-products, mechanically separated beef, raw	28.35	1.0 oz	0
13841	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
18408	Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)	28.35	1.0 oz	0
07083	Sausage, Vienna, canned, chicken, beef, pork	16.0	1.0 sausage (7/8" dia x 2" long)	0
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0
17228	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
23038	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	0
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	140.0	1.0 cup	0
19315	Candies, MARS SNACKFOOD US, STARBURST Sour Fruit Chews	59.0	1.0 serving 2.07 oz pack	0
04146	Salad dressing, french, cottonseed, oil, home recipe	14.0	1.0 tablespoon	0
20048	Rice, white, long-grain, precooked or instant, enriched, dry	95.0	1.0 cup	0
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	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)	0
14251	Alcoholic beverages, beer, higher alcohol	30.6	1.0 fl oz	0
06726	Soup, chicken mushroom chowder, chunky, ready-to-serve, single brand	240.0	1.0 serving	0
18633	PILLSBURY GRANDS, Buttermilk Biscuits, refrigerated dough	34.0	1.0 biscuit	0
28327	Crackers, water biscuits	14.0	4.0 cracker 1 serving	0
17110	Veal, rib, separable lean and fat, raw	28.35	1.0 oz	0
20324	Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	0
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0
19053	Snacks, rice cakes, brown rice, sesame seed	9.0	1.0 cake	0
17193	Veal, variety meats and by-products, heart, raw	28.35	1.0 oz	0
16046	Beans, small white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	0
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	0
05024	Chicken, gizzard, all classes, cooked, simmered	145.0	1.0 cup chopped or dice	0
14206	Beverages, tea, green, ready-to-drink, sweetened	270.0	1.0 cup	0
19704	Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium	9.0	1.0 tbsps	0
28290	Cookie, with peanut butter filling, chocolate-coated	25.0	2.0 cookies	0
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0
17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	85.0	3.0 oz	0
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0
02074	Seasoning mix, dry, sazón, coriander & annatto	1.0	0.25 tsp	0
19106	Candies, gumdrops, starch jelly pieces	182.0	1.0 cup gumdrops	0
19387	Frozen novelties, ice type, pineapple-coconut	99.0	0.5 cup (4 fl oz)	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
12539	Seeds, sunflower seed kernels, toasted, with salt added	134.0	1.0 cup	0
43130	Frankfurter, meatless	140.0	1.0 cup, sliced	0
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
14006	Alcoholic beverage, beer, light	29.5	1.0 fl oz	0
11808	Parsnips, cooked, boiled, drained, with salt	78.0	0.5 cup slices	0
16535	WORTHINGTON Stripplles, frozen, unprepared	16.0	2.0 strip	0
17158	Game meat, boar, wild, raw	28.35	1.0 oz	0
05631	Emu, oyster, raw	85.0	3.0 oz	0
16009	Beans, baked, canned, with pork	253.0	1.0 cup	0
43514	Frozen novelties, ice type, pop, with low calorie sweetener	55.0	1.0 serving 1.75 fl oz pop	0
13854	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0
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
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	14.2	0.5 oz	0
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0
17040	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	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
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	85.0	3.0 oz	0
16095	Peanuts, virginia, raw	146.0	1.0 cup	0
04520	Fat, mutton tallow	12.8	1.0 tbsp	0
20065	Rye flour, light	102.0	1.0 cup	0
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
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
13347	Beef, cured, corned beef, brisket, cooked	85.0	3.0 oz	0
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	85.0	3.0 oz	0
04655	Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries	14.0	1.0 tbsp	0
20451	Rice, white, medium-grain, cooked, unenriched	186.0	1.0 cup	0
14073	Beverages, ZEVIA, cola	355.0	1.0 can	0
14537	Carbonated beverage, low calorie, other than cola or pepper, with sodium saccharin, without caffeine	29.6	1.0 fl oz	0
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	0
19334	Sugars, brown	3.0	1.0 tsp unpacked	0
18271	Ice cream cones, cake or wafer-type	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	12.8	1.0 tbsp	0
16436	Winged beans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0
14222	Beverages, coffee, instant, with chicory	1.8	1.0 tsp, rounded	0
19809	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted	28.35	1.0 oz	0
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
43367	Turkey, drumstick, smoked, cooked, with skin, bone removed	21.0	1.0 oz with bone, cooked (yield after bone removed)	0
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	0
18374	Leavening agents, yeast, baker's, compressed	17.0	1.0 cake (0.6 oz)	0
23311	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	0
07060	Luxury loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	0
11590	Waterchestnuts, chinese, canned, solids and liquids	70.0	0.5 cup slices	0
04609	Animal fat, bacon grease	4.3	1.0 tsp	0
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	145.0	1.0 chop	0
14384	Beverages, water, bottled, PERRIER	29.6	1.0 fl oz	0
20027	Cornstarch	128.0	1.0 cup	0
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	0
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	102.0	1.0 steak (yield from 134.9 g raw meat)	0
11299	Parsnips, cooked, boiled, drained, without salt	78.0	0.5 cup slices	0
14640	Beverages, Energy drink, VAULT, citrus flavor	31.0	1.0 oz	0
03016	Babyfood, meat, turkey, junior	19.0	1.0 tbsp	0
19415	Snacks, potato sticks	28.35	1.0 oz	0
09011	Apples, dried, sulfured, uncooked	86.0	1.0 cup	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
18333	Pie crust, standard-type, dry mix, prepared, baked	20.0	1.0 piece (1/8 of 9" crust)	0
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	0
08101	Cereals, CREAM OF RICE, cooked with water, without salt	244.0	1.0 cup	0
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	0
16570	GARDENBURGER Black Bean Chipotle Burger, frozen, unprepared	71.0	1.0 patty	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
17174	Game meat, muskrat, raw	28.35	1.0 oz	0
05655	Ostrich, tip trimmed, raw	85.0	1.0 serving (cooked from 4 oz raw)	0
16027	Beans, kidney, all types, mature seeds, raw	184.0	1.0 cup	0
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0
14180	Beverages, coffee, brewed, breakfast blend	248.0	1.0 cup	0
01124	Egg, white, raw, fresh	33.0	1.0 large	0
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0
11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	0
04549	Shortening industrial, lard and vegetable oil	12.8	1.0 tbsp	0
16584	GARDENBURGER Savory Portabella Veggie Burger, frozen, unprepared	71.0	1.0 patty	0
20082	Wheat flour, white, all-purpose, self-rising, enriched	125.0	1.0 cup	0
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
14296	Beverages, lemonade-flavor drink, powder	18.0	1.0 serving	0
42055	Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame	8.0	1.0 tsp	0
06125	Gravy, turkey, canned, ready-to-serve	238.0	1.0 cup	0
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
11696	Tomatoes, yellow, raw	139.0	1.0 cup, chopped	0
16257	SILK Blueberry soy yogurt	170.0	1.0 container	0
17059	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw	28.35	1.0 oz	0
10128	Pork, cured, breakfast strips, raw or unheated	85.0	3.0 oz	0
14604	Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener	29.6	1.0 fl oz	0
02047	Salt, table	6.0	1.0 tsp	0
19362	Syrups, table blends, corn, refiner, and sugar	316.0	1.0 cup	0
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
18036	Bread, multi-grain, toasted (includes whole-grain)	28.35	1.0 oz	0
16517	WORTHINGTON Prime Stakes, canned, unprepared	92.0	1.0 piece	0
17142	Veal, ground, raw	85.0	3.0 oz	0
19184	Puddings, chocolate, dry mix, instant	99.0	1.0 package (3.5 oz)	0
43406	Yeast extract spread	6.0	1.0 tsp	0
13838	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
07077	Smoked link sausage, pork and beef, nonfat dry milk added	68.0	1.0 link (4" long x 1-1/8" dia)	0
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0
17225	Lamb, ground, cooked, broiled	85.0	3.0 oz	0
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

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
14424	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore.	35.3	1.0 fl oz	0
20045	Rice, white, long-grain, regular, enriched, cooked	158.0	1.0 cup	0
09173	Longans, dried	1.7	1.0 fruit	0
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
13921	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	140.0	1.0 steak (yield from 181 g raw meat)	0
18629	PILLSBURY, Buttermilk Biscuits, Artificial Flavor, refrigerated dough	64.0	1.0 biscuit	0
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	23.0	1.0 Roll	0
17107	Veal, loin, separable lean only, raw	85.0	3.0 oz	0
20321	Pasta, cooked, enriched, with added salt	124.0	1.0 cup spaghetti not packed	0
14052	Alcoholic beverage, distilled, whiskey, 86 proof	27.8	1.0 fl oz	0
07036	Sausage, Italian, pork, raw	113.0	1.0 link, 4/lb	0
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	28.35	1.0 oz	0
12131	Nuts, macadamia nuts, raw	134.0	1.0 cup, whole or halves	0
17190	Veal, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0
16397	Peanut butter, chunk style, without salt	32.0	2.0 tbsp	0
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
14202	Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated	29.6	1.0 fl oz	0
07934	Kielbasa, Polish, turkey and beef, smoked	56.0	1.0 serving 2 oz	0
11938	Mushroom, white, exposed to ultraviolet light, raw	70.0	1.0 cup pieces or slices	0
13095	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0
23295	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	0
04584	Oil, sunflower, high oleic (70% and over)	14.0	1.0 tbsp	0
16609	MORNINGSTAR FARMS Breakfast Pattie, frozen, unprepared	38.0	1.0 pattie	0
20009	Buckwheat groats, roasted, dry	164.0	1.0 cup	0
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
18217	Crackers, matzo, plain	14.2	0.5 oz	0
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	0
11390	Potatoes, hash brown, frozen, plain, unprepared	105.0	0.5 cup	0
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
13341	Beef, variety meats and by-products, tripe, raw	28.35	1.0 oz	0
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0
14153	Beverages, carbonated, pepper-type, contains caffeine	30.7	1.0 fl oz	0
07236	OSCAR MAYER, Smokies Sausage Little Cheese (pork, turkey)	9.0	1.0 link	0
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
08245	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin	62.0	1.0 cup (1 NLEA serving)	0
17037	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	85.0	3.0 oz	0
11237	Kanpyo, (dried gourd strips)	6.3	1.0 strip	0
16092	Peanuts, spanish, oil-roasted, with salt	147.0	1.0 cup	0
04516	Oil, teaseed	13.6	1.0 tablespoon	0
42285	Babyfood, cereal, brown rice, dry, instant	3.7	1.0 tbsp	0
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
25017	Formulated bar, POWER BAR, chocolate	68.0	1.0 bar	0
13344	Beef, cured, breakfast strips, raw or unheated	68.0	3.0 slices	0
17120	Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	0
05333	Chicken, ground, crumbles, cooked, pan-browned	85.0	3.0 oz crumbled	0
04652	Oil, industrial, soy (partially hydrogenated), all purpose	13.6	1.0 tbsp	0
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	0
14066	Beverages, Protein powder whey based	32.0	0.33 cup	0
14533	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof	27.8	1.0 fl oz	0
19068	Candies, NESTLE, BIT-O'-HONEY Candy Chews	40.0	1.0 serving 6 pieces	0
16429	Tofu, fried, prepared with calcium sulfate	13.0	1.0 piece	0
14219	Beverages, coffee, instant, decaffeinated, prepared with water	29.9	1.0 fl oz	0
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	85.0	3.0 oz	0
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	92.0	1.0 steak (yield from 123.5 g raw meat)	0
18371	Leavening agents, baking powder, low-sodium	5.0	1.0 tsp	0
23308	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0
07057	Pepperoni, beef and pork, sliced	85.0	3.0 oz	0
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
16149	Peanut spread, reduced sugar	31.0	2.0 tbsp	0
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
14375	Beverages, tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	1.6	2.0 tsp	0
19280	Frozen novelties, ice type, lime	99.0	0.5 cup (4 fl oz)	0
31029	Potatoes, french fried, wedge cut, frozen, unprepared	85.0	3.0 oz	0
13396	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	85.0	3.0 oz	0
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	50.0	10.0 strips	0
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
16350	Beans, white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	0
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0
14636	Beverages, fruit juice drink, reduced sugar, with vitamin E added	209.0	1.0 container	0
12100	Nuts, chestnuts, european, dried, peeled	28.35	1.0 oz	0
16560	MORNINGSTAR FARMS Corn Dog, frozen, unprepared	71.0	1.0 dog	0
17171	Game meat, horse, cooked, roasted	85.0	3.0 oz	0
05652	Ostrich, oyster, cooked	85.0	1.0 serving (3 oz)	0
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	0
16024	Beans, great northern, mature seeds, raw	183.0	1.0 cup	0
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0
14174	Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C	240.0	8.0 fl oz	0
18438	English muffins, plain, unenriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0
07915	Sausage, Polish, beef with chicken, hot	55.0	1.0 serving 5 pieces	0
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0
17254	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0
18079	Bread crumbs, dry, grated, plain	28.35	1.0 oz	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
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	0
04545	Oil, sunflower, linoleic, (partially hydrogenated)	13.6	1.0 tbsp	0
20078	Wheat germ, crude	115.0	1.0 cup	0
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
14288	Lemonade, powder, prepared with water	33.0	1.0 fl oz	0
18968	Bagels, wheat	98.0	1.0 bagel	0
19228	Frostings, cream cheese-flavor, ready-to-eat	33.0	2.0 tbsp creamy	0
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
16254	SILK Raspberry soy yogurt	170.0	1.0 container	0
17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0
10121	Pork, fresh, variety meats and by-products, tongue, raw	28.35	1.0 oz	0
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
12176	Nuts, coconut milk, frozen (liquid expressed from grated meat and water)	240.0	1.0 cup	0
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	0
16073	Lima beans, large, mature seeds, canned	241.0	1.0 cup	0
16514	WORTHINGTON Low Fat Fri Chik, canned, unprepared	85.0	2.0 pieces	0
17139	Veal, sirloin, separable lean only, cooked, roasted	85.0	3.0 oz	0
05354	USDA Commodity, turkey taco meat, frozen, cooked	85.0	3.0 oz	0
10802	USDA Commodity, pork, cured, ham, boneless, cooked, heated	28.35	1.0 oz boneless	0
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	0
19823	Potato chips, without salt, reduced fat	28.35	1.0 oz	0
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	85.0	3.0 oz	0
13833	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0
17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	85.0	3.0 oz	0
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	0
11219	Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	146.0	1.0 cup (1" cubes)	0
16076	Lupins, mature seeds, raw	180.0	1.0 cup	0
04135	Salad dressing, home recipe, vinegar and oil	16.0	1.0 tablespoon	0
20041	Rice, brown, medium-grain, cooked	195.0	1.0 cup	0
09164	Litchis, raw	190.0	1.0 cup	0
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0
17104	Veal, loin, separable lean and fat, raw	85.0	3.0 oz	0
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	0
14049	Alcoholic beverage, distilled, gin, 90 proof	27.8	1.0 fl oz	0
18349	Rolls, french	28.35	1.0 oz	0
07032	Ham and cheese loaf or roll	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0
19047	Snacks, pretzels, hard, plain, salted	28.35	1.0 oz	0
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	0
04001	Fat, beef tallow	12.8	1.0 tbsp	0
16392	Peanuts, spanish, oil-roasted, without salt	147.0	1.0 cup	0
21112	Fast foods, hamburger; single, large patty; plain	137.0	1.0 sandwich	0
44259	Puddings, all flavors except chocolate, low calorie, regular, dry mix	113.0	1.0 serving	0
13883	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
19142	Candies, MOUNDS Candy Bar	19.0	1.0 bar snack size	0
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	28.35	1.0 oz	0
16125	Soy sauce made from hydrolyzed vegetable protein	18.0	1.0 tbsp	0
04581	Oil, avocado	14.0	1.0 tbsp	0
16606	MORNINGSTAR FARMS Mediterranean Chickpea, frozen, unprepared	67.0	1.0 Burger	0
08066	Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	14.0	0.75 cup (1 NLEA serving)	0
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	0
13379	Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	235.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0
10152	Pork, cured, ham, whole, separable lean only, unheated	140.0	1.0 cup	0
10994	Bacon, pre-sliced, reduced/low sodium, unprepared	26.0	1.0 slice	0
02068	Vinegar, red wine	14.9	1.0 tbsp	0
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
06332	Gravy, CAMPBELL'S, turkey, microwavable	60.0	0.25 cup	0
16532	WORTHINGTON Prosage Roll, frozen, unprepared	55.0	1.0 slice , 5/8"	0
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85.0	3.0 oz	0
16089	Peanuts, all types, oil-roasted, with salt	144.0	1.0 cup, chopped	0
04513	Vegetable oil, palm kernel	13.6	1.0 tablespoon	0
20055	Rice, white, glutinous, unenriched, cooked	174.0	1.0 cup	0
42281	Gums, seed gums (includes locust bean, guar)	28.35	1.0 oz	0
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	28.35	1.0 oz	0
11766	Chayote, fruit, cooked, boiled, drained, with salt	160.0	1.0 cup (1" pieces)	0
11988	Fungi, Cloud ears, dried	28.0	1.0 cup	0
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	0
05326	Chicken breast tenders, breaded, cooked, microwaved	15.0	1.0 piece	0
04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	13.6	1.0 tbsp	0
20420	Pasta, dry, unenriched	91.0	1.0 cup spaghetti	0
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	111.0	1.0 ear (yield after cooking)	0
14063	Beverages, chocolate powder, no sugar added	11.0	2.0 tbsp	0
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	48.0	1.0 tortilla	0
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	40.0	1.0 serving 6 pieces	0
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	49.0	1.0 cup (1 NLEA serving)	0
08668	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & Almonds	55.0	1.0 cup (1 NLEA serving)	0
14216	Beverages, aloe vera juice drink, fortified with Vitamin C	240.0	8.0 fl oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
19720	Syrups, table blends, pancake, with 2% maple, with added potassium	315.0	1.0 cup	0
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0
17339	Game meat, elk, ground, cooked, pan-broiled	95.0	1.0 patty (yield from 104.1 g raw meat)	0
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
04594	Fish oil, sardine	13.6	1.0 tbsp	0
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0
14368	Beverages, tea, instant, lemon, unsweetened	1.4	1.0 tsp, rounded	0
31026	Potatoes, yellow fleshed, roasted, salt added in processing, frozen, unprepared	85.0	3.0 oz	0
13393	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0
17427	Veal, loin, chop, separable lean only, cooked, grilled	85.0	3.0 oz	0
07950	Frankfurter, meat	52.0	1.0 serving (1 hot dog)	0
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	65.0	10.0 strips	0
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
16346	Beans, small white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	0
17085	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	0
10174	Pork, fresh, variety meats and by-products, tail, raw	28.35	1.0 oz	0
03010	Babyfood, meat, lamb, strained	22.0	1.0 tbsp	0
20121	Pasta, cooked, enriched, without added salt	124.0	1.0 cup spaghetti not packed	0
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	0
43154	Alcoholic beverage, wine, cooking	4.9	1.0 tsp	0
07010	Bologna, pork	28.0	1.0 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)	0
16555	MORNINGSTAR FARMS Buffalo Wings, frozen, unprepared	85.0	5.0 Wings	0
17168	Goat, raw	28.35	1.0 oz	0
05649	Ostrich, outside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	0
16021	Beans, cranberry (roman), mature seeds, canned	260.0	1.0 cup	0
09411	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid	239.0	1.0 cup	0
43544	Babyfood, cereal, rice with pears and apple, dry, instant fortified	15.0	1.0 serving	0
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
19119	Candies, NESTLE, CHUNKY Bar	40.0	1.0 serving 1.4 oz bar	0
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0
17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
10972	Pork, ground, 84% lean / 16% fat, raw	113.0	4.0 oz	0
11254	Lotus root, raw	81.0	10.0 slices (2-1/2" dia)	0
04542	Fat, chicken	12.8	1.0 tbsp	0
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
01222	Yogurt, chocolate, nonfat milk, fortified with vitamin D	170.0	1.0 container (6 oz)	0
19225	Desserts, rennin, tablets, unsweetened	9.9	1.0 package (0.35 oz)	0
28386	PEPPERIDGE FARM, Pumpernickel Bread	32.0	1.0 serving	0
13357	Beef, cured, sausage, cooked, smoked	43.0	1.0 sausage	0
11675	Potatoes, microwaved, cooked in skin, flesh and skin, without salt	202.0	1.0 potato (2-3/4" dia by 4-3/4" long)	0
16251	SILK Vanilla soy yogurt (single serving size)	170.0	1.0 container	0
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	169.0	1.0 cup spaghetti not packed	0
10118	Pork, fresh, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0
14088	Beverages, V8 SPLASH Smoothies, Tropical Colada	246.0	1.0 serving 8 oz	0
14552	Carbonated beverage, chocolate-flavored soda	31.0	1.0 fl oz	0
19084	Candies, HERSHEY'S GOLDEN ALMOND SOLITAIRES	41.0	13.0 pieces	0
19352	Syrups, malt	332.0	1.0 cup	0
08684	Cereals ready-to-eat, CASCADIAN FARM, Honey Nut O's	30.0	1.0 cup (1 NLEA serving)	0
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
16511	WORTHINGTON Choplets, canned, unprepared	92.0	2.0 slices	0
17136	Veal, sirloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
22122	MORNINGSTAR FARMS Breakfast Sausage Patties, frozen, unprepared	38.0	1.0 patty	0
14237	Beverages, coffee substitute, cereal grain beverage, prepared with water	30.1	1.0 fl oz	0
19175	Gelatin desserts, dry mix, reduced calorie, with aspartame	6.4	1.0 serving	0
08462	Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat	54.0	29.0 biscuits (1 NLEA serving)	0
13321	Beef, variety meats and by-products, heart, raw	28.35	1.0 oz	0
43393	Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	59.0	1.25 cup (1 NLEA serving)	0
13830	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0
17219	Veal, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	0
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0
14414	Alcoholic beverage, liqueur, coffee, 53 proof	34.8	1.0 fl oz	0
19304	Molasses	337.0	1.0 cup	0
20037	Rice, brown, long-grain, cooked	202.0	1.0 cup	0
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	85.0	3.0 oz	0
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
16200	Campbell's Brown Sugar And Bacon Flavored Baked Beans	130.0	0.5 cup	0
07029	Ham, sliced, regular (approximately 11% fat)	56.0	56.0 grams 1 serving	0
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234.0	1.0 cup	0
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	78.0	0.5 cup	0
17184	Game meat, squirrel, cooked, roasted	85.0	3.0 oz	0
11431	Radishes, oriental, cooked, boiled, drained, without salt	147.0	1.0 cup, sliced	0
16037	Beans, navy, mature seeds, raw	208.0	1.0 cup	0
19918	Sweetener, herbal extract powder from Stevia leaf	1.0	1.0 package	0
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
07928	Sausage, chicken, beef, pork, skinless, smoked	84.0	1.0 link	0
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0
23508	USDA Commodity, beef, ground, bulk/coarse ground, frozen, raw	85.0	1.0 serving	0
16122	Soy protein isolate	28.35	1.0 oz	0
04574	Fat, duck	12.8	1.0 tbsp	0
19247	Frostings, white, fluffy, dry mix, prepared with water	315.0	1.0 package yields	0
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
06547	Soup, beef mushroom, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0
10146	Pork, cured, ham, patties, unheated	28.35	1.0 oz	0
12220	Seeds, flaxseed	10.3	1.0 tbsp, whole	0
18047	Bread, raisin, enriched	28.35	1.0 oz	0
06988	CAMPBELL'S HEALTHY REQUEST, Cream of Mushroom Soup, condensed	124.0	0.5 cup condensed	0
16528	WORTHINGTON Dinner Roast, frozen, unprepared	85.0	1.0 slice , 3/4"	0
17152	Game meat, beefalo, composite of cuts, raw	28.35	1.0 oz	0
05625	Emu, flat fillet, raw	85.0	3.0 oz	0
13338	Beef, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	0
43479	Alcoholic beverage, rice (sake)	29.1	1.0 fl oz	0
13848	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0
14149	Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	29.6	1.0 fl oz	0
18419	Cake, pudding-type, white, unenriched, dry mix	28.35	1.0 oz	0
07209	OSCAR MAYER, Chicken Breast (honey glazed)	52.0	1.0 serving (4 slices)	0
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	175.0	1.0 cup, cubes	0
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0
17235	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	114.0	4.0 oz	0
43326	Pork, cured, ham, low sodium, lean and fat, cooked	28.35	1.0 oz, boneless	0
10098	Pork, fresh, variety meats and by-products, chitterlings, raw	28.35	1.0 oz	0
14060	Beverages, Energy Drink with carbonated water and high fructose corn syrup	240.0	8.0 fl oz	0
14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	30.5	1.0 fl oz	0
08145	Cereals, whole wheat hot natural cereal, cooked with water, without salt	242.0	1.0 cup	0
19324	Puddings, coconut cream, dry mix, regular	88.0	1.0 package (3.12 oz)	0
27059	Sauce, peanut, made from peanut butter, water, soy sauce	18.0	1.0 tbsp	0
32022	KASHI Three Cheese Ravioli with Mediterranean Tomato Sauce, frozen, unprepared	241.0	0.5 package	0
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
06736	Soup, cream of chicken, canned, condensed, single brand	126.0	1.0 serving	0
16050	Beans, white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	0
16422	Soy protein isolate, potassium type	28.35	1.0 oz	0
21515	MORNINGSTAR FARMS Pizza, Baja Black Bean, single serve, frozen, unprepared	160.0	1.0 pizza	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
14211	Beverages, tea, black, ready-to-drink, lemon, diet	265.0	1.0 cup	0
19709	Puddings, tapioca, dry mix, with no added salt	92.0	1.0 package (3.5 oz)	0
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	121.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
16136	Winged beans, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	0
04591	Fish oil, menhaden	13.6	1.0 tbsp	0
16619	MORNINGSTAR FARMS Tuscan Greens & Beans, frozen, unprepared	241.0	1.0 entree	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
14357	Beverages, tea, instant, decaffeinated, lemon, sweetened	23.0	1.0 serving (3 heaping tsp)	0
42161	Bologna, beef, low fat	28.0	1.0 slice	0
13390	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0
17424	Veal, ground, cooked, pan-fried	85.0	3.0 oz	0
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
16338	Beans, navy, mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, IU(IU) Per Measure
04701	Oil, industrial, soy, fully hydrogenated	13.6	1.0 tablespoon	0
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	85.0	3.0 oz	0
10170	Pork, cured, shoulder, blade roll, separable lean and fat, unheated	28.35	1.0 oz	0
14629	Beverages, Energy drink, ROCKSTAR	31.0	1.0 fl oz	0
20117	Noodles, japanese, somen, cooked	176.0	1.0 cup	0
09253	Pears, canned, water pack, solids and liquids	244.0	1.0 cup, halves	0
18066	Bread, wheat bran	28.35	1.0 oz	0
16551	MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared	67.0	1.0 burger	0
17165	Game meat, deer, cooked, roasted	85.0	3.0 oz	0
05646	Ostrich, inside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	0
11141	Celeriac, raw	156.0	1.0 cup	0
19892	Frozen novelties, Sugar Free, CREAMSICLE Pops	80.0	1.0 serving 2 pops	0
13861	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0
14166	Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine	29.6	1.0 fl oz	0