USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Vitamin E (alpha-tocopherol) (mg)

Food Subset: All Foods Ordered by: Food Name Measured by: Household Report Run at: November 10, 2015 19:48 EST

NDB_No	Description	Weight(g)	Measure	Vitamin E alpha-tocopherol)(mg)
_		0 0/		Per Measure
09002	Acerola juice, raw	242.0	1.0 cup	0.44
14006	Alcoholic beverage, beer, light	29.5	1.0 fl oz	0.00
14248	Alcoholic beverage, beer, light, higher alcohol	356.0	12.0 fl oz	0.00
14013	Alcoholic beverage, beer, light, low carb	29.5	1.0 fl oz	0.00
14003	Alcoholic beverage, beer, regular, all	29.7	1.0 fl oz	0.00
14034	Alcoholic beverage, creme de menthe, 72 proof	33.6	1.0 fl oz	0.00
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	30.2	1.0 fl oz	0.01
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	27.8	1.0 fl oz	0.00
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	27.8	1.0 fl oz	0.00
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	27.8	1.0 fl oz	0.00
14049	Alcoholic beverage, distilled, gin, 90 proof	27.8	1.0 fl oz	0.00
14050	Alcoholic beverage, distilled, rum, 80 proof	27.8	1.0 fl oz	0.00
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	31.1	1.0 fl oz	0.14
14414	Alcoholic beverage, liqueur, coffee, 53 proof	34.8	1.0 fl oz	0.00
14239	Alcoholic beverage, malt beer, hard lemonade	335.0	11.2 fl oz	0.07
14017	Alcoholic beverage, pina colada, prepared-from-recipe	31.4	1.0 fl oz	0.01
43479	Alcoholic beverage, rice (sake)	29.1	1.0 fl oz	0.00
14029	Alcoholic beverage, whiskey sour, prepared from item 14028	30.4	1.0 fl oz	0.00
14025	Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix	29.4	1.0 fl oz	0.00
43154	Alcoholic beverage, wine, cooking	4.9	1.0 tsp	0.00
14536	Alcoholic beverage, wine, dessert, dry	29.5	1.0 fl oz	0.00
14057	Alcoholic beverage, wine, dessert, sweet	29.5	1.0 fl oz	0.00
43155	Alcoholic beverage, wine, light	29.5	1.0 fl oz	0.00
14084	Alcoholic beverage, wine, table, all	148.0	1.0 serving (5 fl oz)	0.00
14096	Alcoholic beverage, wine, table, red	29.4	1.0 fl oz	0.00
14106	Alcoholic beverage, wine, table, white	29.4	1.0 fl oz	0.00
14251	Alcoholic beverages, beer, higher alcohol	30.6	1.0 fl oz	0.00
14253	Alcoholic beverages, wine, rose	30.3	1.0 fl oz	0.00

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NDB_No	Description	Weight(g)	Measure ^{(alph}	Vitamin E a-tocopherol)(mg)
				Per Measure
11001	Alfalfa seeds, sprouted, raw	33.0	1.0 cup	0.01
20002	Amaranth grain, cooked	246.0	1.0 cup	0.47
20001	Amaranth grain, uncooked	193.0	1.0 cup	2.30
28354	ANDREA'S, Gluten Free Soft Dinner Roll	69.0	1.0 roll	0.36
04609	Animal fat, bacon grease	4.3	1.0 tsp	0.03
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	248.0	1.0 cup	0.02
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	177.0	6.0 fl oz	0.02
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248.0	1.0 cup	0.02
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	239.0	1.0 cup	0.02
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	211.0	1.0 can (6 fl oz)	0.08
36000	APPLEBEE'S, 9 oz house sirloin steak	157.0	1.0 serving	0.58
36023	APPLEBEE'S, chicken tenders platter	209.0	1.0 serving	3.03
36005	APPLEBEE'S, chicken tenders, from kids' menu	35.0	1.0 piece	0.45
36019	APPLEBEE'S, chili	136.0	1.0 cup	1.56
36021	APPLEBEE'S, coleslaw	76.0	1.0 serving	0.38
36022	APPLEBEE'S, crunchy onion rings	350.0	1.0 serving	4.44
36001	APPLEBEE'S, Double Crunch Shrimp	206.0	1.0 serving	4.06
36018	APPLEBEE'S, fish, hand battered	250.0	1.0 serving	2.20
36002	APPLEBEE'S, french fries	164.0	1.0 serving	1.53
36003	APPLEBEE'S, KRAFT, Macaroni & amp; Cheese, from kid's menu	124.0	1.0 cup	0.64
36004	APPLEBEE'S, mozzarella sticks	32.0	1.0 piece	0.23
09008	Apples, canned, sweetened, sliced, drained, heated	204.0	1.0 cup slices	0.43
09007	Apples, canned, sweetened, sliced, drained, unheated	204.0	1.0 cup slices	0.43
09009	Apples, dehydrated (low moisture), sulfured, uncooked	60.0	1.0 cup	0.45
09012	Apples, dried, sulfured, stewed, without added sugar	255.0	1.0 cup	0.31
09011	Apples, dried, sulfured, uncooked	86.0	1.0 cup	0.46
09504	Apples, raw, fuji, with skin	109.0	1.0 cup, sliced	0.20
09503	Apples, raw, gala, with skin	109.0	1.0 cup, sliced	0.20
09501	Apples, raw, golden delicious, with skin	109.0	1.0 cup, sliced	0.20
09502	Apples, raw, granny smith, with skin	109.0	1.0 cup, sliced	0.20
09500	Apples, raw, red delicious, with skin	109.0	1.0 cup, sliced	0.26
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	0.22
09004	Apples, raw, without skin	110.0	1.0 cup slices	0.06
09005	Apples, raw, without skin, cooked, boiled	171.0	1.0 cup slices	0.09

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NDB_No	Description	Weight(g)	Measure ^{(alp}	Vitamin E ha-tocopherol)(mg)
				Per Measure
09006	Apples, raw, without skin, cooked, microwave	170.0	1.0 cup slices	0.08
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	0.44
09401	Applesauce, canned, unsweetened, with added ascorbic acid	244.0	1.0 cup	0.39
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244.0	1.0 cup	0.39
09036	Apricot nectar, canned, without added ascorbic acid	251.0	1.0 cup	0.78
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	1.55
09357	Apricots, canned, heavy syrup, drained	219.0	1.0 cup, halves	1.95
09024	Apricots, canned, juice pack, with skin, solids and liquids	244.0	1.0 cup, halves	1.46
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	253.0	1.0 cup, halves	1.52
09022	Apricots, canned, water pack, with skin, solids and liquids	243.0	1.0 cup, halves	1.46
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	3.82
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	5.63
09021	Apricots, raw	155.0	1.0 cup, halves	1.38
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	120.0	1.0 artichoke, medium	0.23
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120.0	1.0 artichoke, medium	0.23
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	168.0	1.0 cup	0.27
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	168.0	1.0 cup	0.27
11007	Artichokes, (globe or french), raw	128.0	1.0 artichoke, medium	0.24
11959	Arugula, raw	2.0	1.0 leaf	0.01
11015	Asparagus, canned, drained solids	242.0	1.0 cup	2.95
11707	Asparagus, canned, no salt added, solids and liquids	122.0	0.5 cup	0.35
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	1.42
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	1.35
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	1.35
11709	Asparagus, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	2.16
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	2.16
11011	Asparagus, raw	134.0	1.0 cup	1.51
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	3.10
09038	Avocados, raw, California	230.0	1.0 cup, pureed	4.53
09039	Avocados, raw, Florida	230.0	1.0 cup, pureed	6.12
42150	Babyfood, apple yogurt dessert, strained	15.0	1.0 tbsp	0.00
03167	Babyfood, apple-banana juice	31.2	1.0 fl oz	0.01
03169	Babyfood, apple-cranberry juice	31.2	1.0 fl oz	0.17
03289	Babyfood, apples with ham, strained	15.0	1.0 tbsp	0.01

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NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
03115	Babyfood, apples, dices, toddler	28.35	1.0 oz	0.07
03997	Babyfood, Baby MUM MUM Rice Biscuits	8.0	4.0 biscuit	0.01
42284	Babyfood, baked product, finger snacks cereal fortified	1.7	1.0 cookie	0.07
43550	Babyfood, banana apple dessert, strained	15.0	1.0 tbsp	0.00
42119	Babyfood, banana juice with low fat yogurt	31.5	1.0 fl oz	0.02
43546	Babyfood, banana no tapioca, strained	15.0	1.0 tbsp	0.04
03995	Babyfood, banana with mixed berries, strained	99.0	1.0 packet	0.37
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	113.0	4.0 oz	0.00
03290	Babyfood, carrots and beef, strained	15.0	1.0 tbsp	0.10
42316	Babyfood, carrots, toddler	28.35	1.0 oz	0.17
03181	Babyfood, cereal, barley, dry fortified	2.4	1.0 tbsp	0.12
03681	Babyfood, cereal, barley, prepared with whole milk	28.35	1.0 oz	0.12
42285	Babyfood, cereal, brown rice, dry, instant	3.7	1.0 tbsp	0.02
03185	Babyfood, cereal, mixed, dry fortified	2.5	1.0 tbsp	0.09
03685	Babyfood, cereal, mixed, prepared with whole milk	28.35	1.0 oz	0.13
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior	28.35	1.0 oz	0.01
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	28.35	1.0 oz	0.01
03186	Babyfood, cereal, mixed, with bananas, dry	2.5	1.0 tbsp	0.01
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	28.35	1.0 oz	0.12
03189	Babyfood, cereal, oatmeal, dry fortified	3.2	1.0 tbsp	0.16
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior	28.35	1.0 oz	0.03
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	28.35	1.0 oz	0.05
03190	Babyfood, cereal, oatmeal, with bananas, dry	2.5	1.0 tbsp	0.12
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	28.35	1.0 oz	0.12
43544	Babyfood, cereal, rice with pears and apple, dry, instant fortified	15.0	1.0 serving	0.02
03194	Babyfood, cereal, rice, dry fortified	2.5	1.0 tbsp	0.12
03694	Babyfood, cereal, rice, prepared with whole milk	28.35	1.0 oz	0.12
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	16.0	1.0 tbsp	0.01
03212	Babyfood, cereal, rice, with bananas, dry	2.5	1.0 tbsp	0.01
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	28.35	1.0 oz	0.03
03184	Babyfood, cereal, whole wheat, with apples, dry fortified	15.0	0.5 oz	0.17
03222	Babyfood, cherry cobbler, junior	28.35	1.0 oz	0.01
03206	Babyfood, cookie, baby, fruit	8.0	1.0 cookie	0.12
03213	Babyfood, cookies	28.35	1.0 oz	0.13

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Vitamin E Measure (alpha-tocopherol)(mg) NDB No Weight(g) Description Per Measure 03214 Babyfood, cookies, arrowroot 28.35 1.0 oz 1.09 03934 Babyfood, corn and sweet potatoes, strained 28.35 1.0 oz 0.14 0.7 03209 Babyfood, crackers, vegetable 1.0 cracker 0.06 43004 Babyfood, dessert, banana pudding, strained 15.0 1.0 tbsp 0.01 43539 Babyfood, dessert, banana yogurt, strained 15.0 1.0 tbsp 0.00 43537 Babyfood, dessert, blueberry yogurt, strained 15.0 1.0 tbsp 0.06 03225 Babyfood, dessert, cherry vanilla pudding, junior 28.35 1.0 oz 0.00 03224 Babyfood, dessert, cherry vanilla pudding, strained 28.35 1.0 oz 0.00 229.0 03246 Babyfood, dessert, custard pudding, vanilla, junior 1.0 cup 0.21 03245 Babyfood, dessert, custard pudding, vanilla, strained 229.0 1.0 cup 0.53 03221 Babyfood, dessert, dutch apple, junior 28.35 1.0 oz 0.01 03220 Babyfood, dessert, dutch apple, strained 28.35 1.0 oz 0.01 03236 Babyfood, dessert, fruit dessert, without ascorbic acid, junior 15.0 1.0 tbsp 0.04 03235 Babyfood, dessert, fruit dessert, without ascorbic acid, strained 15.0 1.0 tbsp 0.04 03233 Babyfood, dessert, fruit pudding, pineapple, strained 15.0 1.0 tbsp 0.00 03228 Babyfood, dessert, peach cobbler, junior 15.0 1.0 tbsp 0.05 15.0 03227 Babyfood, dessert, peach cobbler, strained 1.0 tbsp 0.05 43536 Babyfood, dessert, peach yogurt 15.0 1.0 tbsp 0.00 03297 Babyfood, dinner, apples and chicken, strained 28.35 1.0 oz 0.02 03287 Babyfood, dinner, beef noodle, junior 16.0 1.0 tbsp 0.08 03047 Babyfood, dinner, beef noodle, strained 16.0 1.0 tbsp 0.05 03052 Babyfood, dinner, beef stew, toddler 28.35 1.0 oz 0.14 03055 Babyfood, dinner, beef with vegetables 113.0 1.0 jar Beech-Nut Stage 2 (4 oz) 0.64 03298 Babyfood, dinner, broccoli and chicken, junior 29.0 1.0 tbsp 0.17 43373 Babyfood, dinner, chicken and noodle with vegetables, toddler 16.0 1.0 tbsp 0.03 16.0 43008 Babyfood, dinner, chicken and rice 1.0 tbsp 0.02 03069 Babyfood, dinner, chicken noodle, junior 16.0 1.0 tbsp 0.02 03068 Babyfood, dinner, chicken noodle, strained 16.0 1.0 tbsp 0.03 03070 Babyfood, dinner, chicken soup, strained 113.0 1.0 jar Beech-Nut Stage 2 (4 oz) 0.58 03072 Babyfood, dinner, chicken stew, toddler 16.0 1.0 tbsp 0.04 03090 Babyfood, dinner, macaroni and cheese, junior 28.35 1.0 oz 0.01 03089 Babyfood, dinner, macaroni and cheese, strained 28.35 1.0 oz 0.01 03045 Babyfood, dinner, macaroni and tomato and beef, junior 16.0 1.0 tbsp 0.13 03044 Babyfood, dinner, macaroni and tomato and beef, strained 16.0 1.0 tbsp 0.42

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NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
43432	Babyfood, dinner, macaroni, beef and tomato sauce, toddler	16.0	1.0 tbsp	0.01
03279	Babyfood, dinner, mixed vegetable, junior	99.0	1.0 serving	0.30
03077	Babyfood, dinner, pasta with vegetables	113.0	1.0 jar, Gerber (4 oz)	0.26
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	28.35	1.0 oz	0.01
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	16.0	1.0 tbsp	0.01
03303	Babyfood, dinner, sweet potatoes and chicken, strained	16.0	1.0 tbsp	0.09
03083	Babyfood, dinner, turkey and rice, junior	16.0	1.0 tbsp	0.05
03082	Babyfood, dinner, turkey and rice, strained	16.0	1.0 tbsp	0.02
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	28.35	1.0 oz	0.04
03059	Babyfood, dinner, vegetables and bacon, strained	256.0	1.0 cup	1.31
03054	Babyfood, dinner, vegetables and beef, junior	256.0	1.0 cup	1.25
03053	Babyfood, dinner, vegetables and beef, strained	256.0	1.0 cup	1.25
03274	Babyfood, dinner, vegetables and chicken, junior	256.0	1.0 cup	0.41
03041	Babyfood, dinner, vegetables and dumplings and beef, strained	28.35	1.0 oz	0.07
03062	Babyfood, dinner, vegetables and ham, junior	256.0	1.0 cup	0.79
03061	Babyfood, dinner, vegetables and ham, strained	256.0	1.0 cup	0.79
03067	Babyfood, dinner, vegetables and lamb, junior	28.35	1.0 oz	0.07
03066	Babyfood, dinner, vegetables and lamb, strained	256.0	1.0 cup	0.61
03085	Babyfood, dinner, vegetables and turkey, junior	256.0	1.0 cup	0.79
03084	Babyfood, dinner, vegetables and turkey, strained	256.0	1.0 cup	0.77
03073	Babyfood, dinner, vegetables chicken, strained	256.0	1.0 cup	0.82
03964	Babyfood, fortified cereal bar, fruit filling	19.0	1.0 bar	0.17
03154	Babyfood, fruit and vegetable, apple and sweet potato	113.0	1.0 jar, Gerber (4 oz)	0.18
03140	Babyfood, fruit dessert, mango with tapioca	15.0	1.0 tbsp	0.10
43585	Babyfood, fruit supreme dessert	15.0	1.0 tbsp	0.12
03165	Babyfood, fruit, apple and blueberry, junior	28.35	1.0 oz	0.08
03164	Babyfood, fruit, apple and blueberry, strained	28.35	1.0 oz	0.03
03153	Babyfood, fruit, apple and raspberry, junior	28.35	1.0 oz	0.02
03152	Babyfood, fruit, apple and raspberry, strained	28.35	1.0 oz	0.06
03143	Babyfood, fruit, applesauce and apricots, junior	16.0	1.0 tbsp	0.01
03142	Babyfood, fruit, applesauce and apricots, strained	16.0	1.0 tbsp	0.03
03145	Babyfood, fruit, applesauce and cherries, junior	28.35	1.0 oz	0.02
03144	Babyfood, fruit, applesauce and cherries, strained	28.35	1.0 oz	0.03
03151	Babyfood, fruit, applesauce and pineapple, junior	28.35	1.0 oz	0.17

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NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
03150	Babyfood, fruit, applesauce and pineapple, strained	28.35	1.0 oz	0.17
03147	Babyfood, fruit, applesauce with banana, junior	16.0	1.0 tbsp	0.00
03117	Babyfood, fruit, applesauce, junior	16.0	1.0 tbsp	0.10
03116	Babyfood, fruit, applesauce, strained	16.0	1.0 tbsp	0.10
03128	Babyfood, fruit, apricot with tapioca, junior	15.0	1.0 tbsp	0.09
03118	Babyfood, fruit, apricot with tapioca, strained	15.0	1.0 tbsp	0.02
03994	Babyfood, fruit, banana and strawberry, junior	140.0	1.0 bottle	0.17
03156	Babyfood, fruit, bananas and pineapple with tapioca, junior	15.0	1.0 tbsp	0.00
03157	Babyfood, fruit, bananas and pineapple with tapioca, strained	15.0	1.0 tbsp	0.01
03163	Babyfood, fruit, bananas with apples and pears, strained	15.0	1.0 tbsp	0.01
03280	Babyfood, fruit, bananas with tapioca, junior	15.0	1.0 tbsp	0.09
03129	Babyfood, fruit, bananas with tapioca, strained	15.0	1.0 tbsp	0.09
03131	Babyfood, fruit, peaches, junior	17.0	1.0 tbsp	0.34
03130	Babyfood, fruit, peaches, strained	17.0	1.0 tbsp	0.34
03159	Babyfood, fruit, pears and pineapple, junior	16.0	1.0 tbsp	0.01
03158	Babyfood, fruit, pears and pineapple, strained	16.0	1.0 tbsp	0.01
03133	Babyfood, fruit, pears, junior	16.0	1.0 tbsp	0.10
03132	Babyfood, fruit, pears, strained	16.0	1.0 tbsp	0.01
03135	Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	15.0	1.0 tbsp	0.09
03134	Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	0.02
03137	Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior	28.35	1.0 oz	0.03
03136	Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	0.09
43007	Babyfood, fruit, tutti frutti, junior	15.0	1.0 tbsp	0.02
43006	Babyfood, fruit, tutti frutti, strained	15.0	1.0 tbsp	0.02
42286	Babyfood, green beans and turkey, strained	14.0	1.0 tbsp	0.06
03093	Babyfood, green beans, dices, toddler	28.35	1.0 oz	0.09
03001	Babyfood, juice treats, fruit medley, toddler	28.0	1.0 packet	0.00
03166	Babyfood, juice, apple	31.7	1.0 fl oz	0.19
43535	Babyfood, juice, apple - cherry	31.2	1.0 fl oz	0.01
03268	Babyfood, juice, apple and cherry	31.2	1.0 fl oz	0.01
03265	Babyfood, juice, apple and grape	31.2	1.0 fl oz	0.00
03168	Babyfood, juice, apple and peach	31.2	1.0 fl oz	0.05
03170	Babyfood, juice, apple and plum	31.2	1.0 fl oz	0.01
03171	Babyfood, juice, apple and prune	31.2	1.0 fl oz	0.02

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NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
03269	Babyfood, juice, apple, with calcium	189.0	1.0 serving	0.00
42266	Babyfood, juice, apple-sweet potato	30.8	1.0 fl oz	0.10
03267	Babyfood, juice, fruit punch, with calcium	31.2	1.0 fl oz	0.00
03179	Babyfood, juice, mixed fruit	31.2	1.0 fl oz	0.01
03172	Babyfood, juice, orange	31.2	1.0 fl oz	0.01
03174	Babyfood, juice, orange and apple and banana	31.2	1.0 fl oz	0.01
03175	Babyfood, juice, orange and apricot	31.2	1.0 fl oz	0.19
03177	Babyfood, juice, orange and pineapple	31.2	1.0 fl oz	0.19
42267	Babyfood, juice, orange-carrot	30.8	1.0 fl oz	0.09
43408	Babyfood, juice, pear	31.2	1.0 fl oz	0.03
03048	Babyfood, macaroni and cheese, toddler	113.0	1.0 container	0.03
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	170.0	1.0 container	0.15
43417	Babyfood, meat, beef with vegetables, toddler	179.0	1.0 jar NFS	0.66
03003	Babyfood, meat, beef, junior	28.35	1.0 oz	0.10
03002	Babyfood, meat, beef, strained	14.7	1.0 tbsp	0.05
03014	Babyfood, meat, chicken sticks, junior	10.0	1.0 stick	0.04
03013	Babyfood, meat, chicken, junior	15.0	1.0 tbsp	0.06
03012	Babyfood, meat, chicken, strained	15.0	1.0 tbsp	0.04
03009	Babyfood, meat, ham, junior	28.35	1.0 oz	0.11
03008	Babyfood, meat, ham, strained	15.0	1.0 tbsp	0.02
03011	Babyfood, meat, lamb, junior	28.35	1.0 oz	0.11
03010	Babyfood, meat, lamb, strained	22.0	1.0 tbsp	0.04
03021	Babyfood, meat, meat sticks, junior	10.0	1.0 stick	0.03
03007	Babyfood, meat, pork, strained	28.35	1.0 oz	0.11
03017	Babyfood, meat, turkey sticks, junior	10.0	1.0 stick	0.01
03016	Babyfood, meat, turkey, junior	19.0	1.0 tbsp	0.02
03015	Babyfood, meat, turkey, strained	15.0	1.0 tbsp	0.01
03005	Babyfood, meat, veal, strained	16.0	1.0 tbsp	0.04
42120	Babyfood, mixed fruit juice with low fat yogurt	31.5	1.0 fl oz	0.01
43523	Babyfood, mixed fruit yogurt, strained	15.0	1.0 tbsp	0.02
03205	Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified	5.3	1.0 tbsp	0.13
03161	Babyfood, peaches, dices, toddler	28.35	1.0 oz	0.24
03141	Babyfood, pears, dices, toddler	28.35	1.0 oz	0.03
42279	Babyfood, peas and brown rice	230.0	1.0 cup	0.16

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NDB_No	Description	Weight(g)	Measure	Vitamin E alpha-tocopherol)(mg)
				Per Measure
03122	Babyfood, peas, dices, toddler	28.35	1.0 oz	0.13
03293	Babyfood, plums, bananas and rice, strained	28.35	1.0 oz	0.07
03112	Babyfood, potatoes, toddler	163.0	1.0 cup	0.03
03215	Babyfood, pretzels	28.35	1.0 oz	0.08
03139	Babyfood, prunes, without vitamin c, strained	15.0	1.0 tbsp	0.08
03046	Babyfood, ravioli, cheese filled, with tomato sauce	16.0	1.0 tbsp	0.07
43529	Babyfood, rice and apples, dry	2.5	1.0 tbsp	0.01
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	9.9	1.0 bar	0.10
03302	Babyfood, snack, GERBER GRADUATE YOGURT MELTS	7.0	1.0 serving	0.45
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	7.0	18.0 piece	0.60
03216	Babyfood, teething biscuits	28.35	1.0 oz	0.31
42278	Babyfood, vegetable and brown rice, strained	230.0	1.0 cup	0.34
03114	Babyfood, vegetable, butternut squash and corn	113.0	1.0 jar, Gerber (4 oz)	0.09
03096	Babyfood, vegetable, green beans and potatoes	113.0	1.0 jar, Gerber (4 oz)	0.09
03098	Babyfood, vegetables, beets, strained	224.0	1.0 cup	0.07
03100	Babyfood, vegetables, carrots, junior	224.0	1.0 cup	1.16
03099	Babyfood, vegetables, carrots, strained	224.0	1.0 cup	1.16
03120	Babyfood, vegetables, corn, creamed, junior	240.0	1.0 cup	0.10
03119	Babyfood, vegetables, corn, creamed, strained	113.0	1.0 jar	0.05
03283	Babyfood, vegetables, garden vegetable, strained	28.35	1.0 oz	0.15
03092	Babyfood, vegetables, green beans, junior	240.0	1.0 cup	0.77
03091	Babyfood, vegetables, green beans, strained	240.0	1.0 cup	0.17
03282	Babyfood, vegetables, mix vegetables junior	99.0	1.0 serving 3.5 oz serving	0.51
03286	Babyfood, vegetables, mix vegetables strained	28.35	1.0 oz	0.07
03121	Babyfood, vegetables, peas, strained	16.0	1.0 tbsp	0.00
03127	Babyfood, vegetables, spinach, creamed, strained	240.0	1.0 cup	1.99
03105	Babyfood, vegetables, squash, junior	16.0	1.0 tbsp	0.09
03104	Babyfood, vegetables, squash, strained	16.0	1.0 tbsp	0.09
03108	Babyfood, vegetables, sweet potatoes strained	224.0	1.0 cup	1.16
03109	Babyfood, vegetables, sweet potatoes, junior	224.0	1.0 cup	1.16
03024	Babyfood, water, bottled, GERBER, without added fluoride.	113.0	1.0 serving	0.00
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified	31.0	1.0 oz	0.02
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	16.0	1.0 tbsp	0.01
43212	Bacon bits, meatless	7.0	1.0 tbsp	0.48

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NDB_No	Description	Weight(g)	Measure ^{(a}	Vitamin E alpha-tocopherol)(mg)
				Per Measure
16104	Bacon, meatless	144.0	1.0 cup	9.94
10994	Bacon, pre-sliced, reduced/low sodium, unprepared	26.0	1.0 slice	0.11
07974	Bacon, turkey, low sodium	15.0	1.0 serving	0.40
18005	Bagels, cinnamon-raisin	26.0	1.0 mini bagel (2-1/2" dia)	0.08
18006	Bagels, cinnamon-raisin, toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.08
28322	Bagels, multigrain	81.0	1.0 piece bagel	0.53
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	0.09
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	99.0	1.0 bagel	7.39
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.03
18968	Bagels, wheat	98.0	1.0 bagel	0.31
28319	Bagels, whole grain white	43.0	0.5 piece bagel 1 serving	0.10
19124	Baking chocolate, mexican, squares	20.0	1.0 tablet	0.07
19078	Baking chocolate, unsweetened, squares	29.0	1.0 oz square Bakers	0.12
11710	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	58.0	1.0 cup	0.84
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	58.0	1.0 cup	0.84
11711	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	124.0	1.0 cup (1/2" pieces)	0.17
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	124.0	1.0 cup (1/2" pieces)	0.17
11028	Bamboo shoots, canned, drained solids	131.0	1.0 cup (1/8" slices)	0.83
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	1.51
09041	Bananas, dehydrated, or banana powder	100.0	1.0 cup	0.39
09040	Bananas, raw	225.0	1.0 cup, mashed	0.22
32035	BANQUET, Salisbury Steak With Gravy, family size, frozen, unprepared	72.0	1.0 patty	0.21
20130	Barley flour or meal	148.0	1.0 cup	0.84
20131	Barley malt flour	162.0	1.0 cup	0.92
20004	Barley, hulled	184.0	1.0 cup	1.05
20006	Barley, pearled, cooked	157.0	1.0 cup	0.02
20005	Barley, pearled, raw	200.0	1.0 cup	0.04
02044	Basil, fresh	2.5	5.0 leaves	0.02
43449	Beans, baked, canned, no salt added	253.0	1.0 cup	0.38
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	0.38
16008	Beans, baked, canned, with franks	259.0	1.0 cup	0.41
16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	0.10
16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	0.25
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	1.49

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NDB_No	Description	Weight(g)	Vitamin E (alpha-tocopherol)(mg)
			Per Measure
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	185.0	1.0 cup 1.61
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup 1.61
16016	Beans, black turtle, mature seeds, raw	184.0	1.0 cup 0.39
16316	Beans, black, mature seeds, canned, low sodium	240.0	1.0 cup 1.49
16315	Beans, black, mature seeds, cooked, boiled, with salt	172.0	1.0 cup 1.50
16015	Beans, black, mature seeds, cooked, boiled, without salt	172.0	1.0 cup 1.50
16014	Beans, black, mature seeds, raw	194.0	1.0 cup 0.41
43112	Beans, chili, barbecue, ranch style, cooked	253.0	1.0 cup 0.53
11973	Beans, fava, in pod, raw	126.0	1.0 cup 1.46
16026	Beans, great northern, mature seeds, canned	262.0	1.0 cup 2.07
16326	Beans, great northern, mature seeds, canned, low sodium	262.0	1.0 cup 2.07
16024	Beans, great northern, mature seeds, raw	183.0	1.0 cup 0.40
16029	Beans, kidney, all types, mature seeds, canned	256.0	1.0 cup 0.05
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	177.0	1.0 cup 1.54
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	177.0	1.0 cup 0.05
16027	Beans, kidney, all types, mature seeds, raw	184.0	1.0 cup 0.40
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	158.0	1.0 cup cup rinsed solids 0.05
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	256.0	1.0 cup 0.05
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.0	1.0 cup 0.05
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup 0.05
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup 0.05
16032	Beans, kidney, red, mature seeds, raw	184.0	1.0 cup 0.39
43125	Beans, liquid from stewed kidney beans	240.0	1.0 cup 0.00
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	125.0	1.0 cup 0.05
16039	Beans, navy, mature seeds, canned	262.0	1.0 cup 2.04
16338	Beans, navy, mature seeds, cooked, boiled, with salt	182.0	1.0 cup 0.02
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup 0.02
16037	Beans, navy, mature seeds, raw	208.0	1.0 cup 0.04
16341	Beans, pink, mature seeds, cooked, boiled, with salt	169.0	1.0 cup 1.66
16041	Beans, pink, mature seeds, cooked, boiled, without salt	169.0	1.0 cup 1.66
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup 0.44
16044	Beans, pinto, mature seeds, canned, solids and liquids	240.0	1.0 cup 1.32
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup 1.32
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	171.0	1.0 cup 1.61

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NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	1.61
16042	Beans, pinto, mature seeds, raw	193.0	1.0 cup	0.41
11050	Beans, shellie, canned, solids and liquids	245.0	1.0 cup	0.07
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	0.05
11726	Beans, snap, green, canned, no salt added, solids and liquids	120.0	0.5 cup	0.17
11056	Beans, snap, green, canned, regular pack, drained solids	135.0	1.0 cup	0.04
11054	Beans, snap, green, canned, regular pack, solids and liquids	240.0	1.0 cup	0.05
11723	Beans, snap, green, cooked, boiled, drained, with salt	125.0	1.0 cup	0.58
11053	Beans, snap, green, cooked, boiled, drained, without salt	125.0	1.0 cup	0.58
11062	Beans, snap, green, frozen, all styles, microwaved	111.0	1.0 cup	0.47
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	0.51
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	0.05
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0.05
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	0.41
11933	Beans, snap, yellow, canned, no salt added, drained solids	153.0	1.0 cup	0.05
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	120.0	0.5 cup	0.28
11932	Beans, snap, yellow, canned, regular pack, drained solids	153.0	1.0 cup	0.44
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	120.0	0.5 cup	0.04
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	125.0	1.0 cup	0.58
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125.0	1.0 cup	0.58
11730	Beans, snap, yellow, frozen, all styles, unprepared	121.0	1.0 cup	0.06
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0.05
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	0.05
11722	Beans, snap, yellow, raw	100.0	1.0 cup 1/2" pieces	0.41
16051	Beans, white, mature seeds, canned	262.0	1.0 cup	2.07
16350	Beans, white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	1.68
16050	Beans, white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	1.68
16049	Beans, white, mature seeds, raw	202.0	1.0 cup	0.42
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	1.66
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	1.66
18994	BEAR NAKED, Fruit & amp; Nut Cookies	30.0	1.0 cookie	0.27
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.23
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	269.0	1.0 serving	1.75
22529	Beef Pot Pie, frozen entree, prepared	268.0	1.0 pie, cooked (average weight)	0.70

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Vitamin E Measure (alpha-tocopherol)(mg) NDB No Weight(g) Description Per Measure 07956 Beef sausage, fresh, cooked 43.0 1.0 serving 0.10 07954 Beef sausage, pre-cooked 48.0 1.0 serving 0.24 22905 Beef stew, canned entree 196.0 1.0 cup (1 serving) 0.53 Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. 23321 114.0 0.00 4.0 oz marble score 4/5, raw Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. 114.0 0.00 23313 4.0 oz marble score 4/5, raw 138.0 43384 Beef, bologna, reduced sodium 1.0 cup pieces 0.26 569.0 1.0 roast (yield from 690g raw meat) 13953 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted 2.28 13954 85.0 0.27 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw 3.0 oz 85.0 13955 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted 3.0 oz 0.35 13956 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw 85.0 3.0 oz 0.28 13957 85.0 0.33 3.0 oz Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted 13958 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw 85.0 3.0 oz 0.26 23646 85.0 3.0 oz 0.25 Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw 85.0 23647 Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted 3.0 oz 0.33 85.0 3.0 oz 23648 Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw 0.26 23649 85.0 Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted 3.0 oz 0.31 85.0 23650 Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw 3.0 oz 0.24 85.0 13595 Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw 3.0 oz 0.12 13904 85.0 3.0 oz Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw 0.12 13975 85.0 0.14 Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw 3.0 oz 85.0 13983 Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw 3.0 oz 0.09 13596 Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw 85.0 3.0 oz 0.14 13597 85.0 0.09 Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw 3.0 oz 13369 Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised 85.0 3.0 oz 0.37 13165 85.0 3.0 oz 0.37 Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised 85.0 13950 Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised 3.0 oz 0.37 13806 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised 85.0 3.0 oz 0.43 13805 85.0 0.37 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw 3.0 oz 85.0 23660 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised 3.0 oz 0.44 23658 85.0 0.37 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw 3.0 oz 85.0 3.0 oz 0.42 13055 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised 23659 85.0 0.37 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw 3.0 oz 85.0 13370 Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised 3.0 oz 0.37

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NDB_No	Description	Weight(g)	Measure (alpha-tocop	Vitamin E pherol)(mg)
				er Measure
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.37
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.37
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.13
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.08
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.14
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.08
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.12
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.08
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.16
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.16
13023	Beef, brisket, whole, separable lean only, all grades, raw	28.35	1.0 oz	0.09
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.12
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.08
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.14
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.09
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.15
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.04
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.10
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.08
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.14
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.10
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.17
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.04
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.10
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.09
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.16
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.11

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NDB_No	Description	Weight(g)	Measure ^{(a}	Vitamin E lpha-tocopherol)(mg)
				Per Measure
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.18
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.06
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.12
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.10
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.17
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.12
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.20
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.07
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.13
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.08
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.13
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.08
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.13
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.08
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.12
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.09
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.14
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.09
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.14
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.08
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.13
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	85.0	3.0 oz	0.09
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	85.0	3.0 oz	0.14
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	0.11
23095	Beef, chuck for stew, separable lean and fat, choice, raw	85.0	3.0 oz	0.15
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	85.0	3.0 oz	0.06
23094	Beef, chuck for stew, separable lean and fat, select, raw	85.0	3.0 oz	0.13
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.43
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.42

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NDB_No	Description	Weight(g)	Measure (Vitamin E (alpha-tocopherol)(mg)
				Per Measure
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.45
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.11
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.46
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.12
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.44
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.11
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.37
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.34
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.13
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.08
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.13
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.08
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.12
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.08
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)	0.47
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.17
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.18
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.12
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.14
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.13
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.14
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz (1 serving)	0.14
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.14
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.14
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85.0	3.0 oz	0.14
23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	28.35	1.0 oz	0.04
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85.0	3.0 oz	0.11
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	0.16
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.17
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	0.16
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.16
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	0.14

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NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.17
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	0.16
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.17
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	0.16
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.16
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	0.14
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.17
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.14
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0.14
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	0.13
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.14
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz (1 serving)	0.14
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.14
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.07
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.13
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.08
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.14
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.05
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.12
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.08
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.14
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.08
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.14
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.06
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.14
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	0.05
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	41.0	1.0 medallion	0.04
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	30.0	1.0 medallion	0.05
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	40.0	1.0 medallion	0.04

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NDB_No	Description	Weight(g)	Measure	Vitamin E alpha-tocopherol)(mg)
				Per Measure
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	34.0	1.0 medallion	0.06
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	44.0	1.0 medallion	0.04
23058	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0.15
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	0.15
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)	0.15
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	0.15
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	0.32
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	0.15
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)	0.12
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.14
23042	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	0.12
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.14
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)	0.12
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.14
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.14
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.15
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.14
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.14
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.15
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.14
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.07
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.12
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.08

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NDB_No	Description	Weight(g)	Measure (alpha-to	Vitamin E ocopherol)(mg)
	-			Per Measure
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.13
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.06
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.10
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.07
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.12
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.08
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.13
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.06
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.10
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.14
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.14
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.14
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.15
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.14
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.15
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.07
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.08
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.05
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.07
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.08
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.05

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Batcl basicdBaccl basicdBatclBaccl basicd	NDB_No	Description	Weight(g)	Measure (alpha-to	Vitamin E copherol)(mg)
X110prime1880310 or00002117Rerf, chuk, under blade steak, boneles, sepanable lean and far, trimmed no "far, select, cooked, braised85.0310 or00002108Rerf, chuk, under blade steak, boneles, sepanable lean and far, trimmed no "far, select, cooked, braised85.0310 or00002007Rerf, chuck, under blade steak, boneless, sepanable lean only, trimmed no "far, select, cooked, braised85.030 or00002007Rerf, chuck, under blade steak, boneless, sepanable lean only, trimmed no "far, select, cooked, braised85.030 or00002007Rerf, chuck, under blade steak, boneless, sepanable lean only, trimmed no "far, all grades, cooked85.030 or00002008Rerf, composite of trimmed real cuts, sepanable lean and far, trimmed no "far, all grades, cooked85.030 or000121842Rerf, composite of trimmed real cuts, sepanable lean and far, trimmed no "far, select, cooked85.030 or001221845Rerf, composite of trimmed real cuts, sepanable lean and far, trimmed no "far, select, cooked85.030 or002121846Rerf, composite of trimmed real cuts, sepanable lean and far, trimmed to 16" far, select, cooked85.030 or002121847Rerf, composite of trimmed real cuts, sepanable lean and far, trimmed to 16" far, select, rav114.040 or002221848Rerf, composite of trimmed real cuts, sepanable lean and far, trimmed to 16" far, select, rav114.040 or002321849Rerf, composite of trimmed real cuts, sepanable lean and far, trimmed to					Per Measure
BallsBeef, chuck, under blade usak, boneless, separable lean only, trimmed to 0° fat, select, cooked, braised85.030.0002008Berf, chuck, under blade stack, boneless, separable lean only, trimmed to 0° fat, select, cooked, braised85.030.00020096Berf, chuck, under blade stack, boneless, separable lean only, trimmed to 0° fat, select, cooked, braised85.030.00020097Berf, chuck, under blade stack, boneless, separable lean only, trimmed to 0° fat, select, cooked, braised85.030.00020098Berf, composite of trimmed treail cuts, separable lean and fat, trimmed to 0° fat, select, cooked85.030.00020184Berf, composite of trimmed treail cuts, separable lean and fat, trimmed to 0° fat, select, cooked85.030.00020184Berf, composite of trimmed treail cuts, separable lean and fat, trimmed to 0° fat, select, cooked85.030.00000.00020184Berf, composite of trimmed treail cuts, separable lean and fat, trimmed to 0° fat, select, cooked85.030.00000.00020185Berf, composite of trimmed treail cuts, separable lean and fat, trimmed to 16 fat, select, cooked85.030.00000.00020197Berf, composite of trimmed treail cuts, separable lean and fat, trimmed to 18 fat, all grades, cooked85.030.00000.00020197Berf, composite of trimmed treail cuts, separable lean and fat, trimmed to 18 fat, select, cooked85.030.00000.00020197Berf, composite of trimmed treail cuts, separable lean and fat, trimmed to 18 fat, select, cooked85.030.00000.00020197Berf, co	23116		85.0	3.0 oz	0.07
Becf. chuck, under blade steak, boncless, separable lean only, trimmed to 0° fat, all grades, cooked. brained85030 or30 or2006Becf, chuck, under blade steak, boncless, separable lean only, trimmed to 0° fat, all grades, cooked85030 or00052007Becf, composite of trimmed retail cuts, separable lean and fat, trimmed to 0° fat, all grades, cooked85030 or000521361Becf, composite of trimmed retail cuts, separable lean and fat, trimmed to 0° fat, all grades, cooked85030 or001921425Becf, composite of trimmed retail cuts, separable lean and fat, trimmed to 0° fat, choice, cooked85030 or001921446Becf, composite of trimmed retail cuts, separable lean and fat, trimmed to 0° fat, choice, cooked85030 or001921476Becf, composite of trimmed retail cuts, separable lean and fat, trimmed to 0° fat, choice, cooked85030 or002211386Becf, composite of trimmed retail cuts, separable lean and fat, trimmed to 18° fat, all grades, row114040 or002211376Becf, composite of trimmed retail cuts, separable lean and fat, trimmed to 18° fat, all grades, row114040 or002311377Becf, composite of trimmed retail cuts, separable lean and fat, trimmed to 18° fat, all grades, row114040 or002311380Becf, composite of trimmed retail cuts, separable lean and fat, trimmed to 18° fat, sleet, row114040 or002311381Becf, composite of trimmed retail cuts, separable lean and fat, trimmed to 18° fat, sleet, row114040 or0023<	23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.08
2008 basisedAdditional based ba	23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.04
2977Becf, composite of trimmed retail cuts, separable lean only, trimmed to 0° fat, all grades, cooked88.030.002382Becf, composite of trimmed retail cuts, separable lean and fat, trimmed to 0° fat, all grades, raw144.040.0000.112382Becf, composite of trimmed retail cuts, separable lean and fat, trimmed to 0° fat, divice, cooked85.030.0000.122384Becf, composite of trimmed retail cuts, separable lean and fat, trimmed to 0° fat, choice, raw144.040.0000.232385Becf, composite of trimmed retail cuts, separable lean and fat, trimmed to 0° fat, choice, raw144.040.0000.232387Becf, composite of trimmed retail cuts, separable lean and fat, trimmed to 0° fat, choice, raw144.040.0000.232387Becf, composite of trimmed retail cuts, separable lean and fat, trimmed to 18° fat, all grades, cooked85.030.0000.2313786Becf, composite of trimmed retail cuts, separable lean and fat, trimmed to 18° fat, all grades, cooked85.030.0000.2313787Becf, composite of trimmed retail cuts, separable lean and fat, trimmed to 18° fat, all grades, cooked85.030.0000.2313800Becf, composite of trimmed retail cuts, separable lean and fat, trimmed to 18° fat, all grades, cooked85.030.0000.2313840Becf, composite of trimmed retail cuts, separable lean and fat, trimmed to 18° fat, all grades, cooked85.030.0000.2313850Becf, composite of trimmed retail cuts, separable lean and fat, trimmed to 18° fat, all grades, cooked85.030.0000.23 </td <td>23098</td> <td></td> <td>85.0</td> <td>3.0 oz</td> <td>0.08</td>	23098		85.0	3.0 oz	0.08
13341Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0° fat, all grades, raw114.03.0 oz0.1623482Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0° fat, all grades, raw114.04.0 oz0.2113362Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0° fat, choice, cooked85.03.0 oz0.01313363Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0° fat, select, cooked85.03.0 oz0.01723497Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0° fat, select, raw114.04.0 oz0.02123497Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 18° fat, all grades, raw114.04.0 oz0.02213796Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 18° fat, all grades, raw114.04.0 oz0.02313797Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 18° fat, choice, raw114.04.0 oz0.02313800Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 18° fat, select, raw114.04.0 oz0.02313799Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 18° fat, select, raw114.04.0 oz0.02313800Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 18° fat, select, raw114.04.0 oz0.02313809Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 18° fat, select, raw114.04.0 oz	23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.08
2482Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0° fat, choice, cooked114.040.0202.111332Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0° fat, choice, raw114.040.020.0323494Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0° fat, choice, raw114.040.020.02123497Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0° fat, select, concold85.030.000.01723497Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1% fat, all grades, cooked85.030.000.02213795Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1% fat, all grades, raw114.040.020.02313797Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1% fat, choice, raw114.040.020.03313800Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1% fat, select, raw114.040.020.02313987Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1% fat, select, raw114.040.020.02313998Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1% fat, select, raw114.040.020.02313980Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1% fat, all grades, raw114.040.020.02313940Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1% fat, all grades, raw114.040.020.023 <td< td=""><td>23097</td><td>Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised</td><td>85.0</td><td>3.0 oz</td><td>0.05</td></td<>	23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.05
13362Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0° fat, choice, raw114030.0000.1923494Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0° fat, choice, raw114040.020.2313365Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0° fat, select, cooked85.030.000.0223497Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1.8° fat, all grades, cooked85.030.000.0213796Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1.8° fat, all grades, cooked85.030.000.0213797Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1.8° fat, choice, raw114.040.000.0313797Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1.8° fat, select, cooked85.030.000.0213798Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1.8° fat, select, cooked85.030.000.0213797Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1.8° fat, select, cooked85.030.000.0213808Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1.8° fat, select, cooked85.030.000.021384Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0° fat, disc, cooked85.030.000.021385Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0° fat, choice, raw114.040.020.0213	13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	0.16
23494Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0° fat, elocie, raw114.04.00213363Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0° fat, select, raw114.04.0020.21323497Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0° fat, select, raw114.04.0020.21313796Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8° fat, all grades, raw114.04.0020.23313798Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8° fat, all grades, raw114.04.0020.23313797Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8° fat, ebice, cooked85.03.0000.23413800Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8° fat, ebice, raw114.04.0020.23313804Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8° fat, select, raw114.04.0020.23213840Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8° fat, select, raw114.04.0020.22313845Beef, composite of trimmed retail cuts, separable lean and y, trimmed to 1/8° fat, all grades, raw114.04.0020.22313846Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0° fat, all grades, raw114.04.0020.22313845Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0° fat, select, raw114.04.0020.22313846<	23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	0.21
13333Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked85.03.0 co0.1723497Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 18" fat, all grades, cooked85.03.0 co0.2213796Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 18" fat, all grades, cooked85.03.0 co0.0213798Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 18" fat, choice, cooked85.03.0 co0.0213797Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 18" fat, choice, raw114.04.0 co0.0313800Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 18" fat, choice, raw114.04.0 co0.02813797Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 18" fat, choice, raw114.04.0 co0.02813800Beef, composite of trimmed retail cuts, separable lean only, trimmed to 18" fat, choice, raw114.04.0 co0.02813845Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw114.04.0 co0.02113856Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked85.03.0 co0.0 co23495Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw114.04.0 co0.0 co23495Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw114.04.0 co0.0 co <td>13362</td> <td>Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked</td> <td>85.0</td> <td>3.0 oz</td> <td>0.19</td>	13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	0.19
23497Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8' fat, all grades, cooked114.040.0000.2113796Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8' fat, all grades, raw114.040.0000.0213797Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8' fat, all grades, raw114.040.0000.0213798Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8' fat, all grades, raw114.040.0000.0313797Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8' fat, select, cooked85.030.0000.02413798Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8' fat, select, craw114.040.0000.0313800Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0' fat, select, raw114.040.0000.0213845Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0' fat, all grades, raw114.040.0000.0223485Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0' fat, select, raw114.040.0000.0223485Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0' fat, select, raw114.040.0000.0223485Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0' fat, select, raw114.040.0000.0223486Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8' fat, all grades, raw114.040.0000.02 </td <td>23494</td> <td>Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw</td> <td>114.0</td> <td>4.0 oz</td> <td>0.23</td>	23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	114.0	4.0 oz	0.23
13796Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked85.03.0 oz0.2613795Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw114.04.0 oz0.3213797Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked85.03.0 oz0.2813797Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw114.04.0 oz0.3313800Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw114.04.0 oz0.2413797Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw114.04.0 oz0.2413800Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0.18" fat, select, raw114.04.0 oz0.221385Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked85.03.0 oz0.241386Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked85.03.0 oz0.221386Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw114.04.0 oz0.231386Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw114.04.0 oz0.011386Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw114.04.0 oz0.02 <td< td=""><td>13363</td><td>Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked</td><td>85.0</td><td>3.0 oz</td><td>0.17</td></td<>	13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	85.0	3.0 oz	0.17
13795Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw114.04.0 oz0.3213798Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked85.03.0 oz0.2813797Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw114.04.0 oz0.3313800Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked85.03.0 oz0.2413797Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw114.04.0 oz0.2813798Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked85.03.0 oz0.2923485Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked85.03.0 oz0.2023495Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw114.04.0 oz0.2123495Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw114.04.0 oz0.2123495Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw114.04.0 oz0.2123496Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw85.03.0 oz0.2123496Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw85.03.0 oz0.21 <tr< td=""><td>23497</td><td>Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw</td><td>114.0</td><td>4.0 oz</td><td>0.21</td></tr<>	23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	114.0	4.0 oz	0.21
13798Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked85.0 3.0 oz 0.28 13797Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw114.0 4.0 oz 0.33 13800Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked 85.0 3.0 oz 0.24 13797Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw 114.0 4.0 oz 0.28 1364Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked 85.0 3.0 oz 0.22 23455Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw 114.0 4.0 oz 0.22 23455Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw 114.0 4.0 oz 0.22 23455Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw 114.0 4.0 oz 0.22 23456Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw 114.0 4.0 oz 0.23 23456Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw 114.0 4.0 oz 0.23 23457Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw 3.0 oz 0.21 23458Beef, composite of trimmed retail cuts, separable lean only, trimmed	13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	85.0	3.0 oz	0.26
1397Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw114.040.0 z0.3313800Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked85.03.0 oz0.241379Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw114.04.0 oz0.281364Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked85.03.0 oz0.2123485Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw114.04.0 oz0.2223495Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw114.04.0 oz0.2123496Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw114.04.0 oz0.2123496Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw114.04.0 oz0.3223497Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked85.03.0 oz0.2123496Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw114.04.0 oz0.3223483Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw85.03.0 oz0.2123490Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw85.03.0 oz0.2123490<	13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	114.0	4.0 oz	0.32
13800Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw114.03.0 oz0.2413799Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked85.03.0 oz0.1923485Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw114.04.0 oz0.2213364Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw114.04.0 oz0.2223485Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked85.03.0 oz0.2023495Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw114.04.0 oz0.2113366Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw114.04.0 oz0.2123496Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked85.03.0 oz0.2123496Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked85.03.0 oz0.2123497Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked85.03.0 oz0.2123498Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked85.03.0 oz0.2123490Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked85.03.0 oz0.21<	13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.28
13799Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8° fat, select, raw114.04.0 cz13364Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0° fat, all grades, cooked85.03.0 cz23485Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0° fat, all grades, raw114.04.0 cz13365Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0° fat, choice, cooked85.03.0 cz23495Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0° fat, choice, raw114.04.0 cz13366Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0° fat, select, raw114.04.0 cz13367Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0° fat, select, raw114.04.0 cz13368Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0° fat, select, raw114.04.0 cz23496Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8° fat, all grades, raw85.03.0 cz23483Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8° fat, all grades, raw85.03.0 cz23490Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8° fat, select, raw114.04.0 cz23491Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8° fat, select, raw114.04.0 cz23492Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8° fat, select, raw114.04.0 cz23493Beef, c	13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	0.33
13364Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0° fat, all grades, cooked85.03.0 oz0.1923485Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0° fat, all grades, raw114.04.0 oz0.2213365Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0° fat, choice, cooked85.03.0 oz0.2023495Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0° fat, choice, raw114.04.0 oz0.2113366Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0° fat, select, cooked85.03.0 oz0.1123496Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0° fat, select, raw114.04.0 oz0.1923484Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8° fat, all grades, cooked114.04.0 oz0.3023483Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8° fat, all grades, raw85.03.0 oz0.2123490Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8° fat, all grades, raw85.03.0 oz0.2123491Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8° fat, all grades, raw85.03.0 oz0.2123492Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8° fat, select, raw114.04.0 oz0.3023493Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8° fat, select, raw114.04.0 oz0.2523494 <td>13800</td> <td>Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked</td> <td>85.0</td> <td>3.0 oz</td> <td>0.24</td>	13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	0.24
23485Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0° fat, all grades, raw114.04.0 oz0.2213365Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0° fat, choice, cooked85.03.0 oz0.2023495Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0° fat, choice, raw114.04.0 oz0.2113366Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0° fat, select, cooked85.03.0 oz0.2113366Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0° fat, select, cooked85.03.0 oz0.1723496Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1° fat, select, raw114.04.0 oz0.3223483Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8″ fat, all grades, cooked114.04.0 oz0.3223484Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8″ fat, all grades, raw85.03.0 oz0.2123495Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8″ fat, select, cooked85.03.0 oz0.2123494Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8″ fat, select, cooked85.03.0 oz0.2123495Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8″ fat, select, cooked85.03.0 oz0.2123496Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8″ fat, select, cooked85.03.0 oz0.2123497	13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	0.28
13365Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked85.03.0 oz0.2023495Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw114.04.0 oz0.2113366Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked85.03.0 oz0.1723496Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw114.04.0 oz0.1923496Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1% fat, select, raw114.04.0 oz0.3223484Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1% fat, all grades, cooked114.04.0 oz0.2123497Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1% fat, all grades, raw85.03.0 oz0.2123498Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1% fat, select, raw114.04.0 oz0.2123490Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1% fat, select, cooked85.03.0 oz0.2123490Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1% fat, select, cooked85.03.0 oz0.2123491Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1% fat, select, cooked85.03.0 oz0.2123492Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1% fat, select, cooked85.03.0 oz0.2123493Beef, composit	13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	0.19
23495Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw114.04.0 oz0.2113366Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked85.03.0 oz0.1723496Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw114.04.0 oz0.1923496Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw114.04.0 oz0.1923484Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked114.04.0 oz0.3223483Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw85.03.0 oz0.2123490Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw114.04.0 oz0.3023491Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw114.04.0 oz0.3023492Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw114.04.0 oz0.3023493Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw114.04.0 oz0.3023494Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw114.04.0 oz0.3023493Beef, conned beef hash, with potato, canned236.01.0 cup0.0091345Beef, cured, breakfast strips, cooked35.0 <t< td=""><td>23485</td><td>Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw</td><td>114.0</td><td>4.0 oz</td><td>0.22</td></t<>	23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	0.22
13366Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked85.03.0 oz0.1723496Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw114.04.0 oz0.1923484Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked114.04.0 oz0.3223483Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw85.03.0 oz0.2123490Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw85.03.0 oz0.2123490Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw114.04.0 oz0.03023491Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked85.03.0 oz0.2123492Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked85.03.0 oz0.2123493Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw114.04.0 oz0.3023494Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw114.04.0 oz0.2123495Beef, corned beef hash, with potato, canned236.01.0 cup0.0913345Beef, cured, breakfast strips, cooked34.03.0 oz0.141347Beef, cured, corned beef, brisket, cooked85.03.0 oz0.14 <td>13365</td> <td>Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked</td> <td>85.0</td> <td>3.0 oz</td> <td>0.20</td>	13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	0.20
23496Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw114.04.0 oz0.1923484Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked114.04.0 oz0.3223483Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw85.03.0 oz0.2123490Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw85.03.0 oz0.2123490Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw114.04.0 oz0.3023498Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked85.03.0 oz0.2123499Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw114.04.0 oz0.3023498Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked85.03.0 oz0.2123499Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw114.04.0 oz0.252308Beef, corned beef hash, with potato, canned236.01.0 cup0.0913345Beef, cured, breakfast strips, cooked34.03.0 slices0.101347Beef, cured, corned beef, brisket, cooked85.03.0 oz0.14	23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	114.0	4.0 oz	0.21
23484Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked114.04.0 oz0.3223483Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw85.03.0 oz0.2123490Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw114.04.0 oz0.3023493Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked85.03.0 oz0.2123494Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked85.03.0 oz0.2123493Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked85.03.0 oz0.2123494Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked85.03.0 oz0.2123495Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw114.04.0 oz0.2523496Beef, corned beef hash, with potato, canned236.01.0 cup0.091345Beef, cured, breakfast strips, cooked34.03.0 slices0.101347Beef, cured, corned beef, brisket, cooked85.03.0 oz0.14	13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	85.0	3.0 oz	0.17
23483Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw85.03.0 oz0.2123490Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw114.04.0 oz0.3023498Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked85.03.0 oz0.2123499Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw114.04.0 oz0.2523499Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw114.04.0 oz0.2523498Beef, corned beef hash, with potato, canned236.01.0 cup0.0913345Beef, cured, breakfast strips, cooked34.03.0 slices0.1013347Beef, cured, corned beef, brisket, cooked85.03.0 oz0.14	23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	114.0	4.0 oz	0.19
23490Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw114.04.0 oz0.3023498Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked85.03.0 oz0.2123499Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw114.04.0 oz0.2523499Beef, corned beef hash, with potato, canned236.01.0 cup0.0913345Beef, cured, breakfast strips, cooked34.03.0 slices0.1013347Beef, cured, beef, brisket, cooked85.03.0 oz0.14	23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	114.0	4.0 oz	0.32
23498Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked85.03.0 oz0.2123499Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw114.04.0 oz0.2522908Beef, corned beef hash, with potato, canned236.01.0 cup0.0913345Beef, cured, breakfast strips, cooked34.03.0 slices0.1013347Beef, cured, brisket, cooked85.03.0 oz0.14	23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.21
23499Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw114.04.0 oz0.2522908Beef, corned beef hash, with potato, canned236.01.0 cup0.0913345Beef, cured, breakfast strips, cooked34.03.0 slices0.1013347Beef, cured, corned beef, brisket, cooked85.03.0 oz0.14	23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	0.30
22908Beef, corned beef hash, with potato, canned236.01.0 cup0.0913345Beef, cured, breakfast strips, cooked34.03.0 slices0.1013347Beef, cured, beef, brisket, cooked85.03.0 oz0.14	23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	0.21
13345 Beef, cured, breakfast strips, cooked 34.0 3.0 slices 0.10 13347 Beef, cured, corned beef, brisket, cooked 85.0 3.0 oz 0.14	23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	0.25
13347 Beef, cured, corned beef, brisket, cooked 85.0 3.0 oz 0.14	22908	Beef, corned beef hash, with potato, canned	236.0	1.0 cup	0.09
	13345	Beef, cured, breakfast strips, cooked	34.0	3.0 slices	0.10
13348 Beef, cured, corned beef, canned 28.35 1.0 oz 0.04	13347	Beef, cured, corned beef, brisket, cooked	85.0	3.0 oz	0.14
	13348	Beef, cured, corned beef, canned	28.35	1.0 oz	0.04

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between set of the set of t	NDB_No	Description	Weight(g)	Measure (alph	Vitamin E na-tocopherol)(mg)
J335Jsect, cared, pastarini10 Jupacage, 25 or00191348Herf, fank, steck, separable lear and far, trimmed to 0° far, all grades, raw85.00.0 or0.0 or1306Beef, fank, steck, separable lean and far, trimmed to 0° far, choice, cooked, braised85.00.0 or0.0 or1306Beef, fank, steck, separable lean and far, trimmed to 0° far, choice, cooked, braised85.00.0 or0.0 or1307Beef, fank, steck, separable lean and far, trimmed to 0° far, choice, cooked, braised85.00.0 or0.0 or1399Beef, fank, steck, separable lean and far, trimmed to 0° far, choice, raw85.00.0 or0.0 or1399Beef, fank, steck, separable lean and far, trimmed to 0° far, choice, raw85.00.0 or0.0 or1399Beef, fank, steck, separable lean ond far, trimmed to 0° far, choice, raw85.00.0 or0.0 or1390Beef, fank, steck, separable lean ond far, trimmed to 0° far, choice, cooked, braided85.00.0 or0.0 or1300Beef, fank, steck, separable lean ondy, trimmed to 0° far, choice, cooked, braided85.00.0 or0.0 or1300Beef, fank, steck, separable lean ondy, trimmed to 0° far, choice, cooked, braided85.00.0 or0.0 or1300Beef, fank, steck, separable lean ondy, trimmed to 0° far, choice, cooked, braided85.00.0 or0.0 or1300Beef, fank, steck, separable lean ondy, trimmed to 0° far, choice, cooked, braided85.00.0 or0.0 or1301Beef, fank, steck, separable lean ondy, trimmed to 0° far, choice, cook					Per Measure
J394Beef, flank, steak, separable lean and far, rimmed to 0° fit, all grades, cooked, broiledS5030.0 cz30.0 czJ3070Beef, flank, steak, separable lean and far, rimmed to 0° fit, choice, cooked, broiledS50S00S00S00J3087Beef, flank, steak, separable lean and far, rimmed to 0° fit, choice, cooked, broiledS50S00S00S00J3087Beef, flank, steak, separable lean and far, rimmed to 0° fit, choice, cooked, broiledS50S00S00S00J3097Beef, flank, steak, separable lean and far, rimmed to 0° fit, scher, cooked, broiledS50S00 czS00S00J3097Beef, flank, steak, separable lean and, frammed to 0° fit, scher, rawS50S00 czS00 c	13350	Beef, cured, dried	28.0	10.0 slices	0.11
Becf, flank, steak, separable kan and far, trimmed to 0° far, dilg grades, raw85.03.0 or0.261306Becf, flank, steak, separable kan and far, trimmed to 0° far, choice, cooked, broised85.03.0 or0.331306Becf, flank, steak, separable kan and far, trimmed to 0° far, choice, rowked, broised85.03.0 or0.331307Becf, flank, steak, separable kan and far, trimmed to 0° far, choice, raw85.03.0 or0.252364Becf, flank, steak, separable kan and far, trimmed to 0° far, diper, raw85.03.0 or0.252365Becf, flank, steak, separable kan ondy, trimmed to 0° far, dipardes, coreed, broised85.03.0 or0.252365Becf, flank, steak, separable kan ondy, trimmed to 0° far, dipardes, coreed, broised85.03.0 or0.252366Becf, flank, steak, separable kan ondy, trimmed to 0° far, dipardes, coreed, braised85.03.0 or0.312367Becf, flank, steak, separable kan ondy, trimmed to 0° far, dipardes, coreed, braised85.03.0 or0.322368Becf, flank, steak, separable kan ondy, trimmed to 0° far, dipardes, coreed, braised85.03.0 or0.322368Becf, flank, steak, separable kan ondy, trimmed to 0° far, dipardes, raw85.03.0 or0.322369Becf, flank, steak, separable kan ondy, trimmed to 0° far, diparder, raw85.03.0 or0.322369Becf, flank, steak, separable kan ondy, trimmed to 0° far, diparder, raw85.03.0 or0.012369Becf, flank, steak, separable kan ondy, trimmed to 0° far, dipard	13355	Beef, cured, pastrami	71.0	1.0 package, 2.5 oz	0.09
1866Ref, flark, stack, separable learn and far, trimmed to 0° far, choice, crooked, broiked85030 or9031807Ref, flark, steck, separable learn and far, trimmed to 0° far, choice, crooked, broiked85030 or0031894Bef, flark, steck, separable learn and far, trimmed to 0° far, select, raw85030 or0031894Bef, flark, steck, separable learn and far, trimmed to 0° far, select, raw85030 or0232864Ref, flark, steck, separable learn and far, trimmed to 0° far, digrades, crooked, broiked85030 or0232864Ref, flark, steck, separable learn only, trimmed to 0° far, digrades, raw85030 or0231809Bef, flark, steck, separable learn only, trimmed to 0° far, digrades, raw85030 or0231809Bef, flark, steck, separable learn only, trimmed to 0° far, choice, cooked, broiked85030 or0231809Bef, flark, steck, separable learn only, trimmed to 0° far, steck, cooked, broiked85030 or0232857Bef, flark, steck, separable learn only, trimmed to 0° far, steck, cooked, broiked85030 or0232857Bef, frark, steck, separable learn only, trimmed to 0° far, steck, cooked, broiked85030 or0232857Bef, frark, steck, separable learn only, trimmed to 0° far, steck, cooked, broiked85030 or0102857Bef, groad, 70% lear mear/ 30% far, crunkles, cooked, branchord85030 or0101849Bef, groad, 70% lear mear/ 30% far, crunkles, cooked, pan-browed85030 o	13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.32
Beef, Ilaak, steak, separable lean and fat, trimmed to 0° fat, choice, row 85.0 30.00 30.00 1305 Beef, Ilaak, steak, separable lean and fat, trimmed to 0° fat, choice, row 85.0 30.00 0.01 1344 Beef, flank, steak, separable lean and fat, trimmed to 0° fat, choice, row 85.0 30.00 0.021 23654 Beef, flank, steak, separable lean and fat, trimmed to 0° fat, choice, row 85.0 30.00 0.022 23654 Beef, flank, steak, separable lean only, trimmed to 0° fat, choice, rowed, broited 85.0 30.00 0.022 23656 Reef, flank, steak, separable lean only, trimmed to 0° fat, choice, cooked, broited 85.0 30.00 0.022 13070 Beef, flank, steak, separable lean only, trimmed to 0° fat, choice, cooked, broited 85.0 30.00 0.025 23655 Beef, flank, steak, separable lean only, trimmed to 0° fat, elect, row 85.0 30.00 0.025 13070 Beef, flank, steak, separable lean only, trimmed to 0° fat, elect, row 85.0 30.00 0.025 13074 Beef, flank, steak, separable lean only, trimmed to 0° fat, elect, row 85.0 30.00 0.010 13080	13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.26
1365Beef, flank, steak, separable lean and fat, trimmed to 0° fat, elocic, cooked, broiled88.5110.000000113991Beef, flank, steak, separable lean and fat, trimmed to 0° fat, select, raw85.030.0020.02613971Beef, flank, steak, separable lean only, trimmed to 0° fat, all grades, cooked, broiled85.030.0020.02613064Beef, flank, steak, separable lean only, trimmed to 0° fat, choice, cooked, braised85.030.0020.02613069Beef, flank, steak, separable lean only, trimmed to 0° fat, choice, cooked, braised85.030.0020.02613070Beef, flank, steak, separable lean only, trimmed to 0° fat, choice, cooked, braised85.030.0020.0261308Beef, flank, steak, separable lean only, trimmed to 0° fat, choice, cooked, braised85.030.0020.0021308Beef, flank, steak, separable lean only, trimmed to 0° fat, choice, cooked, braised85.030.0020.0121308Beef, flank, steak, separable lean only, trimmed to 0° fat, choice, cooked, braised85.030.0020.01213070Beef, flank, steak, separable lean only, trimmed to 0° fat, choice, cooked, braised85.030.0020.01213070Beef, flank, steak, separable lean only, trimmed to 0° fat, choice, cooked, braised85.030.0020.01213074Beef, grank, fay anond, 70% fat, conked, pan-browned85.030.0020.0101344Beef, ground, 70% fat, neurol, 50% fat, pathy, cooked, pan-broided85.030.000.01013497Beef, ground, 75% lean mear / 2	13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.59
13449Beef, flank, steak, separable lean and fat, trimmed to 0° fat, select, raw85.03.0 or0.3113971Beef, flank, steak, separable lean and fat, trimmed to 0° fat, select, raw85.03.0 or0.2523654Beef, flank, steak, separable lean only, trimmed to 0° fat, all grades, cooked, broiled85.03.0 or0.2523656Beef, flank, steak, separable lean only, trimmed to 0° fat, choice, cooked, broiled85.03.0 or0.2613009Beef, flank, steak, separable lean only, trimmed to 0° fat, choice, cooked, broiled85.03.0 or0.0113070Beef, flank, steak, separable lean only, trimmed to 0° fat, choice, cooked, broiled85.03.0 or0.0223657Beef, flank, steak, separable lean only, trimmed to 0° fat, select, raw85.03.0 or0.0123657Beef, flank, steak, separable lean only, trimmed to 0° fat, select, raw85.03.0 or0.0123657Beef, flank, steak, separable lean only, trimmed to 0° fat, select, raw85.03.0 or0.0123657Beef, flank, steak, separable lean only, trimmed to 0° fat, select, raw85.03.0 or0.0123657Beef, flank, steak, separable lean only, trimmed to 0° fat, select, raw85.03.0 or0.0123657Beef, flank, steak, separable lean only, trimmed to 0° fat, select, raw85.03.0 or0.0123667Beef, flank, steak, separable lean only, trimmed to 0° fat, select, raw85.03.0 or0.012367Beef, ground, 70% lean meat / 30% fat, crumbles, cocked, pan-browned85.0<	13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.33
1371Beef, flank, steak, separable lean only, trimmed to 0° fat, all grades, cooked, broiled85.03.0 cr0.2652364Beef, flank, steak, separable lean only, trimmed to 0° fat, all grades, raw85.03.0 cr0.2651309Beef, flank, steak, separable lean only, trimmed to 0° fat, choice, cooked, broiled85.03.0 cr0.0121300Beef, flank, steak, separable lean only, trimmed to 0° fat, choice, cooked, broiled85.03.0 cr0.0211300Beef, flank, steak, separable lean only, trimmed to 0° fat, choice, cooked, broiled85.03.0 cr0.0212365Beef, flank, steak, separable lean only, trimmed to 0° fat, select, raw85.03.0 cr0.0212367Beef, flank, steak, separable lean only, trimmed to 0° fat, select, raw85.03.0 cr0.0251304Beef, grass-fel, strip selask, lean only, trimmed to 0° fat, select, raw85.03.0 cr0.0251304Beef, grass-fel, strip selask, lean only, raw85.03.0 cr0.0101305Beef, grand, 70% lean meat /30% fat, cartrobed, scoked, broiled85.03.0 cr0.0101349Beef, ground, 70% lean meat /30% fat, patry cooked, broiled85.03.0 cr0.0101349Beef, ground, 70% lean meat /30% fat, patry cooked, broiled85.03.0 cr0.0101349Beef, ground, 70% lean meat /30% fat, patry cooked, broiled85.03.0 cr0.0101349Beef, ground, 70% lean meat /30% fat, patry cooked, broiled85.03.0 cr0.0101349Beef, ground, 75% lean mea	13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.09
23654Beef, flank, steak, separable lean only, trimmed to 0° fat, all grades, raw85.03.0 oz0.2323656Beef, flank, steak, separable lean only, trimmed to 0° fat, choice, cooked, braisad85.03.0 oz0.01213070Beef, flank, steak, separable lean only, trimmed to 0° fat, choice, cooked, braisad85.03.0 oz0.01213070Beef, flank, steak, separable lean only, trimmed to 0° fat, choice, cooked, broiled85.03.0 oz0.02113084Beef, flank, steak, separable lean only, trimmed to 0° fat, choice, cooked, broiled85.03.0 oz0.02123657Beef, flank, steak, separable lean only, trimmed to 0° fat, select, cooked, broiled85.03.0 oz0.02123657Beef, flank, steak, separable lean only, trimmed to 0° fat, select, caoked, broiled85.03.0 oz0.02123657Beef, grass-fed, strip steak, lean only, trimmed to 0° fat, select, raw85.03.0 oz0.02113070Beef, grass-fed, strip steak, lean only, trimmed to 0° fat, select, raw85.03.0 oz0.01013494Beef, graund, 70% lean meat /30% fat, cambbes, cooked, pan-broimed85.03.0 oz0.01013495Beef, ground, 70% lean meat /30% fat, party cooked, pan-broimed85.03.0 oz0.01013496Beef, ground, 70% lean meat /30% fat, party cooked, pan-broimed85.03.0 oz0.01013497Beef, ground, 75% lean meat /30% fat, party cooked, pan-broimed85.03.0 oz0.01013498Beef, ground, 75% lean meat /30% fat, party, cooked, pan-broimed85.0 <td< td=""><td>13949</td><td>Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled</td><td>85.0</td><td>3.0 oz</td><td>0.31</td></td<>	13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.31
2365Beef, flank, steak, separable lean only, trimmed to 0° fat, choice, cooked, braised8503.0 oz0.0513090Beef, flank, steak, separable lean only, trimmed to 0° fat, choice, cooked, broided85.03.0 oz0.01213070Beef, flank, steak, separable lean only, trimmed to 0° fat, choice, cooked, broided85.03.0 oz0.00813084Beef, flank, steak, separable lean only, trimmed to 0° fat, choice, raw85.03.0 oz0.01223655Beef, flank, steak, separable lean only, trimmed to 0° fat, select, raw85.03.0 oz0.02513047Beef, grank-fed, ground, raw85.03.0 oz0.02513047Beef, grank-fed, ground, 70% lean meat / 30% fat, carumbles, cooked, pan-browned85.03.0 oz0.01613049Beef, ground, 70% lean meat / 30% fat, carumbles, cooked, pan-browned85.03.0 oz0.01613494Beef, ground, 70% lean meat / 30% fat, patty, cooked, broided85.03.0 oz0.01613495Beef, ground, 70% lean meat / 30% fat, patty, cooked, broided85.03.0 oz0.01613496Beef, ground, 70% lean meat / 30% fat, patty, cooked, broided85.03.0 oz0.01613497Beef, ground, 70% lean meat / 30% fat, patty, cooked, broided85.03.0 oz0.01613498Beef, ground, 70% lean meat / 20% fat, patty, cooked, broided85.03.0 oz0.01613498Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broided85.03.0 oz0.01623570Beef, ground, 75% lean meat / 25% fat, patty,	13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.26
13069Beef, flank, steak, separable lean only, trimmed to 0° fat, choice, cooked, broiled85.03.0 oz0.1213070Beef, flank, steak, separable lean only, trimmed to 0° fat, choice, raw28.551.0 oz0.00923657Beef, flank, steak, separable lean only, trimmed to 0° fat, choice, raw28.51.0 oz0.01223657Beef, flank, steak, separable lean only, trimmed to 0° fat, select, cooked, broiled85.03.0 oz0.21213070Beef, flank, steak, separable lean only, trimmed to 0° fat, select, raw85.01.0 serving0.21213071Beef, ground, ruw85.01.0 serving0.300.01913080Beef, ground, ruw85.03.0 oz0.01913091Beef, ground, ruw85.03.0 oz0.01013494Beef, ground, 70% lean meat / 30% fat, toaf, cooked, baked85.03.0 oz0.01013495Beef, ground, 70% lean meat / 30% fat, patry cooked, pan-broined85.03.0 oz0.01013496Beef, ground, 70% lean meat / 30% fat, patry cooked, pan-broined85.03.0 oz0.01013497Beef, ground, 70% lean meat / 30% fat, patry cooked, pan-broined85.03.0 oz0.01013498Beef, ground, 70% lean meat / 30% fat, patry cooked, pan-broined85.03.0 oz0.01013498Beef, ground, 75% lean meat / 25% fat, grauthec cooked, pan-broined85.03.0 oz0.01013578Beef, ground, 75% lean meat / 25% fat, patry, cooked, poined85.03.0 oz0.01023579Beef, ground	23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.32
1370Beef, flank, steak, separable lean only, trimmed to 0° fat, choice, cooked, broiled85.03.0 co3.0 co13068Beef, flank, steak, separable lean only, trimmed to 0° fat, choice, raw28.3510 co0.0023657Beef, flank, steak, separable lean only, trimmed to 0° fat, select, cooked, broiled85.03.0 co0.0123657Beef, flank, steak, separable lean only, trimmed to 0° fat, select, raw85.03.0 co0.0213070Beef, ground, raw85.01.0 serving0.0013040Beef, ground, 70% lean meat/30% fat, crumbles, cooked, pan-browned85.03.0 co0.0113441Beef, ground, 70% lean meat/30% fat, crumbles, cooked, pan-browned85.03.0 co0.0113445Beef, ground, 70% lean meat/30% fat, pathy cooked, pan-broiled85.03.0 co0.0113446Beef, ground, 70% lean meat/30% fat, pathy cooked, broiled85.03.0 co0.0113470Beef, ground, 70% lean meat/30% fat, pathy cooked, broiled85.03.0 co0.011348Beef, ground, 70% lean meat/30% fat, aruw113.04.0 co0.011349Beef, ground, 70% lean meat/25% fat, not, cooked, broiled85.03.0 co0.011349Beef, ground, 75% lean meat/25% fat, not, cooked, broiled85.03.0 co0.011357Beef, ground, 75% lean meat/25% fat, not, cooked, broiled85.03.0 co0.011358Beef, ground, 75% lean meat/25% fat, not, cooked, pan-browned85.03.0 co0.011357Beef, ground	23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.26
13068Beef, flank, steak, separable lean only, trimmed to 0° fat, choice, raw28.3510.230.00923657Beef, flank, steak, separable lean only, trimmed to 0° fat, select, cooked, broiled85.030.0020.3123657Beef, flank, steak, separable lean only, trimmed to 0° fat, select, raw85.030.0020.02513047Beef, graus, fed, ground, raw85.010.8erring0.03013000Beef, graus, fed, ground, raw85.030.0020.01913444Beef, ground, 70% lean meat / 30% fat, carmbles, cooked, pan-browned85.030.0020.01013495Beef, ground, 70% lean meat / 30% fat, party cooked, pan-broiled85.030.0020.01113496Beef, ground, 70% lean meat / 30% fat, party cooked, pan-broiled85.030.0020.01113497Beef, ground, 70% lean meat / 30% fat, party, cooked, broiled85.030.0020.01113498Beef, ground, 70% lean meat / 30% fat, party, cooked, pan-broiled85.030.0020.01013498Beef, ground, 75% lean meat / 25% fat, party, cooked, pan-broiled85.030.0020.01023580Beef, ground, 75% lean meat / 25% fat, party, cooked, pan-broiled85.030.0020.01023570Beef, ground, 75% lean meat / 25% fat, party, cooked, pan-broiled85.030.0020.01123574Beef, ground, 75% lean meat / 25% fat, party, cooked, pan-browned85.030.0020.01123575Beef, ground, 80% lean meat / 20% fat, party, cooked, pan-browned85.030.0020.010	13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.12
2365Beef, flank, steak, separable lean only, trimmed to 0° fat, select, raw85.03.0 cz0.212367Beef, flank, steak, separable lean only, trimmed to 0° fat, select, raw85.03.0 cz0.2513047Beef, grass-fed, ground, raw85.01.0 serving0.3013000Beef, grass-fed, strip steaks, lean only, ruw85.03.0 cz0.1013494Beef, ground, 70% lean meat / 30% fat, conked, pan-browned85.03.0 cz0.1013495Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-browned85.03.0 cz0.1013496Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled85.03.0 cz0.1013497Beef, ground, 70% lean meat / 30% fat, rumbles, cooked, pan-broiled85.03.0 cz0.1013498Beef, ground, 70% lean meat / 30% fat, rumbles, cooked, pan-broined85.03.0 cz0.1013498Beef, ground, 70% lean meat / 25% fat, locaf, cooked, pan-browned85.03.0 cz0.1013498Beef, ground, 75% lean meat / 25% fat, locaf, cooked, pan-browned85.03.0 cz0.1013580Beef, ground, 75% lean meat / 25% fat, locaf, cooked, pan-browned85.03.0 cz0.1013570Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-browned85.03.0 cz0.1013571Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-browned85.03.0 cz0.1013572Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-browned85.03.0 cz0.1013574 </td <td>13070</td> <td>Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled</td> <td>85.0</td> <td>3.0 oz</td> <td>0.32</td>	13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.32
23657 Beef, flank, steak, separable lean only, trimmed to 0° fat, select, raw 85.0 3.0 or 0.25 13047 Beef, grass-fed, ground, raw 85.0 1.0 serving 0.30 13000 Beef, grass-fed, strip steaks, lean only, raw 85.0 3.0 oz 0.19 13444 Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned 85.0 3.0 oz 0.10 13495 Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled 85.0 3.0 oz 0.10 13496 Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled 85.0 3.0 oz 0.11 13497 Beef, ground, 70% lean meat / 30% fat, patty, cooked, pan-broiled 85.0 3.0 oz 0.11 13497 Beef, ground, 70% lean meat / 30% fat, patty, cooked, pan-browned 85.0 3.0 oz 0.10 23580 Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned 85.0 3.0 oz 0.10 23574 Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-browned 85.0 3.0 oz 0.10 23575 Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-browned 85.0 3.0 oz<	13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.09
1347 Beef, grass-fed, ground, raw 88.0 1.0 serving 0.30 13000 Beef, grass-fed, strip steaks, lean only, raw 88.0 3.0 oz 0.19 1344 Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned 85.0 3.0 oz 0.010 1345 Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled 85.0 3.0 oz 0.010 1346 Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled 85.0 3.0 oz 0.011 1347 Beef, ground, 70% lean meat / 30% fat, patty, cooked, pan-broiled 85.0 3.0 oz 0.010 1349 Beef, ground, 70% lean meat / 20% fat, panty, cooked, pan-browned 85.0 3.0 oz 0.010 1349 Beef, ground, 75% lean meat / 25% fat, combles, cooked, pan-browned 85.0 3.0 oz 0.010 2358 Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled 85.0 3.0 oz 0.010 2357 Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled 85.0 3.0 oz 0.010 2357 Beef, ground, 75% lean meat / 25% fat, fat, patty, cooked, pan-browned 85.0 3.0 oz	23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.31
13000Beef, grass-fed, strip steaks, lean only, raw85.03.0 oz0.1913494Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned85.03.0 oz0.1013495Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked85.03.0 oz0.1013496Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled85.03.0 oz0.1113497Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled85.03.0 oz0.1013498Beef, ground, 70% lean meat / 30% fat, raw113.04.0 oz0.1923580Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned85.03.0 oz0.1023574Beef, ground, 75% lean meat / 25% fat, loaf, cooked, broiled85.03.0 oz0.1023575Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled85.03.0 oz0.1023576Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled85.03.0 oz0.1123575Beef, ground, 75% lean meat / 25% fat, arw113.04.0 oz0.1923576Beef, ground, 75% lean meat / 25% fat, arw113.04.0 oz0.1923575Beef, ground, 85% lean meat / 20% fat, crumbles, cooked, pan-browned85.03.0 oz0.1023574Beef, ground, 85% lean meat / 20% fat, crumbles, cooked, pan-broiled85.03.0 oz0.1023574Beef, ground, 85% lean meat / 20% fat, patty, cooked, pan-broiled85.03.0 oz0.1123574Beef, ground, 85% lean meat / 20% fat	23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.25
13494Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned85.03.0 oz0.1013495Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked85.03.0 oz0.1013496Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled85.03.0 oz0.1113497Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled85.03.0 oz0.1013498Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled85.03.0 oz0.1013498Beef, ground, 70% lean meat / 25% fat, crumbles, cooked, pan-browned85.03.0 oz0.1023580Beef, ground, 75% lean meat / 25% fat, oxik, baked85.03.0 oz0.1023574Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled85.03.0 oz0.1123575Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled85.03.0 oz0.1123574Beef, ground, 75% lean meat / 25% fat, raw113.04.0 oz0.1923575Beef, ground, 80% lean meat / 20% fat, raw85.03.0 oz0.1023574Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-broiled85.03.0 oz0.1123572Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled85.03.0 oz0.1023574Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled85.03.0 oz0.1123572Beef, ground, 80% lean meat / 20% fat, raw113.04.0 oz0.1123574Beef, ground, 80% lean meat / 20% f	13047	Beef, grass-fed, ground, raw	85.0	1.0 serving	0.30
13495Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked85.03.0 oz0.1013496Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled85.03.0 oz0.1113497Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled85.03.0 oz0.0013498Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled85.03.0 oz0.0113498Beef, ground, 70% lean meat / 30% fat, raw113.04.0 oz0.0113498Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned85.03.0 oz0.01023580Beef, ground, 75% lean meat / 25% fat, patty, cooked, baked85.03.0 oz0.1023574Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled85.03.0 oz0.1123575Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled85.03.0 oz0.1123574Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled85.03.0 oz0.1023575Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled85.03.0 oz0.1023574Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled85.03.0 oz0.1123572Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled85.03.0 oz0.1123574Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled85.03.0 oz0.1123574Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled85.03.0 oz0.11 <tr <td=""></tr>	13000	Beef, grass-fed, strip steaks, lean only, raw	85.0	3.0 oz	0.19
13496Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled85.03.0 oz0.1113497Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled85.03.0 oz0.1013498Beef, ground, 70% lean meat / 30% fat, raw113.04.0 oz0.1923580Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned85.03.0 oz0.1023581Beef, ground, 75% lean meat / 25% fat, patty, cooked, baked85.03.0 oz0.1023574Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-browned85.03.0 oz0.1023575Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled85.03.0 oz0.1023574Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-browned85.03.0 oz0.1023575Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-browned85.03.0 oz0.1023574Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned85.03.0 oz0.1023575Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-browned85.03.0 oz0.1023576Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-browned85.03.0 oz0.1023574Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-browned85.03.0 oz0.1023574Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-browned85.03.0 oz0.1123574Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-browned85.03.0 oz0.11	13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.10
13497Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled85.03.0 oz0.1013498Beef, ground, 70% lean meat / 30% fat, raw113.04.0 oz0.1923580Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned85.03.0 oz0.1023581Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, baked85.03.0 oz0.1023578Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled85.03.0 oz0.1023579Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled85.03.0 oz0.1023571Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled85.03.0 oz0.1123572Beef, ground, 75% lean meat / 20% fat, crumbles, cooked, pan-browned85.03.0 oz0.1023574Beef, ground, 80% lean meat / 20% fat, cooked, pan-browned85.03.0 oz0.1023575Beef, ground, 80% lean meat / 20% fat, naw85.03.0 oz0.1023574Beef, ground, 80% lean meat / 20% fat, raw85.03.0 oz0.1023575Beef, ground, 80% lean meat / 20% fat, raw85.03.0 oz0.1023574Beef, ground, 80% lean meat / 20% fat, raw85.03.0 oz0.1023575Beef, ground, 80% lean meat / 20% fat, raw85.03.0 oz0.1023574Beef, ground, 80% lean meat / 20% fat, raw85.03.0 oz0.1123575Beef, ground, 80% lean meat / 20% fat, raw85.03.0 oz0.1123574Bee	13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	85.0	3.0 oz	0.10
13498Beef, ground, 70% lean meat / 30% fat, raw113.04.0 oz0.1923580Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned85.03.0 oz0.1023581Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked85.03.0 oz0.1023578Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled85.03.0 oz0.1023579Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled85.03.0 oz0.1123577Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled85.03.0 oz0.1023578Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled85.03.0 oz0.1123575Beef, ground, 75% lean meat / 20% fat, crumbles, cooked, pan-browned85.03.0 oz0.1023574Beef, ground, 80% lean meat / 20% fat, loaf, cooked, pan-broiled85.03.0 oz0.1023574Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled85.03.0 oz0.1023574Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled85.03.0 oz0.1023574Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled85.03.0 oz0.1123572Beef, ground, 80% lean meat / 20% fat, raw113.04.0 oz0.1923574Beef, ground, 80% lean meat / 20% fat, raw113.04.0 oz0.1923574Beef, ground, 80% lean meat / 20% fat, raw85.03.0 oz0.1123574Beef, ground, 80% lean meat / 20% fat, ra	13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	85.0	3.0 oz	0.11
23580Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned85.03.0 oz0.1023581Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked85.03.0 oz0.1023578Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled85.03.0 oz0.1023579Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled85.03.0 oz0.1123577Beef, ground, 75% lean meat / 25% fat, raw113.04.0 oz0.1923578Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned85.03.0 oz0.1023574Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled85.03.0 oz0.1023574Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled85.03.0 oz0.1023574Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled85.03.0 oz0.1023574Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled85.03.0 oz0.1123572Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled85.03.0 oz0.1123574Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled85.03.0 oz0.1123572Beef, ground, 80% lean meat / 20% fat, arw113.04.0 oz0.1923574Beef, ground, 80% lean meat / 20% fat, arw3.0 oz0.1123570Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned85.03.0 oz0.1023571Beef, ground, 85% lean meat	13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	85.0	3.0 oz	0.10
23581Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked85.03.0 oz0.1023578Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled85.03.0 oz0.1023579Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled85.03.0 oz0.1123577Beef, ground, 75% lean meat / 25% fat, raw113.04.0 oz0.1923575Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned85.03.0 oz0.1023576Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled85.03.0 oz0.1023574Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled85.03.0 oz0.1023574Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled85.03.0 oz0.1023572Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled85.03.0 oz0.1123573Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled85.03.0 oz0.1023574Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled85.03.0 oz0.1123572Beef, ground, 80% lean meat / 20% fat, raw113.04.0 oz0.1923570Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned85.03.0 oz0.10	13498	Beef, ground, 70% lean meat / 30% fat, raw	113.0	4.0 oz	0.19
23578Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled85.03.0 oz0.1023579Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled85.03.0 oz0.1123577Beef, ground, 75% lean meat / 25% fat, raw113.04.0 oz0.1923575Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned85.03.0 oz0.1023574Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled85.03.0 oz0.1023575Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-broiled85.03.0 oz0.1023574Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled85.03.0 oz0.1123572Beef, ground, 80% lean meat / 20% fat, raw113.04.0 oz0.1923574Beef, ground, 80% lean meat / 20% fat, raw113.04.0 oz0.1923572Beef, ground, 80% lean meat / 20% fat, raw3.1 oz0.1923570Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned85.03.0 oz0.19	23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.10
23579Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled85.03.0 oz0.1123574Beef, ground, 75% lean meat / 20% fat, crumbles, cooked, pan-browned113.04.0 oz0.1923575Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned85.03.0 oz0.1023576Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled85.03.0 oz0.1023574Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled85.03.0 oz0.1123572Beef, ground, 80% lean meat / 20% fat, raw113.04.0 oz0.1923574Beef, ground, 80% lean meat / 20% fat, raw0.193.0 oz0.1123572Beef, ground, 80% lean meat / 20% fat, raw113.04.0 oz0.1923570Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned85.03.0 oz0.19	23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	85.0	3.0 oz	0.10
23577Beef, ground, 75% lean meat / 25% fat, raw113.04.0 oz0.1923575Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned85.03.0 oz0.1023576Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked85.03.0 oz0.1023574Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled85.03.0 oz0.1123572Beef, ground, 80% lean meat / 20% fat, raw113.04.0 oz0.1923570Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned85.03.0 oz0.19	23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85.0	3.0 oz	0.10
23575Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned85.03.0 oz0.1023576Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked85.03.0 oz0.1023574Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled85.03.0 oz0.1123572Beef, ground, 80% lean meat / 20% fat, raw113.04.0 oz0.1923570Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned85.03.0 oz0.10	23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.11
23576 Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked 85.0 3.0 oz 0.10 23574 Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled 85.0 3.0 oz 0.11 23572 Beef, ground, 80% lean meat / 20% fat, raw 113.0 4.0 oz 0.19 23570 Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned 85.0 3.0 oz 0.10	23577	Beef, ground, 75% lean meat / 25% fat, raw	113.0	4.0 oz	0.19
23574 Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled 85.0 3.0 oz 0.11 23572 Beef, ground, 80% lean meat / 20% fat, raw 113.0 4.0 oz 0.19 23570 Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned 85.0 3.0 oz 0.11	23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.10
23572 Beef, ground, 80% lean meat / 20% fat, raw 113.0 4.0 oz 0.19 23570 Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned 85.0 3.0 oz 0.10	23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	85.0	3.0 oz	0.10
23570Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned85.03.0 oz0.10	23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.11
	23572	Beef, ground, 80% lean meat / 20% fat, raw	113.0	4.0 oz	0.19
23571 Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked 85.0 3.0 oz 0.10	23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.10
	23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	85.0	3.0 oz	0.10

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NDB_No	Description	Weight(g)	Measure (alp	Vitamin E ha-tocopherol)(mg)
				Per Measure
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85.0	3.0 oz	0.10
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.11
23567	Beef, ground, 85% lean meat / 15% fat, raw	85.0	3.0 oz	0.14
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.10
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	85.0	3.0 oz	0.10
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	0.10
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.11
23562	Beef, ground, 90% lean meat / 10% fat, raw	113.0	4.0 oz	0.19
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.10
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	85.0	3.0 oz	0.10
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	85.0	3.0 oz	0.10
23472	Beef, ground, 93% lean meat / 7% fat, raw	113.0	4.0 oz	0.19
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.11
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.10
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	85.0	3.0 oz	0.10
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	85.0	3.0 oz	0.10
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.11
23557	Beef, ground, 95% lean meat / 5% fat, raw	113.0	4.0 oz	0.19
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.10
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	85.0	3.0 oz	0.10
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	85.0	3.0 oz	0.10
23477	Beef, ground, 97% lean meat / 3% fat, raw	113.0	4.0 oz	0.19
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.11
13317	Beef, ground, patties, frozen, cooked, broiled	85.0	3.0 oz	0.00
23220	Beef, ground, unspecified fat content, cooked	85.0	3.0 oz	0.37
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	0.32
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	0.14
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.08
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.16
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.09
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.16
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.08
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.15

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NDB_No	Description	Weight(g)	Measure ^{(;}	Vitamin E alpha-tocopherol)(mg)
				Per Measure
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.24
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.20
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.26
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.20
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.15
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.21
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.12
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.15
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.10
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.15
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.08
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.15
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.24
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.20
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.24
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.20
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.21
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.19
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	0.12
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.19
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	0.14
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.20
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.07
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.17
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.28
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.19
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.25
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.20
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.19
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.17
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.20

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2388Rely not point suck, hone point suck, hone point suck hone and fair immed to R fair dig and suck honeSetSet2390Rely not point suck, hone point suck hone and fair immed to R fair dig and suck honeSetSet2391Rely not point suck, hone suck hone su	NDB_No	Description	Weight(g)	Measure (alpha-to	Vitamin E ocopherol)(mg)
Baser, loin, op loin steak, boneles, lip-on, separable lean and fat, trimmed to 18° fat, choice, row55.30 or0.012399Berl, loin, op loin steak, boneles, lip-on, separable lean and fat, trimmed to 18° fat, choice, row85.30 or30 o	_		8 (8)		
21.399 pilledpilled0.000.002395Borf, loin, top lion steak, boncless, lip-on, separable lean and fat, trimmed to 18° fat, select, cooked, priled8500.000.002396Berf, loin, top lion steak, boncless, lip-on, separable lean and fat, trimmed to 18° fat, select, row8500.000.002397Berf, loin, top lion steak, boncless, lip-on, separable lean only, trimmed to 18° fat, all grades, cooked, griled8500.000.002398Berf, loin, top lion steak, boncless, lip-on, separable lean only, trimmed to 18° fat, all grades, cooked, 	23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.18
Best, bin, top bin stak, boncless, lip-on, separable lean and fat, trimmed to 18° fat, select, row88.010.00002337Best, bin, top bins stak, boncless, lip-on, separable lean only, trimmed to 18° fat, all grades, cooked, grifted88.00.00000.0162338Best, bin, top bins stak, boncless, lip-on, separable lean only, trimmed to 18° fat, all grades, cooked, grifted88.00.00000.01923380Best, bin, top bins stak, boncless, lip-on, separable lean only, trimmed to 18° fat, all grades, cooked, grifted88.00.00000.01923392Best, bin, top bins stak, boncless, lip-on, separable lean only, trimmed to 18° fat, select, cooked, grifted88.00.00000.02023393Best, bin, top bins stak, boncless, lip-on, separable lean only, trimmed to 18° fat, select, cooked, grifted88.00.00000.0102344Best, bin, top bins stak, boncless, lip-on, separable lean only, trimmed to 18° fat, select, cooked, grifted88.00.00000.0102344Best, bin, top bins stak, boncless, lip-on, separable lean only, trimmed to 18° fat, select, cooked, grifted88.00.00000.0302344Best, bin, top bins, separable lean and fat, trimmed to 18° fat, select, cooked, grifted88.00.00000.00002344Best, bin, top bins, separable lean and fat, cooked, fat soated85.00.00000.00002344Best, bin, top bins, separable lean and fat, cooked, fat soated85.00.00000.00002344Best, New Zealand, imported, bolta blade, separable lean and fat, cooked, braised85.00.00000.0000	23389		85.0	3.0 oz	0.20
23.900 prilatprilat0.0000.0102387Ref, kin, top loin suck, honeless, lip-on, separable lean and fr, trimmed to 18" fra, all grades, cooked, grilledRefR	23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.20
Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmel to 1/8" fat, all grades, cooked.85.030.000.1923346Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmel to 1/8" fat, choice, cooked, grilled85.030.000.0023387Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmel to 1/8" fat, choice, cooked, grilled85.030.000.0023393Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmel to 1/8" fat, choice, raw85.030.000.0023393Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmel to 1/8" fat, select, raw85.030.000.01623394Beef, loin, top loin, separable lean only, trimmel to 1/8" fat, select, raw85.030.000.01613910Beef, loin, top loin, separable lean and fat, rimment to 1/8" fat, select, raw85.030.000.0313914Beef, loin, top loin, separable lean and fat, rimment to 1/8" fat, select, raw85.030.000.0223446Beef, New Zealand, imported, bolar blade, separable lean and fat, rowelf85.030.000.0223447Beef, New Zealand, imported, bolar blade, separable lean and fat, rowelf85.030.000.022347Beef, New Zealand, imported, bolar blade, separable lean and fat, rowelf85.030.000.032348Beef, New Zealand, imported, brisket navel end, separable lean and fat, rowelf85.030.000.032349Beef, New Zealand, imported, brisket navel end, separable lean and fat, rowelf85.030.000	23390		85.0	3.0 oz	0.17
21.394grilled0.000.000.002386Berf, Join, top Join steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled85.03.0 oz0.0202385Berf, Join, top Join steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw85.03.0 oz0.0202384Berf, Join, top Join steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw85.03.0 oz0.0202384Berf, Join, top Join steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw85.03.0 oz0.0302384Berf, Join, top Join, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled85.03.0 oz0.03013914Berf, Join, top Join, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled85.03.0 oz0.03223446Berf, New Zealand, imported, Jodar blade, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled85.03.0 oz0.04223447Berf, New Zealand, imported, Jodar blade, separable lean and fat, triamator to 1.8" fat, select, cooked, grilled85.03.0 oz0.04223448Berf, New Zealand, imported, Jodar blade, separable lean and fat, trawato11404.0 oz0.04223349Berf, New Zealand, imported, Jodar blade, separable lean and fat, trawato85.03.0 oz0.05323449Berf, New Zealand, imported, Josket navel end, separable lean and fat, rawato11404.0 oz0.05323449Berf, New Zealand, imported, Josket point end, separable lean and fat, rawato1140	23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.16
23392Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, row85.030.000.0023385Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled85.030.000.01623384Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw85.030.000.01723384Beef, loin, top loin, steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw85.030.000.03013910Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw85.030.000.03213914Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw85.030.000.02023447Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, grilled85.030.000.02023447Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted85.030.000.0422348Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted85.030.000.04623447Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, braised85.030.000.01623448Beef, New Zealand, imported, briaket navel end, separable lean and fat, cooked, braised85.030.000.01623449Beef, New Zealand, imported, briaket navel end, separable lean and fat, cooked, braised85.030.000.01623449Beef, New Zealand, imported, briaket navel end, separable lean and fa	23394		85.0	3.0 oz	0.19
2338Berl, kin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, elect, raw85030 co0.002339Berl, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw85030 co0.1713910Berl, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw85030 co0.0313914Berl, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw85030 co0.0313914Berl, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw85030 co0.0223446Berl, Neir, Zealand, imported, bolar blade, separable lean and fat, cooked, grilled85030 co0.0223477Berl, New Zealand, imported, bolar blade, separable lean only, cristansed85030 co0.0223488Berl, New Zealand, imported, bolar blade, separable lean and fat, cooked, far torasted85030 co0.0223499Berl, New Zealand, imported, brisket navel end, separable lean and fat, cooked, brisked85030 co0.0323490Berl, New Zealand, imported, brisket navel end, separable lean only, cooked, brisked85030 co0.0523491Berl, New Zealand, imported, brisket poirt end, separable lean only, cooked, brisket85030 co0.0523492Berl, New Zealand, imported, brisket poirt end, separable lean only, cooked, brisket85030 co0.0523493Berl, New Zealand, imported, brisket poirt end, separable lean only, cooked, brisket85030 co0.0523494	23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.19
2333Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled85.03.0 oz0.162334Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw85.03.0 oz0.0713910Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw85.03.0 oz0.0313913Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw85.03.0 oz0.0223446Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted85.03.0 oz0.0223477Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted85.03.0 oz0.0223488Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted85.03.0 oz0.0523494Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised85.03.0 oz0.0523494Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised85.03.0 oz0.0523495Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised85.03.0 oz0.0523491Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised85.03.0 oz0.0523401Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised85.03.0 oz0.0523415Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised85.0 <t< td=""><td>23392</td><td>Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled</td><td>85.0</td><td>3.0 oz</td><td>0.20</td></t<>	23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.20
2334Beef, loin, top loin steak, boneless, lin-on, separable lean only, trimmed to 1/8" fat, select, raw85.03.0 oz0.1713910Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled85.03.0 oz0.3813913Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw85.03.0 oz0.0213914Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw85.03.0 oz0.6023446Beef, New Zealand, imported, bolar blade, separable lean and fat, traw114.04.0 oz0.602347Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted85.03.0 oz0.602348Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted85.03.0 oz0.612348Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw114.04.0 oz0.302349Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw114.04.0 oz0.302349Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw114.04.0 oz0.632349Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw114.04.0 oz0.652349Beef, New Zealand, imported, brisket point end, separable lean and fat, raw114.04.0 oz0.652349Beef, New Zealand, imported, brisket point end, separable lean and fat, raw114.04.0 oz0.652340Beef, New Zealand, imported, briske	23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.20
13910Beef, loin, top loin, separable lean and fat, trimmed to 1%" fat, all grades, cooked, grilled86503.0 oz0.0 s13914Beef, loin, top loin, separable lean and fat, trimmed to 1%" fat, select, cooked, grilled85.03.0 oz0.0 s13913Beef, loin, top loin, separable lean and fat, trimmed to 1%" fat, select, raw85.03.0 oz0.0 s23446Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted85.03.0 oz0.0 c23477Beef, New Zealand, imported, bolar blade, separable lean and fat, raw114.04.0 oz0.0 c23488Beef, New Zealand, imported, bolar blade, separable lean onf fat, raw114.04.0 oz0.0 c23484Beef, New Zealand, imported, bolar blade, separable lean onf fat, raw114.04.0 oz0.0 c23484Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw114.04.0 oz0.0 c2349Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw114.04.0 oz0.0 c2349Beef, New Zealand, imported, brisket navel end, separable lean onfat, raw114.04.0 oz0.0 c2349Beef, New Zealand, imported, brisket navel end, separable lean onfat, raw114.04.0 oz0.0 c2340Beef, New Zealand, imported, brisket navel end, separable lean onfat, raw114.04.0 oz0.0 c23410Beef, New Zealand, imported, brisket point end, separable lean onfat, raw114.04.0 oz0.0 c23420Beef, New Zealand, imported, brisket point end, separab	23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.16
13141Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled85.03.0 or3.0 or <th< td=""><td>23384</td><td>Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw</td><td>85.0</td><td>3.0 oz</td><td>0.17</td></th<>	23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.17
13913Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw885.03.0 oz0.3223446Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted85.03.0 oz0.6023447Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted85.03.0 oz0.6223397Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted85.03.0 oz0.6523398Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised85.03.0 oz0.6523449Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw114.04.0 oz0.632349Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised85.03.0 oz0.602349Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised85.03.0 oz0.602349Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised85.03.0 oz0.602340Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised85.03.0 oz0.602341Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised85.03.0 oz0.602342Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised85.03.0 oz0.722343Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised85.03.0 oz0.722345 </td <td>13910</td> <td>Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled</td> <td>85.0</td> <td>3.0 oz</td> <td>0.39</td>	13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.39
23446Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted86.03.0 oz0.0023447Beef, New Zealand, imported, bolar blade, separable lean and fat, raw114.04.0 oz0.4223397Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted85.03.0 oz0.652348Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised85.03.0 oz0.6323449Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw114.04.0 oz0.332349Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw114.04.0 oz0.602349Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised85.03.0 oz0.602340Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised85.03.0 oz0.6023410Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised85.03.0 oz0.6023451Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised85.03.0 oz0.6023402Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised85.03.0 oz0.7023403Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised85.03.0 oz0.7023403Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised85.03.0 oz0.7023403Beef,	13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.38
23447Beef, New Zealand, imported, bolar blade, separable lean and fat, raw114.04.0 or0.4223397Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted85.03.0 or0.6523398Beef, New Zealand, imported, bolar blade, separable lean only, raw114.04.0 or0.4023448Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised85.03.0 or0.6323449Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised85.03.0 or0.6023401Beef, New Zealand, imported, brisket navel end, separable lean only, raw114.04.0 or0.6023410Beef, New Zealand, imported, brisket navel end, separable lean only, raw114.04.0 or0.6023401Beef, New Zealand, imported, brisket point end, separable lean only, raw114.04.0 or0.6023450Beef, New Zealand, imported, brisket point end, separable lean only, raw114.04.0 or0.6023451Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised85.03.0 or0.6023452Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised85.03.0 or0.6023453Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised85.03.0 or0.6023454Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised85.03.0 or0.7023452Beef, New Zealand, imported, chuck ey eroll, sep	13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.32
2337Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted85.03.0 oz0.6 c2338Beef, New Zealand, imported, bolar blade, separable lean only, raw114.04.0 oz0.6 c2344Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised85.03.0 oz0.3 c2349Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw114.04.0 oz0.3 c2349Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised85.03.0 oz0.6 c2340Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised85.03.0 oz0.6 c2345Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised85.03.0 oz0.6 c2345Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised85.03.0 oz0.6 c2345Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised85.03.0 oz0.6 c2345Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised85.03.0 oz0.6 c2345Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised85.03.0 oz0.6 c2345Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw114.04.0 oz0.6 c2345Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw114.04.0 oz0.6 c2345Beef, New	23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.60
2338Beef, New Zealand, imported, bolar blade, separable lean only, raw114.04.0 oz0.4 d2348Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised85.03.0 oz0.372349Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw114.04.0 oz0.332339Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised85.03.0 oz0.6023401Beef, New Zealand, imported, brisket navel end, separable lean only, raw114.04.0 oz0.6023450Beef, New Zealand, imported, brisket point end, separable lean only, raw114.04.0 oz0.6523451Beef, New Zealand, imported, brisket point end, separable lean and fat, raw114.04.0 oz0.6523452Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised85.03.0 oz0.7223403Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised85.03.0 oz0.722343Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised85.03.0 oz0.722343Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised85.03.0 oz0.722343Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised85.03.0 oz0.702345Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised85.03.0 oz0.702345Beef, New Zealand, imported, chuck	23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	114.0	4.0 oz	0.42
2348Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised85.03.0 oz0.372349Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw114.04.0 oz0.3323399Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised85.03.0 oz0.6023401Beef, New Zealand, imported, brisket navel end, separable lean only, raw114.04.0 oz0.4923450Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised85.03.0 oz0.6523451Beef, New Zealand, imported, brisket point end, separable lean and fat, raw114.04.0 oz0.5023402Beef, New Zealand, imported, brisket point end, separable lean and fat, raw114.04.0 oz0.5023403Beef, New Zealand, imported, brisket point end, separable lean and fat, raw114.04.0 oz0.5023404Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised85.03.0 oz0.7223403Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised85.03.0 oz0.7523424Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised85.03.0 oz0.7023453Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised85.03.0 oz0.7023454Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised85.01.0 serving0.7623454Beef, New Zealand,	23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.65
23449Beef, New Zealand, inported, brisket navel end, separable lean and fat, raw114.04.0 oz0.3323399Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised85.03.0 oz0.6023401Beef, New Zealand, imported, brisket navel end, separable lean only, raw114.04.0 oz0.4923450Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised85.03.0 oz0.6523451Beef, New Zealand, imported, brisket point end, separable lean and fat, raw114.04.0 oz0.5023402Beef, New Zealand, imported, brisket point end, separable lean and fat, raw114.04.0 oz0.5023403Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised85.03.0 oz0.5023404Beef, New Zealand, imported, brisket point end, separable lean and fat, raw114.04.0 oz0.5023405Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised85.03.0 oz0.7023433Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised85.03.0 oz0.7023454Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw114.04.0 oz0.6623455Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised85.03.0 oz0.7023454Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised85.01.0 serving0.7623454Beef, New Zeala	23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	114.0	4.0 oz	0.46
23399Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised85.03.0 oz0.6023401Beef, New Zealand, imported, brisket navel end, separable lean only, raw114.04.0 oz0.4923450Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised85.03.0 oz0.6523451Beef, New Zealand, imported, brisket point end, separable lean and fat, raw114.04.0 oz0.5023402Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised85.03.0 oz0.7223403Beef, New Zealand, imported, brisket point end, separable lean only, raw114.04.0 oz0.5523403Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised85.03.0 oz0.7223403Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised85.03.0 oz0.7223453Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised85.03.0 oz0.7023454Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised85.03.0 oz0.7023453Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised85.03.0 oz0.7023454Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised85.01.0 serving0.7623454Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted85.03.0 oz0.3123455Bee	23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	85.0	3.0 oz	0.37
23401Beef, New Zealand, imported, brisket navel end, separable lean only, raw114.04.0 oz0.4923450Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised85.03.0 oz0.6523451Beef, New Zealand, imported, brisket point end, separable lean and fat, raw114.04.0 oz0.5023402Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised85.03.0 oz0.7223403Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised85.03.0 oz0.7223403Beef, New Zealand, imported, brisket point end, separable lean only, raw114.04.0 oz0.5523452Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised85.03.0 oz0.7023453Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw114.04.0 oz0.6523454Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw114.04.0 oz0.6523455Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw114.04.0 oz0.6523454Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised85.01.0 serving0.7623454Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted85.01.0 serving0.7623455Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted85.01.0 serving0.3123455Beef, New Zealand, i	23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	114.0	4.0 oz	0.33
23450Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised85.03.0 oz0.6523451Beef, New Zealand, imported, brisket point end, separable lean and fat, raw114.04.0 oz0.5023402Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised85.03.0 oz0.7223403Beef, New Zealand, imported, brisket point end, separable lean only, raw114.04.0 oz0.5523452Beef, New Zealand, imported, chuck eye roll, separable lean only, raw114.04.0 oz0.5523453Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw114.04.0 oz0.6523454Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw114.04.0 oz0.6523453Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw114.04.0 oz0.6523454Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, fast roasted85.01.0 serving0.7623454Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted85.03.0 oz0.3123455Beef, New Zealand, imported, cube roll, separable lean and fat, raw114.04.0 oz0.3123455Beef, New Zealand, imported, cube roll, separable lean and fat, raw114.03.0 oz0.3123455Beef, New Zealand, imported, cube roll, separable lean and fat, raw114.03.0 oz0.3123455Beef, New Zealand, imported, cube roll, separable lean and fat, raw	23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	85.0	3.0 oz	0.60
23451Beef, New Zealand, imported, brisket point end, separable lean and fat, raw114.04.0 oz0.5023402Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised85.03.0 oz0.7223403Beef, New Zealand, imported, brisket point end, separable lean only, raw114.04.0 oz0.5523452Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised85.03.0 oz0.7023453Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw114.04.0 oz0.6523454Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised85.01.0 serving0.7623454Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted85.03.0 oz0.3123454Beef, New Zealand, imported, cube roll, separable lean and fat, raw114.04.0 oz0.3123454Beef, New Zealand, imported, cube roll, separable lean and fat, raw114.04.0 oz0.3123455Beef, New Zealand, imported, cube roll, separable lean and fat, raw114.04.0 oz0.3123455Beef, New Zealand, imported, cube roll, separable lean and fat, raw114.04.0 oz0.3123455Beef, New Zealand, imported, cube roll, separable lean and fat, raw114.04.0 oz0.3123455Beef, New Zealand, imported, cube roll, separable lean and fat, raw114.04.0 oz0.3123455Beef, New Zealand, imported, cube roll, separable lean and fat, raw114.04.0 oz <td>23401</td> <td>Beef, New Zealand, imported, brisket navel end, separable lean only, raw</td> <td>114.0</td> <td>4.0 oz</td> <td>0.49</td>	23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	114.0	4.0 oz	0.49
23402Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised85.03.0 oz0.7223403Beef, New Zealand, imported, brisket point end, separable lean only, raw114.04.0 oz0.5523452Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised85.03.0 oz0.7023453Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw114.04.0 oz0.6523454Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw114.04.0 oz0.6523454Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted85.01.0 serving0.7623455Beef, New Zealand, imported, cube roll, separable lean and fat, raw114.04.0 oz0.3123454Beef, New Zealand, imported, cube roll, separable lean and fat, raw114.04.0 oz0.3123455Beef, New Zealand, imported, cube roll, separable lean and fat, raw114.04.0 oz0.3123455Beef, New Zealand, imported, cube roll, separable lean and fat, raw114.04.0 oz0.3123455Beef, New Zealand, imported, cube roll, separable lean and fat, raw114.04.0 oz0.35	23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	85.0	3.0 oz	0.65
23403Beef, New Zealand, imported, brisket point end, separable lean only, raw114.04.0 oz0.5523452Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised85.03.0 oz0.7023453Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw114.04.0 oz0.6523405Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised85.01.0 serving0.7623454Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted85.03.0 oz0.3123455Beef, New Zealand, imported, cube roll, separable lean and fat, raw114.04.0 oz0.39	23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	114.0	4.0 oz	0.50
23452Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised85.03.0 oz0.7023453Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw114.04.0 oz0.6523405Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised85.01.0 serving0.7623454Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted85.03.0 oz0.3123455Beef, New Zealand, imported, cube roll, separable lean and fat, raw114.04.0 oz0.39	23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	85.0	3.0 oz	0.72
23453Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw114.04.0 oz0.6523405Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised85.01.0 serving0.7623454Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted85.03.0 oz0.3123455Beef, New Zealand, imported, cube roll, separable lean and fat, raw114.04.0 oz0.39	23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	114.0	4.0 oz	0.55
23405Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised85.01.0 serving0.7623454Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted85.03.0 oz0.3123455Beef, New Zealand, imported, cube roll, separable lean and fat, raw114.04.0 oz0.39	23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	85.0	3.0 oz	0.70
23454Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted85.03.0 oz0.3123455Beef, New Zealand, imported, cube roll, separable lean and fat, raw114.04.0 oz0.39	23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	114.0	4.0 oz	0.65
23455Beef, New Zealand, imported, cube roll, separable lean and fat, raw114.04.0 oz0.39	23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	85.0	1.0 serving	0.76
	23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.31
23406Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted85.03.0 oz0.34	23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	114.0	4.0 oz	0.39
	23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.34

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Interfactor of the second sequence of th	NDB_No	Description	Weight(g)	Vitamin E (alpha-tocopherol)(mg)
23456Beel, New Zealand, inported, eyer round, separable lean and fit, now15030 or0.512457Ref, New Zealand, inported, eyer round, separable lean ord fit, now163040 or0.512309Beef, New Zealand, inported, eyer round, separable lean ord fit, now113040 or0.522309Beef, New Zealand, inported, eyer round, separable lean ord fit, now113040 or0.522309Beef, New Zealand, inported, flask, separable lean ord fit, now113040 or0.3723410Beef, New Zealand, inported, flask, separable lean ord fit, now113040 or0.3823411Beef, New Zealand, inported, flask, separable lean ord fit, now113040 or0.3823410Beef, New Zealand, inported, flask, separable lean ord fit, now113040 or0.3823411Beef, New Zealand, inported, flask, separable lean ord fit, now113040 or0.5523412Beef, New Zealand, inported, flask, separable lean ord fit, now113040 or0.5523413Beef, New Zealand, inported, flask, separable lean ord fit, cooked, braised185030 or0.5623424Beef, New Zealand, inported, flask, separable lean ord fit, cooked, braised185030 or0.5623436Beef, New Zealand, inported, flask, separable lean ord fit, cooked, braised185030 or0.5623447Beef, New Zealand, inported, flask separable lean ord fit, cooked, braised185030 or0.5623448Beef, New Zealand, inported, intak fits, separable lean ord fit,				Per Measure
23470Beef, New Zealand, inported, eye round, separable lean and fat, raw113040 or0.5123408Beef, New Zealand, inported, eye round, separable lean only, row1130100 or0.5223438Beef, New Zealand, inported, frank, separable lean only, cooked, basised85.030.000.0723490Beef, New Zealand, inported, frank, separable lean only, cooked, basised85.030.000.0723490Beef, New Zealand, inported, frank, separable lean only, cooked, braised85.030.000.0823410Beef, New Zealand, inported, frank, separable lean only, cooked, braised85.030.000.0923414Beef, New Zealand, inported, frank, separable lean only, cooked, braised85.030.000.0923413Beef, New Zealand, inported, frank separable lean only, cooked, braised85.030.000.0923414Beef, New Zealand, inported, frank separable lean only, cooked, braised85.030.000.0923413Beef, New Zealand, inported, frank separable lean only, cooked, braised85.030.000.0023414Beef, New Zealand, inported, frank separable lean only, cooked, braised85.030.000.0023415Beef, New Zealand, inported, frank separable lean only, cooked, braised85.030.000.0023416Beef, New Zealand, inported, frank separable lean only, cooked, braised85.030.000.0023417Beef, New Zealand, inported, frank separable lean only, cooked, braised85.030.000.0023418Beef, New Zealand,	23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	114.0	4.0 oz 0.44
Becf, New Zealand, imported, expensable lean only, cooked, show roasted85.03.0 or0.512409Becf, New Zealand, imported, expensable lean only, raw113.040 or0.522438Becf, New Zealand, imported, flank, separable lean only, raw113.040 or0.372410Becf, New Zealand, imported, flank, separable lean only, raw113.040 or0.382411Becf, New Zealand, imported, flank, separable lean only, raw113.040 or0.382411Becf, New Zealand, imported, flank, separable lean only, raw113.040 or0.382414Becf, New Zealand, imported, flank, separable lean only, raw113.040 or0.392414Becf, New Zealand, imported, flank, separable lean only, raw113.040 or0.552412Becf, New Zealand, imported, flank, separable lean only, cooked, braised85.030 or0.052413Becf, New Zealand, imported, flank, separable lean only, cooked, braised85.030 or0.052442Becf, New Zealand, imported, flank separable lean only, cooked, braised85.030 or0.052443Becf, New Zealand, imported, flank separable lean only, cooked, braised85.030 or0.052444Becf, New Zealand, imported, flank separable lean only, cooked, braised85.030 or0.052445Becf, New Zealand, imported, flank separable lean only, cooked, braised85.030 or0.052446Becf, New Zealand, imported, flank separable lean only, cooked, braised85.030 or0.05 <td>23456</td> <td>Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted</td> <td>85.0</td> <td>3.0 oz 0.50</td>	23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	85.0	3.0 oz 0.50
2349Berf, New Zaaland, imported, fank, separable lean and far, cooked, braised113040.000.5223458Berf, New Zaaland, imported, fank, separable lean and far, row113040.000.0723410Berf, New Zaaland, imported, fank, separable lean ond far, row113040.000.08123411Berf, New Zaaland, imported, flank, separable lean ond far, cooked, braised88030.000.08123410Berf, New Zaaland, imported, flank, separable lean ond far, cooked, braised88030.000.04123413Berf, New Zaaland, imported, flank, separable lean ond far, av113040.000.05123414Berf, New Zaaland, imported, flank, separable lean ond far, av113040.000.00123413Berf, New Zaaland, imported, flank, separable lean ond far, row113040.000.00223414Berf, New Zaaland, imported, flank separable lean ond far, row113040.000.00223415Berf, New Zaaland, imported, flank shim, separable lean ond far, row113040.000.00223416Berf, New Zaaland, imported, flank shim, separable lean ond far, row113040.000.00223417Berf, New Zaaland, imported, flank shift8030.000.0020.00223420Berf, New Zaaland, imported, flank shift81.0030.000.00223431Berf, New Zaaland, imported, flank shift81.0030.000.00223440Berf, New Zaaland, imported, separable lean ond far, row113040.000.00223441Ber	23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	113.0	4.0 oz 0.51
23458Retf, New Zaaland, imported, flank, separable kan and far, raw85.03.0 or0.07923459Retf, New Zaaland, imported, flank, separable kan and far, raw113.04.0 or0.03723410Retf, New Zaaland, imported, flank, separable kan and far, raw113.04.0 or0.03823400Beef, New Zaaland, imported, flank, separable kan and far, raw113.04.0 or0.03823401Beef, New Zaaland, imported, flank, separable kan and far, cooked, braised85.03.0 or0.09423412Beef, New Zaaland, imported, flank separable kan and far, cooked, braised85.03.0 or0.09923413Beef, New Zaaland, imported, flank separable kan and far, cooked, braised85.03.0 or0.05923414Beef, New Zaaland, imported, flank separable kan and cooked, braised85.03.0 or0.06923413Beef, New Zaaland, imported, flank separable kan and cooked, braised85.03.0 or0.06123414Beef, New Zaaland, imported, hind shin, separable kan and far, raw113.04.0 or0.06123416Beef, New Zaaland, imported, hind shin, separable kan and far, raw113.04.0 or0.05123417Beef, New Zaaland, imported, hind shin, separable kan and far, raw113.04.0 or0.02823418Beef, New Zaaland, imported, hind shin, separable kan and far, raw113.04.0 or0.02823421Beef, New Zaaland, imported, manfa far, raw113.04.0 or0.02823422Beef, New Zaaland, imported, manfa far, raw113.0 <td>23408</td> <td>Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted</td> <td>85.0</td> <td>3.0 oz 0.51</td>	23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	85.0	3.0 oz 0.51
2349Berf, New Zealand, imported, flank, separable lean only, cooked, braised113040.000.03723410Berf, New Zealand, imported, flank, separable lean only, raw113040.000.0812340Berf, New Zealand, imported, flat, separable lean and far, raw113040.000.09123411Berf, New Zealand, imported, flat, separable lean and far, raw113040.000.09223412Berf, New Zealand, imported, flat, separable lean and far, raw113040.000.05523412Berf, New Zealand, imported, flat, separable lean and far, raw113040.000.05523424Berf, New Zealand, imported, flat, separable lean and far, raw113040.000.05523435Berf, New Zealand, imported, flat, separable lean and far, raw113040.000.06623446Berf, New Zealand, imported, flatind shin, separable lean and far, raw113040.000.06623451Berf, New Zealand, imported, flatind shin, separable lean and far, raw113040.000.06623441Berf, New Zealand, imported, flatind shin, separable lean and far, raw113040.000.06623417Berf, New Zealand, imported, flatind shin, separable lean and far, raw113040.000.06623424Berf, New Zealand, imported, flatind shin, separable lean and far, raw113040.000.06623444Berf, New Zealand, imported, materifecturing berf, cocked, baifed85030.000.06623452Berf, New Zealand, imported, materifecturing berg cocked, braised850<	23409	Beef, New Zealand, imported, eye round, separable lean only, raw	113.0	4.0 oz 0.52
23410Beef, New Zealand, imported, flank, separable lean only, new113.30030.000.81123411Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised85.030.000.93823464Beef, New Zealand, imported, flat, separable lean and fat, raw61.040.000.55523412Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised85.030.000.00923413Beef, New Zealand, imported, flat, separable lean and fat, raw113.040.000.05523424Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised85.030.000.00023463Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised85.030.000.00123464Beef, New Zealand, imported, flath separable lean and fat, cooked, braised85.030.000.00223470Beef, New Zealand, imported, flath separable lean and fat, raw113.040.000.02323484Beef, New Zealand, imported, flath separable lean and fat, raw113.040.000.02323470Beef, New Zealand, imported, flath separable lean and fat, cooked, braised85.030.000.04323474Beef, New Zealand, imported, flath separable lean and fat, raw113.040.000.04323484Beef, New Zealand, imported, oxiet black, separable lean and fat, raw113.040.000.04123470Beef, New Zealand, imported, oxiet black, separable lean and fat, raw113.040.000.04123484Beef, New Zealand, impo	23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	85.0	3.0 oz 0.79
2311Berf, New Zealand, imported, flark, separable lean and fit, cooked, braised113.040.020.0323460Berf, New Zealand, imported, flark, separable lean and fit, cooked, braised13040.020.0523412Berf, New Zealand, imported, flark separable lean and fit, cooked, braised60.00.000.0923413Berf, New Zealand, imported, flark separable lean and fit, cooked, braised85.00.000.0023424Berf, New Zealand, imported, flark, separable lean and fit, cooked, braised85.00.000.0623463Berf, New Zealand, imported, flark, separable lean and fit, cooked, braised85.00.000.0623464Berf, New Zealand, imported, flark insperable lean and fit, cooked, braised85.00.000.0623470Berf, New Zealand, imported, flark first frid85.00.000.0223421Berf, New Zealand, imported, flark first frid85.00.000.0223422Berf, New Zealand, imported, flark first frid85.00.000.0223424Berf, New Zealand, imported, naturkting berf, raw113.040.020.0523425Berf, New Zealand, imported, oxyster blade, separable lean and far, cooked, braised85.00.000.0623426Berf, New Zealand, imported, nyster blade, separable lean and far, cooked, braised85.00.000.0623427Berf, New Zealand, imported, nyster blade, separable lean and far, cooked, braised85.00.000.0623428Berf, New Zealand, imported, nyster blade, separable lean and far	23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	113.0	4.0 oz 0.37
23460Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised85030 or0.0442341Beef, New Zealand, imported, flat, separable lean only, cooked, braised113.040 oz0.05523412Beef, New Zealand, imported, flat, separable lean only, cow813.030 or0.0992343Beef, New Zealand, imported, flat, separable lean only, cow813.030 or0.09923462Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised85030 or0.06023463Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised85030 or0.06123416Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised85030 or0.06323417Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised85030 or0.02323428Beef, New Zealand, imported, manufacturing beef, cooked, braised85030 or0.03223429Beef, New Zealand, imported, manufacturing beef, raw113.040 or0.03223420Beef, New Zealand, imported, manufacturing beef, raw113.040 or0.03523440Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised85.030 or0.06623441Beef, New Zealand, imported, oyster blade, separable lean and fat, raw113.040 or0.04123429Beef, New Zealand, imported, oyster blade, separable lean and fat, raw113.040 or0.06623440Beef, New Zealand, imported, oys	23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	85.0	3.0 oz 0.81
2341Beef, New Zealand, imported, flat, separable lean only, cooked, braised113040 oz0.5523412Beef, New Zealand, imported, flat, separable lean only, cooked, braised85030 oz0.0923413Beef, New Zealand, imported, flat, separable lean onl fat, cooked, braised85030 oz0.6623463Beef, New Zealand, imported, hind shin, separable lean onl fat, cooked, braised85030 oz0.6623416Beef, New Zealand, imported, hind shin, separable lean onl fat, cooked, braised85030 oz0.6623417Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised85030 oz0.6323418Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised85030 oz0.6323419Beef, New Zealand, imported, knuckle, cooked, fat fried85030 oz0.6323420Beef, New Zealand, imported, manufacturing beef, raw113040 oz0.6423440Beef, New Zealand, imported, oxyster blade, separable lean and fat, cooked, braised85030 oz0.6423440Beef, New Zealand, imported, oxyster blade, separable lean only, cooked, braised113040 oz0.6423440Beef, New Zealand, imported, oxyster blade, separable lean only, raw113040 oz0.6423440Beef, New Zealand, imported, oxyster blade, separable lean only, raw113040 oz0.6423441Beef, New Zealand, imported, oxyster blade, separable lean only, raw113040 oz0.6423442Beef, New Zealand	23411	Beef, New Zealand, imported, flank, separable lean only, raw	113.0	4.0 oz 0.38
23412Beef, New Zealand, imported, flat, separable lean only, row115.03.0 co0.09923413Beef, New Zealand, imported, flat, separable lean only, raw115.04.0 co0.5923462Beef, New Zealand, imported, hind shin, separable lean and fat, raw113.04.0 co0.6623463Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised88.03.0 co0.6623416Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised88.03.0 co0.6623417Beef, New Zealand, imported, kind shin, separable lean only, cooked, braised88.03.0 co0.6223418Beef, New Zealand, imported, kindskin, separable lean only, cooked, braised88.03.0 co0.6323424Beef, New Zealand, imported, kindskin, separable lean only, cooked, braised88.03.0 co0.6323425Beef, New Zealand, imported, kindskin, separable lean only, cooked, braised88.03.0 co0.6323426Beef, New Zealand, imported, syster blade, separable lean and fat, cooked, braised88.03.0 co0.6423440Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised88.03.0 co0.6423440Beef, New Zealand, imported, oyster blade, separable lean and fat, raw113.04.0 co0.6423440Beef, New Zealand, imported, oyster blade, separable lean only, cooked, fast fried88.03.0 co0.6423440Beef, New Zealand, imported, separable lean only, cooked, fast fried88.03.0 co0.64 </td <td>23460</td> <td>Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised</td> <td>85.0</td> <td>3.0 oz 0.94</td>	23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	85.0	3.0 oz 0.94
2313Beef, New Zealand, imported, flat, separable lean only, raw113.040.000.00023462Beef, New Zealand, imported, hind shin, separable lean and fat, raw115.040.000.00023463Beef, New Zealand, imported, hind shin, separable lean and fat, raw115.040.000.00023416Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised85.030.000.06123417Beef, New Zealand, imported, hind shin, separable lean only, raw113.040.000.02123428Beef, New Zealand, imported, ninde, raw85.030.000.02323429Beef, New Zealand, imported, manufacturing beef, cooked, boiled85.030.000.02523420Beef, New Zealand, imported, manufacturing beef, cooked, braised85.030.000.06123440Beef, New Zealand, imported, manufacturing beef, raw113.040.000.05123440Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised85.030.000.06123440Beef, New Zealand, imported, oyster blade, separable lean only, raw113.040.000.05123440Beef, New Zealand, imported, oyster blade, separable lean only, raw113.040.000.06123441Beef, New Zealand, imported, oyster blade, separable lean only, raw113.040.000.06123442Beef, New Zealand, imported, oyster blade, separable lean only, raw113.040.000.06123443Beef, New Zealand, imported, rins prepared, raw113.040.000.06	23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	113.0	4.0 oz 0.55
23462Beef, New Zealand, imported, hind shin, separable lean and fat, raw113.030.0000.00023463Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised85.030.0000.06323416Beef, New Zealand, imported, hind shin, separable lean only, raw113.040.0000.06323417Beef, New Zealand, imported, hind shin, separable lean only, raw113.040.0000.02323428Beef, New Zealand, imported, hind shin, separable lean only, raw113.040.0000.02323429Beef, New Zealand, imported, knuckle, cooked, fast fried85.030.0000.02323429Beef, New Zealand, imported, manufacturing beef, cooked, boiled85.030.0000.05523440Beef, New Zealand, imported, opster blade, separable lean and fat, cooked, braised85.030.0000.05523441Beef, New Zealand, imported, opster blade, separable lean and fat, raw113.040.0000.05523442Beef, New Zealand, imported, opster blade, separable lean and fat, raw113.040.0000.05523443Beef, New Zealand, imported, opster blade, separable lean and fat, raw113.040.0000.06423449Beef, New Zealand, imported, opster blade, separable lean only, raw113.040.0000.05523420Beef, New Zealand, imported, rusp constel dean only, raw113.040.0000.06423431Beef, New Zealand, imported, rusp constel dean only, raw113.040.0000.00023432Beef, New Zealand, imported, rusp conste, sep	23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	85.0	3.0 oz 0.99
2343Beef, New Zealand, imported, hind shin, separable lean and fat, raw1113040.020.4623416Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised85.030.020.6323417Beef, New Zealand, imported, hind shin, separable lean only, raw113.040.020.4923418Beef, New Zealand, imported, inside, raw113.040.020.2323422Beef, New Zealand, imported, maufacturing beef, cooked, baif fried85.030.020.3223424Beef, New Zealand, imported, maufacturing beef, cooked, baifed85.030.020.6423440Beef, New Zealand, imported, maufacturing beef, cooked, braised85.030.020.6423440Beef, New Zealand, imported, oyster blade, separable lean and fat, raw113.040.020.6423429Beef, New Zealand, imported, oyster blade, separable lean and fat, raw113.040.020.6423429Beef, New Zealand, imported, oyster blade, separable lean and fat, raw113.040.020.6423429Beef, New Zealand, imported, oyster blade, separable lean and fat, raw113.040.020.6423429Beef, New Zealand, imported, oyster blade, separable lean and fat, raw113.040.020.6423420Beef, New Zealand, imported, rung centre, separable lean and fat, raw113.040.020.6423431Beef, New Zealand, imported, rung centre, separable lean and fat, raw113.040.020.6423445Beef, New Zealand, imported, rung centre, separable lean and fat, raw <td>23413</td> <td>Beef, New Zealand, imported, flat, separable lean only, raw</td> <td>113.0</td> <td>4.0 oz 0.59</td>	23413	Beef, New Zealand, imported, flat, separable lean only, raw	113.0	4.0 oz 0.59
23416Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised85.03.0 oz0.6323417Beef, New Zealand, imported, hind shin, separable lean only, raw113.04.0 oz0.4923418Beef, New Zealand, imported, inside, raw113.04.0 oz0.232342.2Beef, New Zealand, imported, knuckle, cooked, fast fried85.03.0 oz0.322342.4Beef, New Zealand, imported, knuckle, cooked, boiled85.03.0 oz0.482342.7Beef, New Zealand, imported, manufacturing beef, rox Ocked, braised85.03.0 oz0.642344.6Beef, New Zealand, imported, oyster blade, separable lean and fat, row113.04.0 oz0.612344.0Beef, New Zealand, imported, oyster blade, separable lean and fat, raw113.04.0 oz0.412342.9Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised85.03.0 oz0.642344.0Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised85.03.0 oz0.642342.9Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised85.03.0 oz0.652343.0Beef, New Zealand, imported, ribs prepared, raw113.04.0 oz0.412343.0Beef, New Zealand, imported, ribs prepared, raw113.04.0 oz0.632344.0Beef, New Zealand, imported, ribs prepared, raw113.04.0 oz0.642343.0Beef, New Zealand, imported, rung centre, separable lean only, cooked, fast fried85.0 <td< td=""><td>23462</td><td>Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised</td><td>85.0</td><td>3.0 oz 0.60</td></td<>	23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	85.0	3.0 oz 0.60
23417Beef, New Zealand, imported, hind shin, separable lean only, raw113.04.0 oz0.4323418Beef, New Zealand, imported, inside, raw113.04.0 oz0.2323420Beef, New Zealand, imported, knuckle, cooked, fast fried85.03.0 oz0.3223427Beef, New Zealand, imported, manufacturing beef, cooked, boiled85.03.0 oz0.4823428Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised85.03.0 oz0.6423440Beef, New Zealand, imported, oyster blade, separable lean and fat, raw113.04.0 oz0.6423442Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised85.03.0 oz0.6423443Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised85.03.0 oz0.6423449Beef, New Zealand, imported, oyster blade, separable lean only, raw113.04.0 oz0.4123429Beef, New Zealand, imported, oyster blade, separable lean only, raw113.04.0 oz0.4323430Beef, New Zealand, imported, ribs prepared, cooked, fast fried85.03.0 oz0.6423451Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried85.03.0 oz0.4323452Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried85.03.0 oz0.4323452Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried85.03.0 oz0.4023457Beef, Ne	23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	113.0	4.0 oz 0.46
23418Beef, New Zealand, imported, inside, raw113.04.0 oz0.2323422Beef, New Zealand, imported, knuckle, cooked, fast fried85.03.0 oz0.3223426Beef, New Zealand, imported, manufacturing beef, cooked, boiled85.03.0 oz0.4823427Beef, New Zealand, imported, manufacturing beef, raw113.04.0 oz0.5523464Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised85.03.0 oz0.642340Beef, New Zealand, imported, oyster blade, separable lean onf at, raw113.04.0 oz0.4123428Beef, New Zealand, imported, oyster blade, separable lean onf y, raw113.04.0 oz0.4123429Beef, New Zealand, imported, oyster blade, separable lean onfy, raw113.04.0 oz0.4323430Beef, New Zealand, imported, ribs prepared, cooked, fast roasted85.03.0 oz0.4623431Beef, New Zealand, imported, ribs prepared, raw113.04.0 oz0.4823451Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried85.03.0 oz0.4823452Beef, New Zealand, imported, rump centre, separable lean and fat, raw113.04.0 oz0.4823453Beef, New Zealand, imported, rump centre, separable lean and fat, raw113.04.0 oz0.4823454Beef, New Zealand, imported, rump centre, separable lean and fat, raw113.04.0 oz0.4823457Beef, New Zealand, imported, rump centre, separable lean and fat, raw113.0 <td>23416</td> <td>Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised</td> <td>85.0</td> <td>3.0 oz 0.63</td>	23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	85.0	3.0 oz 0.63
23422Beef, New Zealand, imported, knuckle, cooked, fast fried85.03.0 oz0.3223426Beef, New Zealand, imported, manufacturing beef, cooked, boiled85.03.0 oz0.4823427Beef, New Zealand, imported, manufacturing beef, raw113.04.0 oz0.5523464Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised85.03.0 oz0.6423420Beef, New Zealand, imported, oyster blade, separable lean and fat, raw113.04.0 oz0.4123428Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised85.03.0 oz0.6523429Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised85.03.0 oz0.4323430Beef, New Zealand, imported, ribs prepared, cooked, fast roasted85.03.0 oz0.4323431Beef, New Zealand, imported, ribs prepared, raw113.04.0 oz0.8423455Beef, New Zealand, imported, rump centre, separable lean and fat, raw113.04.0 oz0.8423467Beef, New Zealand, imported, rump centre, separable lean and fat, raw113.04.0 oz0.3523432Beef, New Zealand, imported, rump centre, separable lean and fat, raw113.04.0 oz0.3523450Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried85.03.0 oz0.4823460Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried85.03.0 oz0.3023460Beef, New Zealand, imported	23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	113.0	4.0 oz 0.49
23426Beef, New Zealand, imported, manufacturing beef, cooked, boiled85.03.0 oz0.4823427Beef, New Zealand, imported, manufacturing beef, raw113.04.0 oz0.5523464Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised85.03.0 oz0.6423440Beef, New Zealand, imported, oyster blade, separable lean and fat, raw113.04.0 oz0.4123428Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised85.03.0 oz0.6523429Beef, New Zealand, imported, oyster blade, separable lean only, raw113.04.0 oz0.4323430Beef, New Zealand, imported, risb prepared, cooked, fast roasted85.03.0 oz0.6323431Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried85.03.0 oz0.4823450Beef, New Zealand, imported, rump centre, separable lean and fat, raw113.04.0 oz0.4323461Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried85.03.0 oz0.4823452Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried85.03.0 oz0.4823462Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried85.03.0 oz0.4823463Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried85.03.0 oz0.4823464Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried85.03.0 oz	23418	Beef, New Zealand, imported, inside, raw	113.0	4.0 oz 0.23
23427Beef, New Zealand, imported, manufacturing beef, raw113.04.0 oz0.5523464Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised85.03.0 oz0.6423440Beef, New Zealand, imported, oyster blade, separable lean and fat, raw113.04.0 oz0.4123428Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised85.03.0 oz0.6523429Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised85.03.0 oz0.4323430Beef, New Zealand, imported, ribs prepared, cooked, fast roasted85.03.0 oz0.4323431Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried85.03.0 oz0.8423465Beef, New Zealand, imported, rump centre, separable lean and fat, raw113.04.0 oz0.8423467Beef, New Zealand, imported, rump centre, separable lean and fat, raw113.04.0 oz0.3523432Beef, New Zealand, imported, rump centre, separable lean and fat, raw113.04.0 oz0.3523465Beef, New Zealand, imported, rump centre, separable lean and fat, raw113.04.0 oz0.3523432Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried85.03.0 oz0.352345Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried85.03.0 oz0.362346Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried85.03.0 oz	23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	85.0	3.0 oz 0.32
23464Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised85.03.0 oz0.6423440Beef, New Zealand, imported, oyster blade, separable lean and fat, raw113.04.0 oz0.4123428Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised85.03.0 oz0.6523429Beef, New Zealand, imported, oyster blade, separable lean only, raw113.04.0 oz0.4323430Beef, New Zealand, imported, ribs prepared, cooked, fast roasted85.03.0 oz0.7923431Beef, New Zealand, imported, ribs prepared, raw113.04.0 oz0.8423465Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried85.03.0 oz0.4323467Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried85.03.0 oz0.4523432Beef, New Zealand, imported, rump centre, separable lean and fat, raw113.04.0 oz0.8423465Beef, New Zealand, imported, rump centre, separable lean and fat, raw113.04.0 oz0.3523432Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried85.03.0 oz0.4823465Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried85.03.0 oz0.3523436Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried85.03.0 oz0.3623466Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried85.03.	23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	85.0	3.0 oz 0.48
23440Beef, New Zealand, imported, oyster blade, separable lean and fat, raw113.04.0 oz0.4123428Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised85.03.0 oz0.6523429Beef, New Zealand, imported, oyster blade, separable lean only, raw113.04.0 oz0.4323430Beef, New Zealand, imported, ribs prepared, cooked, fast roasted85.03.0 oz0.7923431Beef, New Zealand, imported, ribs prepared, raw113.04.0 oz0.8423455Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried85.03.0 oz0.4823467Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried85.03.0 oz0.4323468Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried85.03.0 oz0.4823468Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried85.03.0 oz0.4823466Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried85.03.0 oz0.3623468Beef, New Zealand, imported, rump centre, separable lean only, raw113.04.0 oz0.3523469Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried85.03.0 oz0.3723469Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried85.03.0 oz0.3723469Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried85.0 <td>23427</td> <td>Beef, New Zealand, imported, manufacturing beef, raw</td> <td>113.0</td> <td>4.0 oz 0.55</td>	23427	Beef, New Zealand, imported, manufacturing beef, raw	113.0	4.0 oz 0.55
23428Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised85.03.0 oz0.6523429Beef, New Zealand, imported, oyster blade, separable lean only, raw113.04.0 oz0.4323430Beef, New Zealand, imported, ribs prepared, cooked, fast roasted85.03.0 oz0.7923431Beef, New Zealand, imported, ribs prepared, raw113.04.0 oz0.8423465Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried85.03.0 oz0.4823467Beef, New Zealand, imported, rump centre, separable lean and fat, raw113.04.0 oz0.3523432Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried85.03.0 oz0.4823466Beef, New Zealand, imported, rump centre, separable lean only, raw113.04.0 oz0.3523468Beef, New Zealand, imported, rump centre, separable lean only, raw113.04.0 oz0.3623469Beef, New Zealand, imported, striploin, separable lean only, raw113.04.0 oz0.3623469Beef, New Zealand, imported, striploin, separable lean only, raw113.04.0 oz0.3623469Beef, New Zealand, imported, striploin, separable lean only, raw113.04.0 oz0.3723469Beef, New Zealand, imported, striploin, separable lean only, raw113.04.0 oz0.3623469Beef, New Zealand, imported, striploin, separable lean only, raw113.04.0 oz0.3723469Beef, New Zealand, imported, striploin, s	23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	85.0	3.0 oz 0.64
23429Beef, New Zealand, imported, oyster blade, separable lean only, raw113.04.0 oz0.4323430Beef, New Zealand, imported, ribs prepared, cooked, fast roasted85.03.0 oz0.7923431Beef, New Zealand, imported, ribs prepared, raw113.04.0 oz0.8423465Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried85.03.0 oz0.4823467Beef, New Zealand, imported, rump centre, separable lean and fat, raw113.04.0 oz0.3523432Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried85.03.0 oz0.4823466Beef, New Zealand, imported, rump centre, separable lean only, raw113.04.0 oz0.3623468Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried85.03.0 oz0.3723469Beef, New Zealand, imported, striploin, separable lean and fat, raw113.04.0 oz0.3623469Beef, New Zealand, imported, striploin, separable lean and fat, raw113.04.0 oz0.3623469Beef, New Zealand, imported, striploin, separable lean and fat, raw113.04.0 oz0.3723469Beef, New Zealand, imported, striploin, separable lean and fat, raw113.04.0 oz0.3723469Beef, New Zealand, imported, striploin, separable lean and fat, raw113.04.0 oz0.3223469Beef, New Zealand, imported, striploin, separable lean and fat, raw113.04.0 oz0.3223469Beef, New Zealand, imp	23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	113.0	4.0 oz 0.41
23430Beef, New Zealand, imported, ribs prepared, cooked, fast roasted85.03.0 oz0.7923431Beef, New Zealand, imported, ribs prepared, raw113.04.0 oz0.8423465Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried85.03.0 oz0.4823467Beef, New Zealand, imported, rump centre, separable lean and fat, raw113.04.0 oz0.3523432Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried85.03.0 oz0.4823466Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried85.03.0 oz0.3623468Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried85.03.0 oz0.3723469Beef, New Zealand, imported, striploin, separable lean and fat, raw113.04.0 oz0.3723469Beef, New Zealand, imported, striploin, separable lean and fat, raw113.04.0 oz0.37	23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	85.0	3.0 oz 0.65
23431Beef, New Zealand, imported, ribs prepared, raw113.04.0 oz0.8423465Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried85.03.0 oz0.4823467Beef, New Zealand, imported, rump centre, separable lean and fat, raw113.04.0 oz0.3523432Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried85.03.0 oz0.4823466Beef, New Zealand, imported, rump centre, separable lean only, raw113.04.0 oz0.3623468Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried85.03.0 oz0.3723469Beef, New Zealand, imported, striploin, separable lean and fat, raw113.04.0 oz0.3723469Beef, New Zealand, imported, striploin, separable lean and fat, raw113.04.0 oz0.32	23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	113.0	4.0 oz 0.43
23465Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried85.03.0 oz0.4823467Beef, New Zealand, imported, rump centre, separable lean and fat, raw113.04.0 oz0.3523432Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried85.03.0 oz0.4823466Beef, New Zealand, imported, rump centre, separable lean only, raw113.04.0 oz0.3623468Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried85.03.0 oz0.3723469Beef, New Zealand, imported, striploin, separable lean and fat, raw113.04.0 oz0.32	23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	85.0	3.0 oz 0.79
23467Beef, New Zealand, imported, rump centre, separable lean and fat, raw113.04.0 oz0.3523432Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried85.03.0 oz0.4823466Beef, New Zealand, imported, rump centre, separable lean only, raw113.04.0 oz0.3623468Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried85.03.0 oz0.3723469Beef, New Zealand, imported, striploin, separable lean and fat, raw113.04.0 oz0.32	23431	Beef, New Zealand, imported, ribs prepared, raw	113.0	4.0 oz 0.84
23432Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried85.03.0 oz0.4823466Beef, New Zealand, imported, rump centre, separable lean only, raw113.04.0 oz0.3623468Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried85.03.0 oz0.3723469Beef, New Zealand, imported, striploin, separable lean and fat, raw113.04.0 oz0.32	23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	85.0	3.0 oz 0.48
23466Beef, New Zealand, imported, rump centre, separable lean only, raw113.04.0 oz0.3623468Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried85.03.0 oz0.3723469Beef, New Zealand, imported, striploin, separable lean and fat, raw113.04.0 oz0.32	23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	113.0	4.0 oz 0.35
23468Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried85.03.0 oz0.3723469Beef, New Zealand, imported, striploin, separable lean and fat, raw113.04.0 oz0.32	23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	85.0	3.0 oz 0.48
23469Beef, New Zealand, imported, striploin, separable lean and fat, raw113.04.0 oz0.32	23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	113.0	4.0 oz 0.36
	23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	85.0	3.0 oz 0.37
23433Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried85.03.0 oz0.45	23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	113.0	4.0 oz 0.32
	23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	85.0	3.0 oz 0.45

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NDB_No	Description	Weight(g)	Measure (alpha-toc	Vitamin E opherol)(mg)
				Per Measure
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	113.0	4.0 oz	0.40
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	85.0	3.0 oz	0.67
23438	Beef, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0.78
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.69
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	0.67
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.69
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	0.68
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	85.0	3.0 oz	1.09
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	85.0	3.0 oz	1.78
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	113.0	4.0 oz	1.38
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	85.0	3.0 oz	1.30
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	113.0	4.0 oz	0.93
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	113.0	4.0 oz	2.08
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	85.0	3.0 oz	0.81
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	113.0	4.0 oz	1.07
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	85.0	3.0 oz	0.43
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	113.0	4.0 oz	0.51
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.08
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.13
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.09
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.14
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.06
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.09
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.08
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.12
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.09
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.14
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.06
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.08
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.08
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.13
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.08
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.14

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NDB_No	Description	Weight(g)	Vitamin Measure ^{(alpha-tocopherol)(mg}
			Per Measur
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz 0.0
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz 0.1
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz 0.0
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz 0.1
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz 0.0
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz 0.1
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz 0.0
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz 0.1
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz 0.0
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz 0.0
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz 0.0
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz 0.0
13020	Beef, retail cuts, separable fat, cooked	28.35	1.0 oz 0.0
13019	Beef, retail cuts, separable fat, raw	28.35	1.0 oz 0.0
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz 0.0
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz 0.1
23190	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz 0.0
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz 0.0
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz 0.1
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz 0.0
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz 0.0
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz 0.0
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz 0.0
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz 0.0
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz 0.1
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz 0.0
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz 0.0
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz 0.0
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz 0.0
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz 0.0
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz 0.0
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz 0.0
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz 0.0
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz 0.1

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NDB_No	Description	Weight(g)	Measure ^{(alpl}	Vitamin E ha-tocopherol)(mg)
				Per Measure
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.10
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.15
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.06
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.08
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.08
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.09
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.07
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.08
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.10
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.06
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.13
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	0.13
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.12
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.13
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.14
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.12
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.12
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.14
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	0.08
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.13
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.15
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.08
13952	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.38
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	0.37
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.08
23181	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.07
13490	Beef, rib, eye, small end (ribs 10-12) separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.32
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	0.40
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.35
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	0.20
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.12
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	0.25
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)	0.17

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13851Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled85.03.0 oz13850Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw28.351.0 oz13854Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled85.03.0 oz13853Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw28.351.0 oz13854Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw28.353.0 oz13857Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled85.03.0 oz13856Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw85.03.0 oz13858Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled85.03.0 oz13894Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled85.03.0 oz23638Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled28.351.0 oz23599Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw28.351.0 oz23623Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw28.351.0 oz23623Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw28.351.	sure 0.38 0.42
13851Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled85.03.0 oz13850Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw28.351.0 oz13854Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled85.03.0 oz13853Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw28.351.0 oz13854Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw28.351.0 oz13857Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled85.03.0 oz13856Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw85.03.0 oz13854Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled85.03.0 oz13857Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled85.03.0 oz13894Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled85.03.0 oz23638Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw28.351.0 oz23599Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw28.351.0 oz23623Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw28.351.0	
13850Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw28.351.0 oz13854Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled85.03.0 oz13853Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw28.351.0 oz13857Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled85.03.0 oz13856Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw85.03.0 oz13856Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw85.03.0 oz1394Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled85.03.0 oz23638Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw28.351.0 oz23639Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw28.351.0 oz23623Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw28.351.0 oz23623Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, enoice, raw28.351.0 oz23623Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, enoice, raw28.351.0 oz	0.42
13854Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled85.03.0 oz13853Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw28.351.0 oz13857Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled85.03.0 oz13856Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw85.03.0 oz13856Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw85.03.0 oz13894Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled85.03.0 oz23638Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled28.351.0 oz23599Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw28.351.0 oz23623Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw28.351.0 oz23623Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw28.351.0 oz23623Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw28.351.0 oz	0.72
13853Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw28.351.0 oz13857Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled85.03.0 oz13856Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw85.03.0 oz13394Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled85.03.0 oz23638Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled28.351.0 oz23599Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw28.351.0 oz23623Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw28.351.0 oz23623Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw28.351.0 oz	0.12
13857Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled85.03.0 oz13856Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw85.03.0 oz13394Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled85.03.0 oz23638Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled28.351.0 oz23599Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw28.351.0 oz23623Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw28.351.0 oz	0.42
13856Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw85.03.0 oz13394Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled85.03.0 oz23638Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled28.351.0 oz23599Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw28.351.0 oz23623Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw28.351.0 oz	0.12
13394Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled85.03.0 oz23638Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled28.351.0 oz23599Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw28.351.0 oz23623Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw28.351.0 oz23623Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw28.351.0 oz	0.42
23638Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled28.351.0 oz23599Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw28.351.0 oz23623Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw28.351.0 oz	0.34
23599Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw28.351.0 oz23623Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw28.351.0 oz	0.34
23623Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw28.351.0 oz	0.11
	0.09
	0.09
23586Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled28.351.0 oz	0.11
23582Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw28.351.0 oz	0.08
23626Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled28.351.0 oz	0.12
13829Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted85.03.0 oz	0.20
23590Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted28.351.0 oz	0.10
13414Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted85.03.0 oz	0.31
13399Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted85.03.0 oz	0.32
13402Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted85.03.0 oz	0.33
13405Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted85.03.0 oz	0.31
13870Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted85.03.0 oz	0.35
13873Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted85.03.0 oz	0.35
13876Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted85.03.0 oz	0.34
13408Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted85.03.0 oz	0.31
13411Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted85.03.0 oz	0.31
23604Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked28.351.0 oz	0.10
23594Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw28.351.0 oz	0.08
23619Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted28.351.0 oz	0.10
23618Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw28.351.0 oz	0.09
23637Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw28.351.0 oz	0.08
13398Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised85.03.0 oz	0.38
13401Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised85.03.0 oz	0.39
13404Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised85.03.0 oz	0.38
13869Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised85.03.0 oz	0.41

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NDB_No	Description	Weight(g)	Measure ⁽⁴	Vitamin E alpha-tocopherol)(mg)
				Per Measure
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.10
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.42
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.10
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.40
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.30
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.38
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.38
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.37
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.13
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.13
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.12
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	0.26
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.20
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.26
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.21
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.24
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.19
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.26
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.20
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.29
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.23
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.24
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.19
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.21
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.26
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.20
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.28
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.24
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.19
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.26

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NDB_No	Description	Weight(g)	Measure ^{(alpl}	Vitamin E ha-tocopherol)(mg)
				Per Measure
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.20
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.28
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.21
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.24
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.19
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	0.35
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.09
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.35
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.09
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.34
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.09
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	28.35	1.0 oz	0.10
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.08
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.11
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.08
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.10
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.08
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.14
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.05
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.12
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	150.0	1.0 steak	0.30
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.18
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.17
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.18
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.16
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.17
23032	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.14
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)	0.17
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.14
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	141.0	1.0 steak	0.28
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.14
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)	0.16
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)	0.08

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NDB_No	Description	Weight(g)	Measure (alpha-toc	Vitamin E opherol)(mg)
_		0 (0)		Per Measure
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.07
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)	0.08
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.07
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)	0.08
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.06
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.32
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.26
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.33
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.26
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.31
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.25
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.14
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.15
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.12
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.30
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.23
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.31
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.24
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.29
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.23
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.24
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.20
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.26
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.20
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.22
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.18
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.24
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.20
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.26
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.20
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.22
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.18

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NDB_No	Description	Weight(g)	Measure ^{(alph}	Vitamin E a-tocopherol)(mg)
				Per Measure
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.27
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.20
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.29
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.20
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.25
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.18
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.27
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.20
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.29
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.20
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.26
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.18
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.37
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.13
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.14
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.15
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.14
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.09
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.37
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.09
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.36
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.09
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.14
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.23
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.12
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.09
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.10
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.08
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	85.0	3.0 oz	0.18
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.15
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0.15
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz (1serving)	0.16
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.20

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InterviewInterview1000Idex oftoring protechouse steak, segmable lean and fat, trianand to 18% fat, choice, coxold, grilledAl503000300013050Becf, short ling, protechouse steak, segmable lean and fat, trianand to 18% fat, choice, coxold, grilledAl503000300013050Becf, short ling, protechouse steak, segmable lean and fat, trianand to 18% fat, sheet, coxold, grilledAl503000300013460Becf, short ling, protechouse steak, segmable lean only, trianand to 18% fat, sheet, coxold, grilledAl503000300013470Becf, short ling, protechouse steak, segmable lean only, trianand to 18% fat, allerda, coxold, brolledAl503000300013480Becf, short ling, protechouse steak, segmable lean only, trimand to 18% fat, allerda, coxold, prilledAl503000300013490Becf, short ling, protechouse steak, segmable lean only, trianand to 18% fat, allerda, coxold, prilledAl503000300013490Becf, short ling, protechouse steak, segmable lean only, trimand to 18% fat, allerda, coxold, prilledAl503000300013491Becf, short ling, protechouse steak, segmable lean only, trimand to 18% fat, allerda, coxold, prilledAl503000300013492Becf, short ling, protechouse steak, segmable lean only, trimand to 18% fat, all grades, coxold, prilledAl503000300013493Becf, short ling, protechouse steak, segmable lean only, trimand to 18% fat, all grades, coxold, prilledAl503000300013444Becf, short ling, hortene steak, leng-all gra	NDB_No	Description	Weight(g)	Measure (alpha-toco	Vitamin E opherol)(mg)
B986Beef, short loin, porterbouxe steak, separable lean and fat, trimmed to 18° fat, choice, row85030 or92913905Beef, short loin, porterbouxe steak, separable lean and fat, trimmed to 18° fat, sleek, raw88030 or9202004Beef, short loin, porterbouxe steak, separable lean and fat, trimmed to 18° fat, sleek, raw88030 or92031845Beef, short loin, porterbouxe steak, separable lean and fat, trimmed to 18° fat, sleek, raw88030 or92031846Beef, short loin, porterbouxe steak, separable lean only, trimmed to 18° fat, all grades, cooked, priled85030 or92131847Beef, short loin, porterbouxe steak, separable lean only, trimmed to 0° fat, choice, cooked, broiled85030 or92131847Beef, short loin, porterbouxe steak, separable lean only, trimmed to 18° fat, short en, row85030 or92131848Beef, short loin, porterbouxe steak, separable lean only, trimmed to 18° fat, choice, cooked, priled85030 or90131848Beef, short loin, porterbouxe steak, separable lean only, trimmed to 18° fat, choice, row85030 or90131848Beef, short loin, porterbouxe steak, separable lean only, trimmed to 18° fat, choice, row85030 or90231848Beef, short loin, porterbouxe steak, separable lean only, trimmed to 18° fat, choice, row85030 or90231848Beef, short loin, chock steak, hone-in, separable lean only, trimmed to 18° fat, all grades, cooked, grilled85030 or90231848Beef, short loin, chock steak, hone-in, sep					
1995Beef, short loin, portchouse tack, separable lean and fit, trimmed to 18" fit, eloter, crocked, grilled85.03.0 oz9.0 oz2000Beef, short loin, portchouse stack, separable lean and fit, trimmed to 18" fit, sleet, cooked, grilled85.03.0 oz9.0 oz1845Beef, short loin, portchouse stack, separable lean only, trimmed to 18" fit, sleet, cooked, grilled85.03.0 oz9.0 oz1846Beef, short loin, portchouse stack, separable lean only, trimmed to 18" fit, sleet, cooked, broiled85.03.0 oz0.0 oz1847Beef, short loin, portchouse stack, separable lean only, trimmed to 0" fit, sleet, cooked, broiled85.03.0 oz0.0 oz1847Beef, short loin, portchouse stack, separable lean only, trimmed to 18" fit, sleet, cooked, broiled85.03.0 oz0.0 oz1848Beef, short loin, portchouse stack, separable lean only, trimmed to 18" fit, sleet, cooked, grilled85.03.0 oz0.0 oz1849Beef, short loin, portchouse stack, separable lean only, trimmed to 18" fit, sleet, cooked, grilled85.03.0 oz0.0 oz1849Beef, short loin, portchouse stack, separable lean only, trimmed to 18" fit, sleet, cooked, grilled85.03.0 oz0.0 oz1849Beef, short loin, portchouse stack, separable lean only, trimmed to 18" fit, sleet, cooked, grilled85.03.0 oz0.0 oz1849Beef, short loin, t-bone stack, hone-in, separable lean only, trimmed to 18" fit, sleet, cooked, grilled85.03.0 oz0.0 oz1847Beef, short loin, t-bone stack, hone-in, separable lean only, trimmed to 18" fit, sleet, cooked, grille	23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw		3.0 oz	
2804Ref, short loin, porterboues steak, separable lean and fut, trimmed to 1/8" fat, select, raw85.03.0 or0.182003Beef, short loin, porterboues steak, separable lean and fut, trimmed to 1/8" fat, all grades, cooked, priled85.03.0 or0.2012467Beef, short loin, porterboues steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, briled85.03.0 or0.1212467Beef, short loin, porterboues steak, separable lean only, trimmed to 1/6" fat, all grades, cooked, briled85.03.0 or0.1212470Beef, short loin, porterboues steak, separable lean only, trimmed to 1/8" fat, choice, cooked, briled85.03.0 or0.1212471Beef, short loin, porterboues steak, separable lean only, trimmed to 1/8" fat, choice, cooked, briled85.03.0 or0.1212321Beef, short loin, porterboues steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled85.03.0 or0.1212331Beef, short loin, porterboues steak, separable lean only, trimmed to 1/8" fat, sleet, raw85.03.0 or0.1212442Beef, short loin, porterboues steak, separable lean only, trimmed to 1/8" fat, sleet, raw85.03.0 or0.1212458Beef, short loin, porterboues steak, separable lean only, trimmed to 1/8" fat, sleet, raw85.03.0 or0.0 or12454Beef, short loin, porterboues steak, separable lean only, trimmed to 1/8" fat, sleet, raw85.03.0 or0.0 or12454Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, sleet, raw85.03.0 or0.0 or		Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.29
2030Ref, dont loin, portenous stack, separable lean only, trimmed to 1/8° fat, select, raw85.030.000.01713465Ref, dont loin, portenous stack, separable lean only, trimmed to 10° fat, all grades, cooked, broiled85.030.000.01213470Berf, dont loin, portenous stack, separable lean only, trimmed to 0° fat, all grades, cooked, broiled85.030.000.01213470Berf, dont loin, portenous stack, separable lean only, trimmed to 0° fat, all grades, cooked, broiled85.030.000.01213474Ref, dont loin, portenous stack, separable lean only, trimmed to 18° fat, choice, cooked, broiled85.030.000.01213484Ref, dont loin, portenous stack, separable lean only, trimmed to 18° fat, choice, cooked, griiled85.030.000.01213231Berf, short loin, portenous stack, separable lean only, trimmed to 18° fat, choice, raw85.030.000.01113499Berf, short loin, portenous stack, separable lean only, trimmed to 18° fat, sleet, raw85.030.000.01213497Berf, short loin, t-bone stack, bone-in, separable lean only, trimmed to 18° fat, sleet, raw85.030.000.01213498Berf, short loin, t-bone stack, bone-in, separable lean only, trimmed to 18° fat, sleet, cooked, griiled85.030.000.01213493Berf, short loin, t-bone stack, bone-in, separable lean only, trimmed to 18° fat, sleet, cooked, griiled85.030.000.01213494Berf, short loin, t-bone stack, bone-in, separable lean only, trimmed to 18° fat, sleet, cooked, griiled85.030.000.012 <tr< td=""><td>13905</td><td>Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw</td><td>85.0</td><td>3.0 oz</td><td>0.20</td></tr<>	13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.20
B446Ref, short loin, port-house steak, separable lean only, trimmed to 1% fat, all grades, cooked, broiled85.03.0 m0.0201346Beef, short loin, port-house steak, separable lean only, trimmed to 0° fat, sloet, cooked, broiled85.03.0 m0.121347Beef, short loin, port-house steak, separable lean only, trimmed to 0° fat, sleet, cooked, broiled85.03.0 m0.02213484Beef, short loin, port-house steak, separable lean only, trimmed to 1% fat, all grades, raw85.03.0 m0.02213232Beef, short loin, port-house steak, separable lean only, trimmed to 1% fat, all grades, raw85.03.0 m0.02213232Beef, short loin, port-house steak, separable lean only, trimmed to 1% fat, all grades, raw85.03.0 m0.01213449Beef, short loin, port-house steak, separable lean only, trimmed to 1% fat, all grades, raw85.03.0 m0.01213449Beef, short loin, port-house steak, separable lean only, trimmed to 1% fat, all grades, cooked, grilled85.03.0 m0.0213479Beef, short loin, port-house steak, hone-in, separable lean only, trimmed to 1% fat, all grades, cooked, grilled85.03.0 m0.021348Beef, short loin, thone steak, hone-in, separable lean only, trimmed to 1% fat, sleet, cooked, grilled85.03.0 m0.021344Beef, short loin, thone steak, hone-in, separable lean only, trimmed to 1% fat, sleet, cooked, grilled85.03.0 m0.021345Beef, short loin, thone steak, hone-in, separable lean only, trimmed to 1% fat, sleet, cooked, grilled85.03.0 m0.02<		Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.18
1346Beef, short loin, porterhouse steak, separable lean only, trimmed to 0° fat, all grades, cooked, broiled85030.020.1213470Beef, short loin, porterhouse steak, separable lean only, trimmed to 0° fat, select, cooked, broiled85030.020.1213470Beef, short loin, porterhouse steak, separable lean only, trimmed to 18° fat, choice, cooked, broiled85030.020.02213232Beef, short loin, porterhouse steak, separable lean only, trimmed to 18° fat, choice, cooked, grilled85030.020.01213231Beef, short loin, porterhouse steak, separable lean only, trimmed to 18° fat, choice, cooked, grilled85030.020.01213244Beef, short loin, porterhouse steak, separable lean only, trimmed to 18° fat, choice, cooked, grilled85030.020.01113479Beef, short loin, porterhouse steak, separable lean only, trimmed to 18° fat, choice, cooked, grilled85030.020.02113478Beef, short loin, porterhouse steak, separable lean only, trimmed to 18° fat, choice, cooked, grilled85030.020.02113479Beef, short loin, chone steak, bone-in, separable lean only, trimmed to 18° fat, choice, cooked, grilled85030.020.02113478Beef, short loin, chone steak, bone-in, separable lean only, trimmed to 18° fat, choice, cooked, grilled85030.020.02113474Beef, short loin, chone steak, bone-in, separable lean only, trimmed to 18° fat, sheet, raw85030.020.02113482Beef, short loin, chone steak, separable lean only, trimmed to 18° fat, sheet, raw85030.020	23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.17
13467Beef, short loin, porterhouse steak, separable lean only, trimmed to 0° fat, choice, cooked, broiled85.03.0 oz0.1213470Beef, short loin, porterhouse steak, separable lean only, trimmed to 18° fat, all grades, raw85.03.0 oz0.2213421Beef, short loin, porterhouse steak, separable lean only, trimmed to 18° fat, all grades, raw85.03.0 oz0.2113231Beef, short loin, porterhouse steak, separable lean only, trimmed to 18° fat, all grades, raw85.03.0 oz0.1113231Beef, short loin, porterhouse steak, separable lean only, trimmed to 18° fat, choice, craw85.03.0 oz0.1113438Beef, short loin, porterhouse steak, separable lean only, trimmed to 18° fat, all grades, cooked, grilled85.03.0 oz0.0213478Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 18° fat, all grades, cooked, grilled85.03.0 oz0.0213478Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 18° fat, all grades, cooked, grilled85.03.0 oz0.0213478Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 18° fat, select, raw85.03.0 oz0.0213483Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 18° fat, select, raw85.03.0 oz0.0213433Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 18° fat, select, raw85.03.0 oz0.0213444Beef, short loin, t-bone steak, separable lean only, trimmed to 18° fat, select, raw85.03.0 oz0.02 <td< td=""><td>13465</td><td>Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled</td><td>85.0</td><td>3.0 oz</td><td>0.20</td></td<>	13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.20
13470Beef, short loin, porterhouse steak, separable lean only, trimmed to 18° fat, all grades, raw85.030.020.1213444Beef, short loin, porterhouse steak, separable lean only, trimmed to 18° fat, choice, cooked, grilled85.030.020.0213231Beef, short loin, porterhouse steak, separable lean only, trimmed to 18° fat, choice, cooked, grilled85.030.020.0113469Beef, short loin, porterhouse steak, separable lean only, trimmed to 18° fat, select, raw85.030.020.0113479Beef, short loin, porterhouse steak, separable lean only, trimmed to 18° fat, select, raw85.030.020.0213478Beef, short loin, bone steak, bone-in, separable lean only, trimmed to 18° fat, all grades, cooked, grilled85.030.020.0213478Beef, short loin, bone steak, bone-in, separable lean only, trimmed to 18° fat, ehoice, cooked, grilled85.030.020.0213438Beef, short loin, bone steak, bone-in, separable lean only, trimmed to 18° fat, ehoice, cooked, grilled85.030.020.0213438Beef, short loin, bone steak, bone-in, separable lean only, trimmed to 18° fat, select, cooked, grilled85.030.020.0213432Beef, short loin, bone steak, bone-in, separable lean only, trimmed to 18° fat, select, cooked, grilled85.030.020.0213434Beef, short loin, bone steak, separable lean only, trimmed to 18° fat, select, cooked, grilled85.030.020.0213442Beef, short loin, bone steak, separable lean and fat, trimmed to 0° fat, lis gredet, cooked, broiled85.030.020.	13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.12
13464Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8° fat, all grades, raw85.030.020.2213232Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8° fat, choice, cooked, grilled85.030.020.1213243Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8° fat, choice, raw85.030.020.1113469Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8° fat, all grades, cooked, grilled85.030.020.0113479Beef, short loin, tome steak, bone-in, separable lean only, trimmed to 1/8° fat, all grades, cooked, grilled85.030.020.0213478Beef, short loin, tome steak, bone-in, separable lean only, trimmed to 1/8° fat, all grades, raw85.030.020.0213478Beef, short loin, tome steak, bone-in, separable lean only, trimmed to 1/8° fat, all grades, cooked, grilled85.030.020.0213478Beef, short loin, tome steak, bone-in, separable lean only, trimmed to 1/8° fat, choic, raw85.030.020.0213478Beef, short loin, tome steak, bone-in, separable lean only, trimmed to 1/8° fat, choic, raw85.030.020.0213482Beef, short loin, tome steak, bone-in, separable lean only, trimmed to 1/8° fat, choic, raw85.030.020.0213483Beef, short loin, tome steak, separable lean and fat, trimmed to 7 fat, diselet, cooked, brilled85.030.020.0113474Beef, short loin, tome steak, separable lean and fat, trimmed to 7 fat, digrades, cooked, grilled85.030.020.02	13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.12
13.32Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8° fat, choice, raw85.0 $3.0 cold0.1213.21Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8° fat, choice, raw85.03.0 cold0.1113.469Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8° fat, sleet, raw85.03.0 cold0.0213.479Beef, short loin, chome steak, home-in, separable lean only, trimmed to 1/8° fat, algrades, cooked, grilled85.03.0 cold0.0213.478Beef, short loin, chome steak, home-in, separable lean only, trimmed to 1/8° fat, choice, raw85.03.0 cold0.0213.435Beef, short loin, thome steak, home-in, separable lean only, trimmed to 1/8° fat, choice, cooked, grilled85.03.0 cold0.0213.436Beef, short loin, thome steak, home-in, separable lean only, trimmed to 1/8° fat, choice, cooked, grilled85.03.0 cold0.0213.437Beef, short loin, thome steak, home-in, separable lean only, trimmed to 1/8° fat, choice, cooked, grilled85.03.0 cold0.0213.438Beef, short loin, thome steak, home-in, separable lean only, trimmed to 1/8° fat, choice, cooked, grilled85.03.0 cold0.0213.438Beef, short loin, thome steak, separable lean only, trimmed to 1/8° fat, choice, cooked, grilled85.03.0 cold0.0213.434Beef, short loin, thome steak, separable lean and fat, trimmed to 1/8° fat, sleet, cooked, broild85.03.0 cold0.0213.447Beef, short loin, thome steak, separable lean and fat, trimmed to$	13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.12
1321Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, ebice, raw85.03.0 oz0.1113469Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw85.03.0 oz0.1213478Beef, short loin, tobone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled85.03.0 oz0.0213478Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw85.03.0 oz0.0213256Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw85.03.0 oz0.0213252Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled85.03.0 oz0.0213458Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled85.03.0 oz0.0213459Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw85.03.0 oz0.0213450Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw85.03.0 oz0.0113473Beef, short loin, t-bone steak, separable lean only, trimmed to 1/8" fat, select, raw85.03.0 oz0.0113474Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled85.03.0 oz0.0113474Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled85.03.0 oz	13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.22
13469Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw85.03.0 oz0.1213468Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled85.03.0 oz0.0213478Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw85.03.0 oz0.0 213478Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled85.03.0 oz0.0 z13250Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled85.03.0 oz0.0 z13483Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled85.03.0 oz0.0 z13484Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw85.03.0 oz0.0 z13474Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled85.03.0 oz0.0 z13474Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled85.03.0 oz0.0 z13475Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw85.03.0 oz0.0 z13474Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw85.03.0 oz0.0 z13476Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw85.0 <td>13232</td> <td>Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled</td> <td>85.0</td> <td>3.0 oz</td> <td>0.12</td>	13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.12
13468Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw85.030.0 cz0.1113479Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled85.030.0 cz0.0213478Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw85.030.0 cz0.0213250Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled85.030.0 cz0.0213283Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw85.030.0 cz0.0213483Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw85.030.0 cz0.0213484Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw85.030.0 cz0.0213474Beef, short loin, t-bone steak, sparable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled85.030.0 cz0.0113474Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled85.030.0 cz0.0113474Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw85.030.0 cz0.0113474Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw85.030.0 cz0.0113475Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, sleet, raw85.030.0 cz0.	13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.11
13479Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled85.03.0 oz0.2213236Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw85.03.0 oz0.2213236Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled85.03.0 oz0.2413237Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw85.03.0 oz0.2413483Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled85.03.0 oz0.2013484Beef, short loin, t-bone steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled85.03.0 oz0.1513474Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled85.03.0 oz0.1513474Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled85.03.0 oz0.1513474Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled85.03.0 oz0.1513477Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw85.03.0 oz0.1613005Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled85.03.0 oz0.171307Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw85.0	13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.12
13478Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw85.03.0 oz0.2213236Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled85.03.0 oz0.1213237Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw85.03.0 oz0.2013483Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled85.03.0 oz0.2013482Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw85.03.0 oz0.2013474Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, utsDA coloce, cooked, broiled85.03.0 oz0.1513474Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled85.03.0 oz0.1513477Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1" fat, USDA select, cooked, broiled85.03.0 oz0.1613479Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled85.03.0 oz0.1613479Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled85.03.0 oz0.0213006Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw85.03.0 oz0.021307Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw85.0 <td< td=""><td>13468</td><td>Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw</td><td>85.0</td><td>3.0 oz</td><td>0.11</td></td<>	13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.11
13236Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, caw85.03.0 oz0.1213235Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw85.03.0 oz0.2413483Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled85.03.0 oz0.2013482Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw85.03.0 oz0.2013473Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, ulgrades, cooked, broiled85.03.0 oz0.1513474Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled85.03.0 oz0.1513474Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled85.03.0 oz0.1623006Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw85.03.0 oz0.2023005Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled85.03.0 oz0.2113907Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw85.03.0 oz0.2313907Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw85.03.0 oz0.2313907Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw85.03.0 oz0.231390	13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.20
13235Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw85.03.0 oz0.2413483Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw85.03.0 oz0.2013482Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw85.03.0 oz0.2013473Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled85.03.0 oz0.1513474Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled85.03.0 oz0.1513474Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled85.03.0 oz0.1423066Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled85.03.0 oz0.2113907Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw85.03.0 oz0.2113908Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw85.03.0 oz0.2113908Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw85.03.0 oz0.2113907Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw85.03.0 oz0.2113908Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw85.03.0 oz0.2113908Be	13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.22
13483Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cavk85.03.0 oz0.2013482Beef, short loin, t-bone steak, bone-in, separable lean and fat, trimmed to 1/8" fat, select, raw85.03.0 oz0.2013473Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled85.03.0 oz0.1513474Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled85.03.0 oz0.1513474Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled85.03.0 oz0.142006Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled85.03.0 oz0.102005Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw85.03.0 oz0.202005Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled85.03.0 oz0.2113908Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, caw85.03.0 oz0.232008Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw85.03.0 oz0.122009Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw85.03.0 oz0.122008Beef, short loin, t-bone steak, separable lean only, trimmed to 1/8" fat, select, raw85.03.0 oz0.122009Be	13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.12
13482Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw85.03.0 oz0.2013473Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled85.03.0 oz0.1513474Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled85.03.0 oz0.1513474Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled85.03.0 oz0.1513477Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled85.03.0 oz0.102006Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw85.03.0 oz0.202305Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled85.03.0 oz0.201308Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw85.03.0 oz0.2113097Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw85.03.0 oz0.2323008Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw85.03.0 oz0.2113097Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw85.03.0 oz0.2113008Beef, short loin, t-bone steak, separable lean only, trimmed to 1/8" fat, all grades, raw85.03.0 oz0.1213410Beef	13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.24
13473Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled85.03.0 oz0.1513474Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled85.03.0 oz0.1513474Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled85.03.0 oz0.1513474Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled85.03.0 oz0.1423006Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled85.03.0 oz0.2023005Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw85.03.0 oz0.2113908Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled85.03.0 oz0.2113907Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw85.03.0 oz0.2113907Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw85.03.0 oz0.2113907Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw85.03.0 oz0.1513418Beef, short loin, t-bone steak, separable lean only, trimmed to 1/8" fat, all grades, raw85.03.0 oz0.1213441Beef, short loin, t-bone steak, separable lean only, trimmed to 1/8" fat, all grades, raw85.03.0 oz0.1213443	13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.20
13474Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled85.03.0 oz0.1513474Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled85.03.0 oz0.1423006Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled85.03.0 oz0.2023005Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw85.03.0 oz0.2013908Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled85.03.0 oz0.2113907Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw85.03.0 oz0.2323008Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled85.03.0 oz0.232308Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled85.03.0 oz0.232309Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled85.03.0 oz0.152309Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled85.03.0 oz0.1623007Beef, short loin, t-bone steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled85.03.0 oz0.1213481Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled85.03.0 oz<	13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.20
13477Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled85.03.0 oz0.142306Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled85.03.0 oz0.202305Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw85.03.0 oz0.191308Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw85.03.0 oz0.211307Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled85.03.0 oz0.232308Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled85.03.0 oz0.232308Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled85.03.0 oz0.232307Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw85.03.0 oz0.142307Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled85.03.0 oz0.1713481Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled85.03.0 oz0.1213607Beef, short loin, t-bone steak, separable lean only, trimmed to 1/8" fat, all grades, raw85.03.0 oz0.1213481Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw85.03.0 oz0.261309	13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.15
23006Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled85.03.0 oz0.2023005Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw85.03.0 oz0.191308Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled85.03.0 oz0.211307Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw85.03.0 oz0.232308Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled85.03.0 oz0.232307Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw85.03.0 oz0.182307Beef, short loin, t-bone steak, separable lean only, trimmed to 1/8" fat, select, raw85.03.0 oz0.1713481Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled85.03.0 oz0.1213484Beef, short loin, t-bone steak, separable lean only, trimmed to 1/8" fat, all grades, raw85.03.0 oz0.1223607Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled85.03.0 oz0.1213481Beef, short loin, t-bone steak, separable lean only, trimmed to 1/8" fat, all grades, raw85.03.0 oz0.2023607Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw85.03.0 oz0.2023607Beef, short loin, top loin st	13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0.15
23005Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw85.03.0 oz0.191308Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled85.03.0 oz0.2113907Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw85.03.0 oz0.2323008Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled85.03.0 oz0.2323007Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw85.03.0 oz0.1823007Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw85.03.0 oz0.1713481Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled85.03.0 oz0.1213484Beef, short loin, t-bone steak, separable lean only, trimmed to 1/8" fat, all grades, raw85.03.0 oz0.1213490Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw85.03.0 oz0.1213490Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw85.03.0 oz0.2613999Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw85.03.0 oz0.3313999Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw85.03.0 oz0.33	13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	0.14
13908Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled85.03.0 oz0.2113907Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw85.03.0 oz0.2323008Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled85.03.0 oz0.1823007Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw85.03.0 oz0.1713481Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled85.03.0 oz0.1213484Beef, short loin, t-bone steak, separable lean only, trimmed to 1/8" fat, all grades, raw85.03.0 oz0.1223607Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw85.03.0 oz0.121399Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw85.03.0 oz0.26	23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.20
13907Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw85.03.0 oz0.2323008Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled85.03.0 oz0.1823007Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw85.03.0 oz0.1713481Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled85.03.0 oz0.1213484Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled85.03.0 oz0.1213484Beef, short loin, t-bone steak, separable lean only, trimmed to 1/8" fat, all grades, raw85.03.0 oz0.1213909Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw85.03.0 oz0.2613909Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw85.03.0 oz0.33	23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.19
23008Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled85.03.0 oz0.1823007Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw85.03.0 oz0.1713481Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled85.03.0 oz0.1213484Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled85.03.0 oz0.1213484Beef, short loin, t-bone steak, separable lean only, trimmed to 1/8" fat, all grades, raw85.03.0 oz0.1223607Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw85.03.0 oz0.2613909Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw85.03.0 oz0.33	13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.21
23007Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw85.03.0 oz0.1713481Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled85.03.0 oz0.1213484Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled85.03.0 oz0.1223607Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw85.03.0 oz0.2613909Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw85.03.0 oz0.33	13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.23
13481Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled85.03.0 oz0.1213484Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled85.03.0 oz0.1223607Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw85.03.0 oz0.2613909Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw85.03.0 oz0.33	23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.18
13484Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled85.03.0 oz0.1223607Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw85.03.0 oz0.2613909Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw85.03.0 oz0.33	23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.17
23607Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw85.03.0 oz0.2613909Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw85.03.0 oz0.33	13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.12
13909Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw85.03.0 oz0.33	13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.12
	23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.26
13912Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled85.03.0 oz0.41	13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.33
	13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.41

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NDB_No	Description	Weight(g)	Measure ^{(alpha}	Vitamin E a-tocopherol)(mg)
				Per Measure
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.11
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.12
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.35
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	28.35	1.0 oz	0.11
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.25
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.15
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.16
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.14
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.15
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.17
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.14
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.09
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.11
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.07
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.09
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.11
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.07
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.08
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.06
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.08
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz (1 serving)	0.10
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.06
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.11
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.14
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.12
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.14
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.10
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.17
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.12
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.15
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.12
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.14
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.10

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NDB_No	Description	Weight(g)	Measure ^{(a}	Vitamin E lpha-tocopherol)(mg)
				Per Measure
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.17
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.47
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.40
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.35
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)	0.66
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.35
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)	0.55
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	149.0	1.0 steak (yield from 1 raw steak weighing149g)	0.61
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.11
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.09
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.12
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.09
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.11
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.09
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.36
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.37
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.36
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.37
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.31
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.39
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.46
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.10
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.37
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.30
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.33
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.34
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.33
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.11
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.09
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.11
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.09
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.10
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.08
13320	Beef, variety meats and by-products, brain, cooked, simmered	85.0	3.0 oz	1.42

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NDB_No	Description	Weight(g)	Measure	Vitamin E alpha-tocopherol)(mg)
				Per Measure
13318	Beef, variety meats and by-products, brain, raw	28.35	1.0 oz	0.28
13322	Beef, variety meats and by-products, heart, cooked, simmered	85.0	3.0 oz	0.25
13321	Beef, variety meats and by-products, heart, raw	28.35	1.0 oz	0.06
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	85.0	3.0 oz	0.07
13323	Beef, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.06
13326	Beef, variety meats and by-products, liver, cooked, braised	68.0	1.0 slice	0.35
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	81.0	1.0 slice	0.37
13325	Beef, variety meats and by-products, liver, raw	85.0	3.0 oz	0.32
13335	Beef, variety meats and by-products, suet, raw	28.35	1.0 oz	0.43
13340	Beef, variety meats and by-products, tongue, cooked, simmered	85.0	3.0 oz	0.26
23640	Beef, variety meats and by-products, tripe, cooked, simmered	85.0	1.0 serving	0.12
13341	Beef, variety meats and by-products, tripe, raw	28.35	1.0 oz	0.03
07002	Beerwurst, beer salami, pork and beef	56.0	2.0 oz	0.11
11736	Beet greens, cooked, boiled, drained, with salt	144.0	1.0 cup (1" pieces)	2.61
11087	Beet greens, cooked, boiled, drained, without salt	144.0	1.0 cup (1" pieces)	2.61
11086	Beet greens, raw	38.0	1.0 cup	0.57
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	0.05
11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	0.07
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	0.07
11081	Beets, cooked, boiled, drained	85.0	0.5 cup slices	0.03
11734	Beets, cooked, boiled. drained, with salt	85.0	0.5 cup slices	0.03
11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	0.14
11080	Beets, raw	136.0	1.0 cup	0.05
43205	Beverage, instant breakfast powder, chocolate, not reconstituted	7.4	1.0 tbsp	0.69
43260	Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	5.6	1.0 tbsp	0.95
43078	Beverage, milkshake mix, dry, not chocolate	7.0	1.0 tbsp	0.00
14021	Beverages, Energy drink, Citrus	240.0	8.0 fl oz	0.00
14035	Beverages, ABBOTT, EAS soy protein powder	44.0	1.0 scoop	0.05
14033	Beverages, ABBOTT, EAS whey protein powder	39.0	2.0 scoop	0.15
43528	Beverages, ABBOTT, ENSURE PLUS, ready-to-drink	252.0	1.0 cup	3.38
14062	Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	254.0	8.0 fl oz	3.61
14056	Beverages, Acai berry drink, fortified	266.0	8.0 fl oz	29.55
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	6.74
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	240.0	8.0 fl oz	6.74

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NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
14091	Beverages, almond milk, unsweetened, shelf stable	262.0	1.0 cup	7.36
14216	Beverages, aloe vera juice drink, fortified with Vitamin C	240.0	8.0 fl oz	0.00
14250	Beverages, AMBER, hard cider	355.0	12.0 fl oz	0.32
14162	Beverages, Apple juice drink, light, fortified with vitamin C	240.0	8.0 fl oz	0.02
14121	Beverages, carbonated, club soda	29.6	1.0 fl oz	0.00
14400	Beverages, carbonated, cola, fast-food cola	258.0	1.0 serving child 12 fl oz, without ice	0.00
14148	Beverages, carbonated, cola, regular	30.7	1.0 fl oz	0.00
14147	Beverages, carbonated, cola, without caffeine	30.7	1.0 fl oz	0.00
14136	Beverages, carbonated, ginger ale	30.5	1.0 fl oz	0.00
14144	Beverages, carbonated, lemon-lime soda, no caffeine	30.8	1.0 fl oz	0.00
14165	Beverages, carbonated, limeade, high caffeine	253.0	1.0 cup	0.00
14416	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	29.6	1.0 fl oz	0.00
14146	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine	29.6	1.0 fl oz	0.00
14166	Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine	29.6	1.0 fl oz	0.00
14143	Beverages, carbonated, low calorie, other than cola or pepper, without caffeine	29.6	1.0 fl oz	0.00
14151	Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine	29.6	1.0 fl oz	0.00
14149	Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	29.6	1.0 fl oz	0.00
14157	Beverages, carbonated, root beer	30.8	1.0 fl oz	0.00
14145	Beverages, carbonated, SPRITE, lemon-lime, without caffeine	30.8	1.0 fl oz	0.00
14155	Beverages, carbonated, tonic water	30.5	1.0 fl oz	0.00
14092	Beverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E	240.0	1.0 cup	10.06
14163	Beverages, chocolate drink, milk and soy based, ready to drink, fortified	237.0	8.0 fl oz	13.51
14164	Beverages, chocolate malt powder, prepared with 1% milk, fortified	98.0	1.0 cup dry mix	13.51
14083	Beverages, chocolate malt, powder, prepared with fat free milk	256.0	1.0 serving	1.38
14063	Beverages, chocolate powder, no sugar added	11.0	2.0 tbsp	0.00
14181	Beverages, chocolate syrup	39.0	1.0 serving 2 tbsp	0.01
14182	Beverages, chocolate syrup, prepared with whole milk	282.0	1.0 cup (8 fl oz)	0.14
14557	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients	22.0	1.0 serving	0.01
14558	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	266.0	1.0 serving	0.19
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	0.16
43369	Beverages, Chocolate-flavored drink, whey and milk based	244.0	1.0 cup	0.02
14262	Beverages, citrus fruit juice drink, frozen concentrate	35.2	1.0 fl oz	0.08
14263	Beverages, citrus fruit juice drink, frozen concentrate, prepared with water	31.0	1.0 fl oz	0.02

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NDB_No	Description	Weight(g)	Measure (Vitamin E alpha-tocopherol)(mg)
				Per Measure
14187	Beverages, Clam and tomato juice, canned	30.2	1.0 fl oz	0.03
14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	30.5	1.0 fl oz	0.00
44203	Beverages, Cocktail mix, non-alcoholic, concentrated, frozen	36.0	1.0 fl oz	0.01
14538	Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A	15.0	1.0 envelope Swiss Miss (.53 oz)	0.03
14196	Beverages, Cocoa mix, no sugar added, powder	19.0	1.0 envelope Alba (.675 oz)	0.01
14192	Beverages, Cocoa mix, powder	28.0	1.0 serving (3 heaping tsp or 1 envelope)	0.05
14194	Beverages, Cocoa mix, powder, prepared with water	34.3	1.0 fl oz	0.01
14390	Beverages, cocoa mix, with aspartame, powder, prepared with water	32.1	1.0 fl oz	0.00
14171	Beverages, coconut milk, sweetened, fortified with calcium, vitamins A, B12, D2	240.0	1.0 cup	0.00
14090	Beverages, Coconut water, ready-to-drink, unsweetened	245.0	1.0 cup	0.00
14204	Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener	6.4	1.0 tsp dry	0.01
14236	Beverages, coffee substitute, cereal grain beverage, powder	3.0	1.0 tsp (1 serving)	0.03
14237	Beverages, coffee substitute, cereal grain beverage, prepared with water	30.1	1.0 fl oz	0.01
14180	Beverages, coffee, brewed, breakfast blend	248.0	1.0 cup	0.00
14210	Beverages, coffee, brewed, espresso, restaurant-prepared	29.6	1.0 fl oz	0.00
14202	Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated	29.6	1.0 fl oz	0.00
14209	Beverages, coffee, brewed, prepared with tap water	29.6	1.0 fl oz	0.00
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.00
14223	Beverages, coffee, instant, chicory	29.9	1.0 fl oz	0.00
14218	Beverages, coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	0.00
14219	Beverages, coffee, instant, decaffeinated, prepared with water	29.9	1.0 fl oz	0.00
14224	Beverages, coffee, instant, mocha, sweetened	13.0	1.0 serving 2 tbsp	0.00
14203	Beverages, coffee, instant, regular, half the caffeine	1.0	1.0 tsp	0.00
14214	Beverages, coffee, instant, regular, powder	1.0	1.0 tsp	0.00
14215	Beverages, coffee, instant, regular, prepared with water	29.8	1.0 fl oz	0.00
14270	Beverages, coffee, instant, vanilla, sweetened, decaffeinated, with non dairy creamer	15.0	1.0 serving	0.00
43401	Beverages, coffee, instant, with whitener, reduced calorie	1.7	1.0 tsp dry	0.00
14183	Beverages, coffee, ready to drink, iced, mocha, milk based	265.0	1.0 cup	0.00
14179	Beverages, coffee, ready to drink, milk based, sweetened	262.0	1.0 cup	0.03
14173	Beverages, coffee, ready to drink, vanilla, light, milk based, sweetened	281.0	9.5 fl oz	0.03
14238	Beverages, cranberry-apple juice drink, bottled	30.6	1.0 fl oz	0.04
43404	Beverages, cranberry-apple juice drink, low calorie, with vitamin C added	240.0	1.0 cup (8 fl oz)	0.65
14036	Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	414.0	14.0 fl oz	3.44

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
14423	Beverages, dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	243.0	1.0 serving	0.00
14422	Beverages, Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	21.0	1.0 packet (.75 oz)	0.01
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	272.0	1.0 cup (8 fl oz)	0.16
14060	Beverages, Energy Drink with carbonated water and high fructose corn syrup	240.0	8.0 fl oz	0.00
14625	Beverages, Energy drink, AMP	240.0	1.0 serving	0.00
14628	Beverages, Energy drink, AMP, sugar free	240.0	8.0 fl oz	0.00
14626	Beverages, Energy drink, FULL THROTTLE	240.0	1.0 serving 8 fluid oz	0.00
14627	Beverages, Energy Drink, Monster, fortified with vitamins C, B2, B3, B6, B12	240.0	1.0 serving	0.00
14154	Beverages, Energy drink, RED BULL	258.0	1.0 can 8.4 fl oz	0.00
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	0.00
14629	Beverages, Energy drink, ROCKSTAR	31.0	1.0 fl oz	0.00
14630	Beverages, Energy drink, ROCKSTAR, sugar free	240.0	8.0 fl oz	0.00
14061	Beverages, Energy Drink, sugar free	240.0	8.0 fl oz	0.00
14641	Beverages, Energy drink, VAULT Zero, sugar-free, citrus flavor	246.0	1.0 serving (8 fl oz)	0.00
14640	Beverages, Energy drink, VAULT, citrus flavor	31.0	1.0 oz	0.00
14646	Beverages, Fruit flavored drink containing less than 3% fruit juice, with high vitamin C	238.0	1.0 cup (8 fl oz)	0.00
14645	Beverages, Fruit flavored drink, less than 3% juice, not fortified with vitamin C	238.0	1.0 cup (8 fl oz)	0.00
14647	Beverages, Fruit flavored drink, reduced sugar, greater than 3% fruit juice, high vitamin C, added calcium	240.0	8.0 fl oz	0.00
14648	Beverages, fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin	237.0	8.0 fl oz	0.12
14651	Beverages, fruit juice drink, greater than 3% juice, high vitamin C	238.0	1.0 cup (8 fl oz)	0.12
14636	Beverages, fruit juice drink, reduced sugar, with vitamin E added	209.0	1.0 container	1.42
14269	Beverages, Fruit punch drink, frozen concentrate, prepared with water	30.9	1.0 fl oz	0.00
14267	Beverages, Fruit punch drink, with added nutrients, canned	31.0	1.0 fl oz	0.00
14264	Beverages, fruit punch drink, without added nutrients, canned	210.0	6.75 fl oz	0.04
14406	Beverages, fruit punch juice drink, frozen concentrate, prepared with water	29.3	1.0 fl oz	0.00
14541	Beverages, fruit punch-flavor drink, powder, without added sodium, prepared with water	32.7	1.0 fl oz	0.00
42055	Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame	8.0	1.0 tsp	0.00
43345	Beverages, fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie	2.0	1.0 tsp	0.00
14048	Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6	500.0	1.0 bottle	5.40
14075	Beverages, GEROLSTEINER BRUNNEN GmbH & amp; Co. KG, Gerolsteiner naturally sparkling mineral water,	240.0	8.0 fl oz	0.00
14277	Beverages, grape drink, canned	31.3	1.0 fl oz	0.00
14282	Beverages, grape juice drink, canned	31.3	1.0 fl oz	0.00

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NDB_No	Description	Weight(g)	Measure (Vitamin E alpha-tocopherol)(mg)
				Per Measure
14638	Beverages, Horchata, as served in restaurant	228.0	1.0 cup	0.55
14631	Beverages, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	7.8	1.0 tbsp	0.03
14076	Beverages, ICELANDIC, Glacial Natural spring water	100.0	1.0 serving	0.00
14068	Beverages, KELLOGG'S SPECIAL K20 protein powder	14.5	1.0 packet	0.00
14059	Beverages, KELLOGG'S, SPECIAL K Protein Shake	296.0	1.0 serving	13.32
14161	Beverages, Kiwi Strawberry Juice Drink	473.0	16.0 fl oz	0.00
14174	Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C	240.0	8.0 fl oz	1.34
14543	Beverages, lemonade, frozen concentrate, pink, prepared with water	30.9	1.0 fl oz	0.01
14287	Beverages, Lemonade, powder	18.0	1.0 serving	0.03
14296	Beverages, lemonade-flavor drink, powder	18.0	1.0 serving	0.01
14297	Beverages, lemonade-flavor drink, powder, prepared with water	31.8	1.0 fl oz	0.00
14252	Beverages, Malt liquor beverage	1184.0	1.0 bottle	0.00
14317	Beverages, malted drink mix, chocolate, powder	21.0	1.0 serving (3 heaping tsp or 1 envelope)	0.04
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.16
14316	Beverages, Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.19
14311	Beverages, Malted drink mix, natural, powder, dairy based.	21.0	1.0 serving (3 heaping tsp or 1 envelope)	0.08
14632	Beverages, Meal supplement drink, canned, peanut flavor	158.0	1.0 cup	0.14
14634	Beverages, milk beverage, reduced fat, flavored and sweetened, Ready-to-drink, added calcium, vitamin A and vitamin D	244.0	1.0 cup	0.07
14095	Beverages, MINUTE MAID, Lemonada, Limeade	240.0	8.0 fl oz	0.00
14119	Beverages, Mixed vegetable and fruit juice drink, with added nutrients	247.0	8.0 fl oz	4.03
14022	Beverages, MONSTER energy drink, low carb	240.0	8.0 fl oz	0.00
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	237.0	1.0 bottle	12.30
14654	Beverages, nutritional shake mix, high protein, powder	10.0	1.0 tbsp	1.69
14256	Beverages, OCEAN SPRAY, Cran Cherry	248.0	8.0 fl oz	0.00
14217	Beverages, OCEAN SPRAY, Cran Grape	240.0	8.0 fl oz	0.00
14234	Beverages, OCEAN SPRAY, Cran Lemonade	247.0	8.0 fl oz	0.00
14255	Beverages, OCEAN SPRAY, Cran Pomegranate	248.0	8.0 fl oz	0.00
14233	Beverages, OCEAN SPRAY, Cran Raspberry Juice Drink	248.0	8.0 fl oz	0.00
14038	Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink	250.0	1.0 can	0.00
14220	Beverages, OCEAN SPRAY, Cranberry-Apple Juice Drink, bottled	249.0	8.0 fl oz	0.67
14235	Beverages, OCEAN SPRAY, Diet Cran Cherry	237.0	8.0 fl oz	0.00
14221	Beverages, OCEAN SPRAY, Diet Cranberry Juice	237.0	8.0 fl oz	0.00
14257	Beverages, OCEAN SPRAY, Light Cranberry	248.0	8.0 fl oz	0.00

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2420SNB of Mon0001425Beerges, OCEAN SPRAY, Light Cambery, Concerd Grapp27080.0010001426Beerges, OCEAN SPRAY, White Cambery Read27080.0010001427Beerges, OCEAN SPRAY, White Cambery Sprawbery Flavoral Jaice Dank27080.0010001428Beerges, Orage Softak Serks, redy - odniti, with added turieins2810000001429Beerges, Orage Softak Serks, redy - odniti, with added turieins380000001420Beerges, Orage Softak Serks, redy - odniti, with added turieins380000001421Beerges, Orage Softak Serks, redy - odniti, with added turieins380000001422Beerges, Orage Softak, Serks, redy - odniti, Serks Serks, redge Softak Serks, redy - odniti, Serks Serks, rege Softak Serks, redy - odniti, Serks Serks, rege Softak Serks, redge Softa	NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
Harrages, OCIAN SPRAY, Light Cambery, Concord Grape 2480 8.01 nor. 0.000 14255 Reverages, OCIAN SPRAY, Light Cambery, Concord Grape 2.17.0 8.01 nor. 0.000 14258 Beverages, OCIAN SPRAY, White Camberry Pach 2.07.0 8.01 nor. 0.000 14271 Beverages, OCIAN SPRAY, White Camberry Pach 2.07.0 8.01 nor. 0.000 14257 Beverages, Orgen SPRAY, White Camberry Snawberry Flavoed Jalee Drink 2.01.0 8.01 nor. 0.000 14258 Beverages, orange and apticor (juic drink, camed) 3.1.6 1.01 nor. 0.001 14456 Beverages, orange drink, heakinst type, with juics and pulp, foreer concentrate. 3.1.8 0.010 nor. 0.001 14457 Beverages, orange drink, heakinst type, worder 3.0.0 0.01 nor. 0.001 14458 Beverages, orange juice drink, treakinst type, movder 3.0.0 0.01 nor. 0.001 14459 Beverages, orange drink, treakinst type, movder 3.0.0 0.01 nor. 0.001 14450 Beverages, Orange Jine, treakinst type, movder seccentrate. Nor anafacturate anymee. 3.0.0 0.01 nor. 0.001					Per Measure
1428Beverages, OCEAN SPRAY, Ruby Red enaberry227.08.0 fl oz0.0011428Roverages, OCEAN SPRAY, Ruby Cenaberry Pach247.08.0 fl oz0.0011427Roverages, Corean SpraAV, White Camberry Pach247.08.0 fl oz0.0011437Roverages, comage and apricod juice drink, canned31.21.0 fl o.00.0131448Boverages, comage back lock drink, weal-back drink and ladel matriens31.61.0 fl o.00.0111447Boverages, Comage drink, breakhat typ, with juice and palp. forzen concentrate, prepared with water31.31.0 fl o.00.0111432Boverages, comage drink, breakhat typ, with juice and palp. forzen concentrate, prepared with water31.31.0 fl o.00.00114420Boverages, comage drink, breakhat typ, with juice and palp. forzen concentrate, prepared with water31.31.0 fl o.00.00114421Boverages, comage drink, breakfast typ, powder, prepared with water33.91.0 fl o.00.00114441Boverages, comage drink, breakfast typ, powder, prepared with water33.91.0 fl o.00.01114435Boverages, Outry, breakfast typ, powder, prepared with water33.91.0 fl o.00.01114441Boverages, Outry, breakfast typ, with palp. forzen concentrate. Nr monufactured anyone33.31.0 fl o.00.01114441Boverages, Outry, breakfast typ, powder, prepared with water33.91.0 fl o.00.01114451Boverages, Prepared wat drink, breakfast typ, with palp. forzen concentrate. Nr Mathreak Mathreak Mathreak Mathreak3	14226	Beverages, OCEAN SPRAY, Light Cranberry and Raspberry Flavored Juice	242.0	8.0 fl oz	0.00
1428Beverages, OCIAN SPRAY, White Canberry Srawberry Havord Juice Drink247.08.0 (0.00)1427Beverages, OCIAN SPRAY, White Canberry Strawberry Havord Juice Drink247.08.0 (0.00)14323Beverages, orange and aprice juice drink, canned31.21.0 (0.0)14426Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate31.30.0 (0.0)14427Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water31.31.0 (1.0)1427Beverages, Orange juice drink, acanned, with added vitrains24.001.0 (0.0)0.0011428Beverages, Orange juice drink, incanned, with added vitrains24.001.0 (0.0)0.0011429Beverages, Orange juice drink, heakfast type, nynder24.001.0 (0.0)0.00114204Beverages, orange funct drink, breakfast type, provder, prepared with water33.91.0 (1.0)0.00114205Beverages, Orange Juice drink, breakfast type, provder, prepared with water33.91.0 (1.0)0.00114214Beverages, Orange Juice drink, breakfast type, souder, prepared with water33.91.0 (1.0)0.00114214Beverages, OVALTINE, Chasis Malt prover21.01.0 serving (1.0) serving (1.0) serving (1.0)0.00114244Beverages, Drive drink, breakfast type, soude prepared with water30.31.0 (1.0)0.00114245Beverages, OvaLTINE, Chasis Malt provder2.001.0 serving (1.0) servin	14259	Beverages, OCEAN SPRAY, Light Cranberry, Concord Grape	248.0	8.0 fl oz	0.00
1427Reverges, OCFAN SPRAY, White Cambery Strawberry Flavored Juice Drink24708 (2470)8.0 (0.00)1437Beverages, orange and aprice tigic drink, canad31.61.0 (1.0 co)0.00114436Beverages, orange drink, breakfast type, with juice and palp, frozen concentrate36.81.0 (1.0 co)0.00114427Beverages, orange drink, breakfast type, with juice and palp, frozen concentrate, prepared with water31.31.0 (1.0 co)0.00114323Beverages, orange drink, breakfast type, with juice and palp, frozen concentrate, prepared with water31.00.0 (1.0 cop)0.00114324Beverages, orange finke, canad, with added vitamin C249.00.0 (1.0 cop)0.00114447Beverages, orange flavor drink, breakfast type, proveder240.00.0 (1.0 cop)0.00114448Beverages, orange-flavor drink, breakfast type, proveder33.31.0 (1.0 co)0.00114444Beverages, Orange-flavor drink, breakfast type, proveder33.31.0 (1.0 co)0.00114445Beverages, Orange-flavor drink, breakfast type, with gub, frozen concentrate. Not mandiactured auyroor.33.31.0 (1.0 co)0.00114444Beverages, Deverages, OVALTINE, Chasis Mat proveder21.01.0 serving (1.0 por 1.evelapc)2.581444Beverages, Deverage, Depender water31.31.0 (1.0 co)0.0011445Beverages, Drape and grapefuri gue, drink, canaed31.31.0 (1.0 co)0.0011446Beverages, Drape and grapefuri gue, drink, canaed31.31.0 (1.0 co)0.001		Beverages, OCEAN SPRAY, Ruby Red cranberry			0.00
H327 Beverages, orange break fast timk, eauly to, drink, with added nutriens 31.2 1.0 no.0000 14436 Beverages, orange break fast timk, ready-to-drink, with added nutriens 31.6 1.0 no.0000 14426 Beverages, orange drink, breakfast type, with juice and pulp, forzen concentrate 36.3 1.0 no.0000 14427 Beverages, orange drink, breakfast type, with juice and pulp, forzen concentrate, pepured with water 31.3 1.0 no.0000 14323 Beverages, orange drink, streakfast type, powder 31.0 1.0 no.0000 0.0010 14220 Beverages, orange drink, with added vitamin C 34.0 1.0 no.0000 0.0010 14231 Beverages, orange link, reakfast type, powder, reparted with water 31.0 1.0 no.0000 0.0000 14444 Beverages, orange-flavor drink, breakfast type, powder, preparted with water 33.3 1.0 no.0000 0.0000 14444 Beverages, OVALTINE, Chackina type, with pilo, forzen concentrate. Not manufactured anymere. 33.3 1.0 no.0000 0.0000 14444 Beverages, OVALTINE, Chackina Mal powder 21.0 1.0 serving (4 tbp or 1 envelope) 2.58 14450 Beverages, Norage Fibre OUALKER, Garond	14258				0.00
1445Beverages, orange breakfast drink, ready-to-drink, with added nutrients31.61.0 ft not0.01114426Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water31.31.0 ft not0.0011427Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water31.31.0 ft not0.0011427Beverages, Orange drink, craned, with added vitamin fC34.01.0 ft not0.0011428Beverages, Orange drink, craned, with added vitamin fC34.01.0 ft not0.0011427Beverages, Orange frink, Craned, with added vitamin fC34.01.0 ft not0.0011428Beverages, Orange frink, Preakfast type, provder, prepared with water33.31.0 ft not0.0011447Beverages, Orange frink, breakfast type, provder, prepared with water33.31.0 ft not0.0011448Beverages, Orange frink, breakfast type, provder, prepared with water33.31.0 ft not0.0111448Beverages, Orange frink, breakfast type, provder, prepared with water33.31.0 ft not0.0111448Beverages, Drane, flavor drink, breakfast type, provder, prepared with water33.31.0 ft not0.0011444Beverages, Drane, flavor drink, breakfast type, provder, prepared with water31.31.0 ft not0.0011445Beverages, Drane, flavor drink, breakfast type, provder, prepared with water31.31.0 ft not0.0011446Beverages, Drane, flavor drink, cande drink, canned31.31.0	14227	Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink	247.0	8.0 fl oz	0.00
14426Reverages, Orange drink, breakfist type, with juice and pulp, frozen concentrate. prepared with water36.31.0.11 not0.00314427Beverages, Orange drink, breakfist type, with juice and pulp, frozen concentrate, prepared with water31.31.0.0 not0.01114323Beverages, Orange juice, drink, canned, with added vitamin C3103100.0100.01014323Beverages, orange juice, light, No pulp24008.0 not8.0 not300014444Beverages, orange-flavor drink, breakfast type, powder2601.0 serving 2 thep0.00114435Beverages, orange-flavor drink, breakfast type, powder, prepared with water33.31.0.1 no0.00114436Beverages, Orange flavor drink, breakfast type, powder, prepared with water33.31.0.1 no0.00114436Beverages, Orange-flavor drink, breakfast type, with polg, fozoen concentrate. Not manufactured anymore.33.31.0.1 no0.00114315Beverages, DEVALTINE, Classic Mait powder2101.0 serving 4 thep or leavelope2.5814309Beverages, DEVALTINE, Classic Mait powder30.51.0.0 no0.00014454Beverages, DEVALTINE, Classic Mait powder31.31.0.0 no0.00014454Beverages, Prepared and orange juice drink, canned31.31.0.0 no0.00014454Beverages, princepple and argerqerint juice drink, canned31.31.0.0 no0.00014454Beverages, Propet Zero, Init-flavored, non-actionatad31.00.000.00014459Beverages	14327	Beverages, orange and apricot juice drink, canned	31.2	1.0 fl oz	0.03
14427Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water31.31.0 ft 0.0	14436	Beverages, orange breakfast drink, ready-to-drink, with added nutrients	31.6	1.0 fl oz	0.01
IA323Beverages, orange drink, canned, wih added viamin C31010 (10 drop)00142270Beverages, orange juice, drink249.01.0 cup00514064Beverages, Orange juice, drink, breakfast type, powder240.08.0 drop3.0014070Beverages, orange-flavor drink, breakfast type, powder626.01.0 serving 2 tubp0.00014444Beverages, orange-flavor drink, breakfast type, powder, prepared with water33.91.0 flor0.00114444Beverages, Orange-flavor drink, breakfast type, powder, prepared with water33.31.0 flor0.01114345Beverages, OVALTINE, closcolate mal powder78.01.0 serving (4 btps or 1 envelope)2.5314644Beverages, DEPSICO QUAKER, Gatorade G2, low calorie237.01.0 serving (4 btps or 1 envelope)2.5314644Beverages, princepple and grapefruit juice drink, canned31.31.0 flor0.00014346Beverages, princepple and grapefruit juice drink, canned31.31.0 flor0.00014346Beverages, POWERADE, Zero, Mixed Berry360.01.0 flor0.00014462Beverages, Propel pla and grapefruit juice drink, canned31.31.0 flor0.00014463Beverages, fried place, florid-flave, assorted flavors23.00.01 flor0.00014464Beverages, fried place, florid-flave, assorted flavors23.00.01 flor0.0001459Beverages, fried place, florid-flave, assorted flavors23.00.01 flor0.011466Beverages, flo	14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	0.03
4270Beverages, Orange juice drink1.0 cup0.0 cup1404Beverages, orange-flaved rink, heakfast type, powder, prepared with warer240024008.0 cup3.0 cup1407Beverages, orange-flaved rink, breakfast type, powder, prepared with warer33.90.0 cup0.0 cup1444Beverages, orange-flaved rink, breakfast type, powder, prepared with warer33.90.0 cup0.0 cup14424Beverages, Orange-flaved rink, breakfast type, powder, prepared with warer33.90.0 cup0.0 cup14315Beverages, OVALTINE, chocolate malt powder78.01.0 serving (4 bup of 1 envelope)2.5 st14340Beverages, OVALTINE, Chocolate malt powder20.01.0 serving (4 bup of 1 envelope)2.5 st14340Beverages, PEPSICO QUAKER, Gatorade C2, low calorie23.01.0 serving (4 bup of 1 envelope)2.5 st14440Beverages, pIPESICO QUAKER, Gatorade, C9 performance O2, ready-to-drink.30.51.0 flor0.00 cup14340Beverages, pincapple and grapefruit juice drink, canned31.31.0 flor0.0 cup14341Beverages, Protenda Zero lond, alorie-free, assorted flavors20.02.0 cup2.0 cup14452Beverages, Protein powder why based20.03.0 cup0.0 cup14463Beverages, Protein powder why based24.08.0 flor (approximate weight 1.0 score)0.00 cup14464Beverages, Protein powder why based24.08.0 flor (approximate weight 1.0 score)0.00 cup1450Beverages, Protein powder why based24.0	14427	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	31.3	1.0 fl oz	0.01
H064Beverages, Orange juice, light, No pulp24008.0 ft of3.0014407Beverages, orange-flavor drink, breakfast type, powder2601.0 serving 2 bsp0.0014428Beverages, orange-flavor drink, breakfast type, powder, prepared with water33.91.0 ft of0.0014424Beverages, Orange-flavor drink, breakfast type, powder, prepared with water33.91.0 ft of0.0014424Beverages, Orang-flavor drink, breakfast type, with pulp, forzen concentrate. Not manufactured anymore.35.31.0 cup9.571430Beverages, OVALTINE, Clasis (Malt powder21.01.0 serving (4 bsp of 1 envelope)2.5814644Beverages, PEPSICO QUAKER, Gatorade, G.2, teady-to-drink.30.51.0 ft of0.0014334Beverages, pincapple and grapefruit juice drink, canned31.31.0 ft of0.001434Beverages, pincapple and grapefruit juice drink, canned31.31.0 ft of0.001434Beverages, Powerade Zero Ioni, calorie free, assorted flavors2502.500.001.0 serving0.0014462Beverages, Protein powder soy based30.01.0 scoop0.000.0014463Beverages, Frontin, breakfast type, powder24008.0 ft of (approximate weight, I serving)1.1314464Beverages, Frontin powder soy based24008.0 ft of (approximate weight, I serving)1.1314465Beverages, Frontin powder soy based24008.0 ft of (approximate weight, I serving)1.1314666Beverages, Rotein powder soy b	14323	Beverages, orange drink, canned, with added vitamin C	31.0	1.0 fl oz	0.01
1407Beverages, orange-flavor drink, breakfast type, powder, prepared with water26.01.0 serving 2 theory0.00014408Beverages, orange-flavor drink, breakfast type, powder, prepared with water33.90.0010.00014424Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured auynow.35.30.010 for goverages.0.01014315Beverages, OVALTINE, chocolate malt powder20.00.05 erving (4 they pr of euvolope)2.5814404Beverages, PEPSICO QUAKER, Gatorade G2, low calorie30.50.000 for goverage.0.00014340Beverages, pincapple and grapefruit juic drink, canned31.30.010 for goverage.0.00114341Beverages, pincapple and grapefruit juic drink, canned31.30.010 for goverage.0.00114341Beverages, POWERADE, Zero, Mixed Barry360.01.20 for goverage.0.0011442Beverages, Protein powder soy based32.00.0010.0011454Beverages, Protein powder web based32.00.010 for goverage.0.0011465Beverages, Protein powder web pased32.00.010 for goverage.0.0011466Beverages, Fore inik, Insweetend34.00.010 for goverage.0.010 for goverage.1467Beverages, Protein powder web pased32.00.010 for goverage.0.010 for goverage.1468Beverages, Fore inik, Insweetend32.00.010 for goverage.0.010 for goverage.1469Beverages, SLIMFAST, Mal replacement, High ProteinShake, Ready-To-Drink, 3-2-1	42270	Beverages, Orange juice drink	249.0	1.0 cup	0.05
14408Beverages, orage-flavor drink, breakfast type, powder, prepared with water33.91.0 fl oz0.0014424Beverages, Orage-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore.35.31.0 fl oz0.1114315Beverages, OVALTINE, chocolate malt powder78.01.0 serving (4 thsp or 1 envelope)2.5814309Beverages, DEVSLCO QUAKER, Gatorade G2, low calorie237.01.0 serving (4 thsp or 1 envelope)2.5814640Beverages, PEPSICO QUAKER, Gatorade G2, low calorie2.630.000.0014334Beverages, DEVSLCO QUAKER, Gatorade G2, endy-to-drink.30.50.010 o0.0014341Beverages, pineapple and grapefruit juice drink, canned31.31.0 fl oz0.0014341Beverages, Powenade Zero Ion4, calorie-free, assorted flavors36.01.0 a.000.0014452Beverages, Protein powder soy based36.01.0 fl oz0.0014664Beverages, Protein powder soy based36.01.0 fl oz0.001467Beverages, Protein powder soy based35.01.0 fl oz0.001468Beverages, Fotein powder soy based31.01.0 seroge0.001469Beverages, Protein powder soy based32.01.0 fl oz0.001469Beverages, Fotein powder soy based31.01.0 seroge0.001469Beverages, fich chocolate, powder31.01.0 seroge0.001469Beverages, fich chocolate, powder31.01.0 seroge3.014060 <td>14064</td> <td>Beverages, Orange juice, light, No pulp</td> <td>240.0</td> <td>8.0 fl oz</td> <td>3.00</td>	14064	Beverages, Orange juice, light, No pulp	240.0	8.0 fl oz	3.00
14424Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore.35.31.0 fl oz0.1114315Beverages, OVALTINE, chocolate malt powder78.01.0 serving (4 thsp or 1 envelope)2.5814309Beverages, OVALTINE, Classic Malt powder21.01.0 serving (4 thsp or 1 envelope)2.5814460Beverages, PEPSICO QUAKER, Gatorade G2, low calorie237.08.0 fl oz0.00014460Beverages, pincapple and grapefruit juic drink, canned31.31.0 fl oz0.00014341Beverages, pincapple and grapefruit juic drink, canned31.31.0 fl oz0.0114359Beverages, Proverade Zero Ion4, calorie-free, assorted flavors237.08.0 fl oz0.0014460Beverages, Proverade Zero Ion4, calorie-free, assorted flavors237.08.0 fl oz0.0014461Beverages, Proverade Zero Ion4, calorie-free, assorted flavors237.08.0 fl oz0.0014462Beverages, Protei powder sov based36.01.0 fl oz0.0014463Beverages, Protei powder sov based25.01.0 fl oz0.0014464Beverages, Protei powder sov based240.08.0 fl oz (approximate weight, 1 serving)1.1314066Beverages, Rotein powder whey based240.08.0 fl oz (approximate weight, 1 serving)1.1314067Beverages, SulfAST, Mal replacement, High Protein Shake, Ready-To-Drink, 3-2 1 plan25.51.0 blottle1.3514044Beverages, tea, black, hrewed, prepared with tap water, decaffeinated <td< td=""><td>14407</td><td>Beverages, orange-flavor drink, breakfast type, powder</td><td>26.0</td><td>1.0 serving 2 tbsp</td><td>0.00</td></td<>	14407	Beverages, orange-flavor drink, breakfast type, powder	26.0	1.0 serving 2 tbsp	0.00
H315Beverages, OVALTINE, chocolate mult powderP1P1P3H4309Beverages, OVALTINE, Classic Mult powder21.01.0 serving (4 tbsp r 1 envelope)2.58H444Beverages, PEPSICO QUAKER, Gatorade G2, low calorie237.08.0 ft oz0.000H4460Beverages, prepSICO QUAKER, Gatorade G2, low calorie30.51.0 ft oz0.000H4334Beverages, princapple and grapefruit juice drink, canned31.31.0 ft oz0.000H4341Beverages, princapple and orange juice drink, canned31.31.0 ft oz0.001H4529Beverages, POWERADE, Zero, Mixed Berry360.012.0 ft oz0.000H462Beverages, POWERADE, Zero, Mixed Berry360.012.0 ft oz0.000H462Beverages, Propel Zero, fruit-flavored, non-carbonated29.61.0 ft oz0.000H4639Beverages, Protein powder why based32.00.03 cup0.000H4640Beverages, rice milk, unsweetened24.08.0 ft oz (approximate weight, 1 serving)1.13H4650Beverages, rich thocolate, powder why based11.00.0001.0 ft oz0.000H4644Beverages, itch hock, the water, decaffeinated29.60.01 oz0.000H4650Beverages, rich hack, brewed, prepared with ta water29.61.0 ft oz0.000H4664Beverages, rich hack, brewed, prepared with ta water, decaffeinated29.61.0 ft oz0.000H4665Beverages, rich hack, brewed, prepared with ta water, decaffeinated29.61.0 ft oz0	14408	Beverages, orange-flavor drink, breakfast type, powder, prepared with water	33.9	1.0 fl oz	0.00
14309Beverages, OVALTINE, Classic Malt powder21.01.0 serving (4 tbsp or 1 envelope)2.5814644Beverages, PEPSICO QUAKER, Gatorade G2, low calorie237.08.0 fl oz0.0014460Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.30.51.0 fl oz0.0014334Beverages, pincapple and grapefruit juice drink, canned31.31.0 fl oz0.0014341Beverages, pincapple and orange juice drink, canned31.31.0 fl oz0.0014399Beverages, POWERADE, Zero, Mixed Berry360.012.0 fl oz0.0014462Beverages, Propel Zero, fruit-flavored, non-carbonated29.61.0 fl oz0.0014663Beverages, Protein powder soy based45.01.0 scorp0.0014664Beverages, Frotein powder why based32.08.0 fl oz (approximate weight, 1 serving)1.1314067Beverages, Frotein powder why based32.08.0 fl oz (approximate weight, 1 serving)1.1314068Beverages, Frotein powder why based32.08.0 fl oz (approximate weight, 1 serving)1.1314080Beverages, rich chocolate, powder11.02.0 tbs1.3514044Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan29.51.0 bottle1.35114352Beverages, ta, black, brewed, prepared with tap water, decaffeinated29.61.0 fl oz0.0014352Beverages, ta, black, ready to drink, decaffeinated29.61.0 fl oz0.0014352Beverages, ta,	14424	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore.	35.3	1.0 fl oz	0.11
14644Beverages, PEPSICO QUAKER, Gatorade G2, low calorie237.08.0 fl oz0.0014460Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.30.51.0 fl oz0.0014334Beverages, pineapple and grapefruit juice drink, canned31.31.0 fl oz0.0014341Beverages, pineapple and orange juice drink, canned31.31.0 fl oz0.0114599Beverages, Powerade Zero Ion4, calorie-free, assorted flavors237.08.0 fl oz0.011462Beverages, Proget Zero, Mixed Berry360.012.0 fl oz0.001462Beverages, Proget Zero, fruit-flavored, non-carbonated29.61.0 fl oz0.001466Beverages, Protein powder soy based45.01.0 scoop0.0014067Beverages, rich chocolate, powder24.08.0 fl oz (approximate weight, serving)1.1314068Beverages, rich chocolate, powder11.02.0 thsp1.3514044Beverages, strich Aleroplacement, High Protein Shake, Ready-To-Drink, 3-2.1 plan29.51.0 bottle1.35114352Beverages, stea, black, brewed, prepared with tap water, decaffeinated29.61.0 fl oz0.0014352Beverages, ta, black, brewed, prepared with tap water, decaffeinated29.61.0 fl oz0.0014352Beverages, ta, black, brewed, prepared with tap water, decaffeinated29.61.0 fl oz0.0014352Beverages, ta, black, brewed, prepared with tap water, decaffeinated29.61.0 fl oz0.0014354Beverages,	14315	Beverages, OVALTINE, chocolate malt powder	78.0	1.0 cup	9.57
14460Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.30.51.0 fl oz0.0014334Beverages, pineapple and grapefruit juice drink, canned31.31.0 fl oz0.0014341Beverages, pineapple and orange juice drink, canned31.31.0 fl oz0.0114599Beverages, Powerade Zero Ion4, calorie-free, assorted flavors237.08.0 fl oz0.011462Beverages, POWERADE, Zero, Mixed Berry360.01.2.0 fl oz0.001462Beverages, Protein powder soy based45.01.0 scoop0.001466Beverages, Protein powder soy based32.00.33 cup0.001467Beverages, rice milk, unsweetened240.08.0 fl oz (approximate weight, 1 serving)1.1314080Beverages, rich chocolate, powder11.02.0 tbsp1.3514044Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan295.01.0 fl oz0.0014352Beverages, ta, black, brewed, prepared with tap water, decaffeinated29.61.0 fl oz0.0014352Beverages, ta, black, brewed, prepared with tap water, decaffeinated29.61.0 fl oz0.0014354Beverages, ta, black, ready to drink, decaffeinated29.61.0 fl oz0.0014352Beverages, ta, black, brewed, prepared with tap water, decaffeinated29.61.0 fl oz0.0014352Beverages, ta, black, ready to drink, decaffeinated29.61.0 fl oz0.0014247Beverages, ta, black, ready to drink, dec	14309	Beverages, OVALTINE, Classic Malt powder	21.0	1.0 serving (4 tbsp or 1 envelope)	2.58
H334Beverages, pineapple and grapefruit juice drink, canned31.31.0 fl oz0.0014341Beverages, pineapple and orange juice drink, canned31.31.0 fl oz0.0114599Beverages, Powerade Zero Ion4, calorie-free, assorted flavors237.08.0 fl oz1.3514167Beverages, POWERADE, Zero, Mixed Berry360.012.0 fl oz0.0014462Beverages, Propel Zero, fruit-flavored, non-carbonated29.61.0 fl oz0.0014666Beverages, Protein powder soy based45.01.0 scoop0.0014667Beverages, Protein powder whey based32.00.80 fl oz (approximate weight, 1 serving)1.1314068Beverages, rice milk, unsweetened240.08.0 fl oz (approximate weight, 1 serving)1.1314080Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan29.61.0 fl oz0.0014351Beverages, tea, black, brewed, prepared with tap water, decaffeinated29.61.0 fl oz0.0014352Beverages, tea, black, brewed, prepared with tap water, decaffeinated29.61.0 fl oz0.0014247Beverages, tea, black, ready to drink, decaffeinated29.61.0 fl oz0.0014281Beverages, tea, black, ready to drink, decaffeinated29.61.0 fl oz0.0014281Beverages, tea, black, ready to drink, decaffeinated29.61.0 fl oz0.00	14644	Beverages, PEPSICO QUAKER, Gatorade G2, low calorie	237.0	8.0 fl oz	0.00
H341Beverages, pineaple and orange juic drink, canned31.310. fl oz0.0114590Beverages, powerade Zero Ion4, calorie-free, assorted flavors237.08.0 fl oz1.3514167Beverages, POWERADE, Zero, Mixed Berry360.012.0 fl oz0.0014462Beverages, Propel Zero, fruit-flavored, non-carbonated29.61.0 fl oz0.4914067Beverages, Protein powder soy based45.01.0 scoop0.0014068Beverages, Protein powder whey based32.00.0 fl oz (approximate weight, 1 serving)1.1314080Beverages, rich chocolate, powder240.08.0 fl oz (approximate weight, 1 serving)1.1314044Beverages, stich chocolate, powder11.020.001.0 scoop0.0014355Beverages, stich chocolate, properd with tap water29.68.0 fl oz (approximate weight, 1 serving)1.1314354Beverages, stich chocolate, properd with tap water, decaffeinated29.61.0 fl oz0.0014355Beverages, tea, black, brewed, prepared with tap water, decaffeinated29.61.0 fl oz0.0014354Beverages, tea, black, ready to drink29.61.0 fl oz0.0014355Beverages, tea, black, ready to drink, decaffeinated29.61.0 fl oz0.0014354Beverages, tea, black, ready to drink240.0240.0240.0240.014355Beverages, tea, black, ready to drink20.020.0020.0014354Beverages, tea, black, ready to drink20.020.00 <td>14460</td> <td>Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.</td> <td>30.5</td> <td>1.0 fl oz</td> <td>0.00</td>	14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	30.5	1.0 fl oz	0.00
14599Beverages, Powerade Zero Ion4, calorie-free, assorted flavors237.08.0 fl oz1.3514167Beverages, POWERADE, Zero, Mixed Berry360.012.0 fl oz0.0014462Beverages, Propel Zero, fruit-flavored, non-carbonated29.61.0 fl oz0.4914067Beverages, Protein powder soy based45.01.0 scoop0.0014066Beverages, Protein powder whey based32.00.33 cup0.0014067Beverages, rote milk, unsweetened32.08.0 fl oz (approximate weight, 1 serving)1.1314080Beverages, rich chocolate, powder11.020.001.3514044Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan29.61.0 fl oz0.0014352Beverages, tea, black, brewed, prepared with tap water, decaffeinated29.61.0 fl oz0.0014247Beverages, tea, black, cready to drink, decaffeinated29.61.0 fl oz0.0014281Beverages, tea, black, ready to drink, decaffeinated29.61.0 fl oz0.00	14334	Beverages, pineapple and grapefruit juice drink, canned	31.3	1.0 fl oz	0.00
14167Beverages, POWERADE, Zero, Mixed Berry360.12.0 fl oz0.0014462Beverages, Propel Zero, fruit-flavored, non-carbonated29.61.0 fl oz0.4914067Beverages, Protein powder soy based45.01.0 scoop0.0014066Beverages, Protein powder whey based32.00.33 cup0.0014067Beverages, Protein powder whey based32.00.33 cup0.0014068Beverages, rice milk, unsweetened240.08.0 fl oz (approximate weight, 1 serving)1.1314080Beverages, rich chocolate, powder11.02.0 tbsp1.3514044Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan29.61.0 fl oz0.0014352Beverages, tea, black, brewed, prepared with tap water, decaffeinated29.61.0 fl oz0.0014254Beverages, tea, black, brewed, prepared with tap water, decaffeinated29.61.0 fl oz0.0014254Beverages, tea, black, ready to drink29.61.0 fl oz0.0014254Beverages, tea, black, pready to drink decaffeinated29.61.0 fl oz0.0014254Beverages, tea, black, ready to drink, decaffeinated240.0240.01.0 cup0.0014281Beverages, tea, black, ready to drink, decaffeinated29.61.0 cup0.00	14341	Beverages, pineapple and orange juice drink, canned	31.3	1.0 fl oz	0.01
14462Beverages, Propel Zero, fruit-flavored, non-carbonated29.61.0 fl oz0.4914067Beverages, Protein powder soy based45.01.0 scoop0.0014066Beverages, Protein powder whey based32.00.33 cup0.0014659Beverages, rice milk, unsweetened240.08.0 fl oz (approximate weight, 1 serving)1.1314080Beverages, rich chocolate, powder11.02.0 tbsp1.3514044Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan29.61.0 btotle13.5114352Beverages, tea, black, brewed, prepared with tap water, decaffeinated29.60.000.0014247Beverages, tea, black, ready to drink473.0473.00.000.0014281Beverages, tea, black, ready to drink, decaffeinated240.01.0 cup0.00	14599	Beverages, Powerade Zero Ion4, calorie-free, assorted flavors	237.0	8.0 fl oz	1.35
14067Beverages, Protein powder soy based45.01.0 scoop0.0014066Beverages, Protein powder whey based32.00.33 cup0.0014639Beverages, rice milk, unsweetened240.08.0 fl oz (approximate weight, 1 serving)1.1314080Beverages, rich chocolate, powder11.02.0 tbsp1.3514044Beverages, sLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan295.01.0 bottle13.5114355Beverages, tea, black, brewed, prepared with tap water, decaffeinated29.61.0 fl oz0.0014247Beverages, tea, black, ready to drink, decaffeinated240.0473.016.0 fl oz0.0014281Beverages, tea, black, ready to drink, decaffeinated240.01.0 cup0.00	14167	Beverages, POWERADE, Zero, Mixed Berry	360.0	12.0 fl oz	0.00
14066Beverages, Protein powder whey based32.032.00.0014639Beverages, rice milk, unsweetened240.08.0 fl oz (approximate weight, 1 serving)1.1314080Beverages, rich chocolate, powder11.02.0 tbsp1.3514084Beverages, sLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan295.01.0 bottle13.5114355Beverages, tea, black, brewed, prepared with tap water29.60.000.0014352Beverages, tea, black, brewed, prepared with tap water, decaffeinated29.61.0 fl oz0.0014247Beverages, tea, black, ready to drink, decaffeinated473.016.0 fl oz0.0014281Beverages, tea, black, ready to drink, decaffeinated240.01.0 cup0.00	14462	Beverages, Propel Zero, fruit-flavored, non-carbonated	29.6	1.0 fl oz	0.49
14639Beverages, rice milk, unsweetened240.08.0 fl oz (approximate weight, 1 serving)1.1314080Beverages, rich chocolate, powder11.02.0 tbsp1.3514044Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan295.01.0 bottle13.5114355Beverages, tea, black, brewed, prepared with tap water29.61.0 fl oz0.0014352Beverages, tea, black, brewed, prepared with tap water, decaffeinated29.61.0 fl oz0.0014247Beverages, tea, black, ready to drink, decaffeinated473.016.0 fl oz0.0014281Beverages, tea, black, ready to drink, decaffeinated240.01.0 cup0.00	14067	Beverages, Protein powder soy based	45.0	1.0 scoop	0.00
14080Beverages, rich chocolate, powder11.02.0 tbsp1.3514044Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan295.01.0 bottle13.5114355Beverages, tea, black, brewed, prepared with tap water29.60.000.0014352Beverages, tea, black, brewed, prepared with tap water, decaffeinated29.61.0 fl oz0.0014247Beverages, tea, black, ready to drink473.016.0 fl oz0.0014281Beverages, tea, black, ready to drink, decaffeinated240.01.0 cup0.00	14066	Beverages, Protein powder whey based	32.0	0.33 cup	0.00
14044Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan295.01.0 bottle13.5114355Beverages, tea, black, brewed, prepared with tap water29.61.0 fl oz0.0014352Beverages, tea, black, brewed, prepared with tap water, decaffeinated29.61.0 fl oz0.0014247Beverages, tea, black, ready to drink473.0160.0 fl oz0.0014281Beverages, tea, black, ready to drink, decaffeinated240.01.0 cup0.00	14639	Beverages, rice milk, unsweetened	240.0	8.0 fl oz (approximate weight, 1 serving)	1.13
14355Beverages, tea, black, brewed, prepared with tap water29.61.0 fl oz0.0014352Beverages, tea, black, brewed, prepared with tap water, decaffeinated29.61.0 fl oz0.0014247Beverages, tea, black, ready to drink473.016.0 fl oz0.0014281Beverages, tea, black, ready to drink, decaffeinated240.01.0 cup0.00	14080	Beverages, rich chocolate, powder	11.0	2.0 tbsp	1.35
14352Beverages, tea, black, brewed, prepared with tap water, decaffeinated29.61.0 fl oz0.0014247Beverages, tea, black, ready to drink473.016.0 fl oz0.0014281Beverages, tea, black, ready to drink, decaffeinated240.01.0 cup0.00	14044	Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan	295.0	1.0 bottle	13.51
14247Beverages, tea, black, ready to drink473.016.0 fl oz0.0014281Beverages, tea, black, ready to drink, decaffeinated240.01.0 cup0.00	14355	Beverages, tea, black, brewed, prepared with tap water	29.6	1.0 fl oz	0.00
14281Beverages, tea, black, ready to drink, decaffeinated240.01.0 cup0.00	14352	Beverages, tea, black, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.00
	14247	Beverages, tea, black, ready to drink	473.0	16.0 fl oz	0.00
14280Beverages, tea, black, ready to drink, decaffeinated, diet240.01.0 cup0.00	14281	Beverages, tea, black, ready to drink, decaffeinated	240.0	1.0 cup	0.00
	14280	Beverages, tea, black, ready to drink, decaffeinated, diet	240.0	1.0 cup	0.00

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NDB_No	Description	Weight(g)	Measure ^{(alpha-}	Vitamin E tocopherol)(mg)
				Per Measure
14211	Beverages, tea, black, ready-to-drink, lemon, diet	265.0	1.0 cup	0.00
14199	Beverages, tea, black, ready-to-drink, lemon, sweetened	271.0	1.0 cup	0.00
14279	Beverages, tea, black, ready-to-drink, peach, diet	268.0	1.0 cup	0.00
14260	Beverages, tea, green, brewed, decaffeinated	240.0	240.0 ml	0.00
14278	Beverages, tea, green, brewed, regular	245.0	1.0 cup	0.00
14246	Beverages, tea, green, instant, decaffeinated, lemon, unsweetened, fortified with vitamin C	4.5	2.0 tbsp	0.00
14188	Beverages, tea, green, ready to drink, ginseng and honey, sweetened	260.0	1.0 cup	0.00
14261	Beverages, tea, green, ready to drink, unsweetened	473.0	16.0 fl oz	0.00
14191	Beverages, tea, green, ready-to-drink, citrus, diet, fortified with vitamin C	265.0	1.0 cup	0.00
14190	Beverages, tea, green, ready-to-drink, diet	269.0	1.0 cup	0.00
14206	Beverages, tea, green, ready-to-drink, sweetened	270.0	1.0 cup	0.00
14545	Beverages, tea, herb, brewed, chamomile	29.6	1.0 fl oz	0.00
14381	Beverages, tea, herb, other than chamomile, brewed	29.6	1.0 fl oz	0.00
14649	Beverages, tea, hibiscus, brewed	237.0	8.0 fl oz	0.00
14356	Beverages, tea, instant, decaffeinated, lemon, diet	1.6	2.0 tsp	0.00
14357	Beverages, tea, instant, decaffeinated, lemon, sweetened	23.0	1.0 serving (3 heaping tsp)	0.00
14353	Beverages, tea, instant, decaffeinated, unsweetened	0.7	1.0 serving 2 tsp	0.00
14376	Beverages, tea, instant, lemon, diet	29.8	1.0 fl oz	0.00
14370	Beverages, tea, instant, lemon, sweetened, powder	23.0	1.0 serving (3 heaping tsp)	0.00
14371	Beverages, tea, instant, lemon, sweetened, prepared with water	259.0	1.0 cup (8 fl oz)	0.00
14368	Beverages, tea, instant, lemon, unsweetened	1.4	1.0 tsp, rounded	0.00
14375	Beverages, tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	1.6	2.0 tsp	0.00
14366	Beverages, tea, instant, unsweetened, powder	0.7	1.0 serving 1 tsp	0.00
14367	Beverages, tea, instant, unsweetened, prepared with water	29.7	1.0 fl oz	0.00
14207	Beverages, tea, ready-to-drink, lemon, diet	266.0	1.0 cup	0.00
14093	Beverages, The COCA-COLA company, Glaceau Vitamin Water, Revive Fruit Punch, fortified	591.0	20.0 fl oz	0.00
14065	Beverages, The COCA-COLA company, Hi-C Flashin' Fruit Punch	200.0	6.75 fl oz	0.00
14189	Beverages, The COCA-COLA company, Minute Maid, Lemonade	240.0	8.0 fl oz	0.00
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	0.00
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	0.00
14276	Beverages, Tropical Punch, ready-to-drink	210.0	1.0 NLEA Serving	0.00
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan,	26.0	1.0 scoop	13.50
14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	26.0	1.0 scoop	13.50

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Beccages, UNILEVER, SLIMFAST, neal eplacement, regular, realy-sto-dink, 3-24 Pan295.01.0 botts1.0 botts611Beccages, VS SPLASH hales Drinks, Berry Blend243.01.0 serving 8 oz2.706070Beccages, VS SPLASH hales Drinks, Diet Firm Medley248.01.0 serving 8 oz2.664080Beccages, VS SPLASH hales Drinks, Diet Strasberry Kovi2.84.01.0 serving 8 oz2.664090Beccages, VS SPLASH hales Drinks, Diet Strasberry Kovi2.84.01.0 serving 8 oz2.664010Beccages, VS SPLASH hales Drinks, Diet Strasberry Kovi2.43.01.0 serving 8 oz2.6704013Beccages, VS SPLASH hales Drinks, Guava Passion Trint2.43.01.0 serving 8 oz2.704014Beccages, VS SPLASH hales Drinks, Guava Passion Trint2.43.01.0 serving 8 oz2.704015Beccages, VS SPLASH hales Drinks, Comps Pineaphe2.43.01.0 serving 8 oz2.704016Beccages, VS SPLASH hales Drinks, Comps Pineaphe2.43.01.0 serving 8 oz2.704017Beccages, VS SPLASH hales Drinks, Strasberry Banan2.43.01.0 serving 8 oz2.704018Beccages, VS VS VLASH hales Drinks, Strasberry Banan2.43.01.0 serving 8 oz2.704029Beccages, VS VVS VLASH hales, Drinks, Aringta Pineaphe2.43.01.0 serving 8 oz2.704031Beccages, VS VVS VLASH hales, Drinks, Aringta Pineaphe2.43.01.0 serving 8 oz2.704031Beccages, VS VS VLASH hales Drinks, Strasberry Banan2.43.01.0 serving 8 oz2.70	NDB_No	Description	Weight(g)	Measure ^{(alpha-t}	Vitamin E ocopherol)(mg)
4611Berage, VS SPLASH Jace Drake, Berry Blend243.01.0 serving 8.02.704607Berage, VS SPLASH Jace Drake, Der Stery Blend238.01.0 serving 8.02.704609Berage, VS SPLASH Jace Drake, Diet Strukberty238.01.0 serving 8.02.704600Berage, VS SPLASH Jace Drake, Diet Strukberty Kiwi248.01.0 serving 8.02.704611Berage, VS SPLASH Jace Drake, Strukberty Kiwi243.01.0 serving 8.02.704613Berage, VS SPLASH Jace Drake, Strukberty Kiwi243.01.0 serving 8.02.704614Berage, VS SPLASH Jace Drake, Strukberty Kiwi243.01.0 serving 8.02.704615Berage, VS SPLASH Jace Drake, Strukberty Blann243.01.0 serving 8.02.704616Berage, VS SPLASH Jace Drake, Strukberty Blann243.01.0 serving 8.02.704617Berage, VS SPLASH Jace Drake, Strukberty Blann243.01.0 serving 8.02.704618Berage, VS SPLASH Jace Drake, Strukberty Blann243.01.0 serving 8.02.704619Berage, VS SPLASH Jace Drake, Strukberty Blann243.01.0 serving 8.02.704620Berage, VS SPLASH Jace Drake, Strukberty Blann243.01.0 serving 8.02.704631Berage, VS SPLASH Jace Drake, Strukberty Blann243.01.0 serving 8.02.704642Berage, VS SPLASH Jace Drake, Strukberty Blann243.01.0 serving 8.02.704643Berage, VS SPLASH Jace Drake, Strukberty Blann2.601.0 serving 8.02.70 </th <th></th> <th></th> <th></th> <th></th> <th>Per Measure</th>					Per Measure
1607Beverages, V8 SPLASH Jaice Drinks, Diet Berry Blend243.06.0 ft oz27.01608Beverages, V8 SPLASH Jaice Drinks, Diet Prui Mulley238.01.0 serving 8 oz26.01610Beverages, V8 SPLASH Jaice Drinks, Diet Tropical Blend238.01.0 serving 8 oz26.001611Beverages, V8 SPLASH Jaice Drinks, Diet Tropical Blend238.01.0 serving 8 oz27.001612Beverages, V8 SPLASH Jaice Drinks, Diet Tropical Blend243.01.0 serving 8 oz27.001614Beverages, V8 SPLASH Jaice Drinks, Mango Peach243.01.0 serving 8 oz27.001615Beverages, V8 SPLASH Jaice Drinks, Orneg Preapple243.01.0 serving 8 oz27.001616Beverages, V8 SPLASH Jaice Drinks, Strowberry Kavi243.01.0 serving 8 oz27.001617Beverages, V8 SPLASH Jaice Drinks, Strowberry Kavi243.01.0 serving 8 oz27.001618Beverages, V8 SPLASH Jaice Drinks, Strowberry Kavi243.01.0 serving 8 oz27.001619Beverages, V8 SPLASH Jaice Drinks, Strowberry Kavi243.01.0 serving 8 oz27.001620Beverages, V8 SPLASH Jaice Drinks, Strowberry Kavi243.01.0 serving 8 oz27.001621Beverages, V8 SPLASH Jaice Drinks, Strowberry Banan246.01.0 serving 8 oz27.001623Beverages, V8 SPLASH Jaice Drinks, Strowberry Banan246.01.0 serving 8 oz27.001624Beverages, V8 SPLASH Jaice Drinks, Strowberry Banan246.01.0 serving 8 oz27.001625Beve	14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	295.0	1.0 bottle	13.51
4608Beverage, Y8 SPLASH Jaice Drinks, Diet Strawberry Kivi238.01.0 serving 8.022.0.94609Beverage, Y8 SPLASH Jaice Drinks, Diet Strawberry Kivi238.01.0 serving 8.022.0.9412Beverage, Y8 SPLASH Jaice Drinks, Livit Medley243.01.0 serving 8.022.0.70413Beverage, Y8 SPLASH Jaice Drinks, Guava Pasion Fuu243.01.0 serving 8.022.0.70414Beverage, Y8 SPLASH Jaice Drinks, Guava Pasion Fuu243.01.0 serving 8.022.0.70416Beverage, Y8 SPLASH Jaice Drinks, Orage Panepple243.01.0 serving 8.022.0.70416Beverage, Y8 SPLASH Jaice Drinks, Orage Panepple243.01.0 serving 8.022.0.70416Beverage, Y8 SPLASH Jaice Drinks, Orage Panepple243.01.0 serving 8.022.0.70416Beverage, Y8 SPLASH Jaice Drinks, Strawbery Banma243.01.0 serving 8.022.0.70416Beverage, Y8 SPLASH Jaice Drinks, Strawbery Banma243.01.0 serving 8.022.0.70416Beverage, Y8 SPLASH Jaice Drinks, Tropical Biond243.01.0 serving 8.022.0.70416Beverage, Y8 SPLASH Jaice Drinks, Tropical Biond243.01.0 serving 8.022.0.70417Beverage, Y8 SPLASH Jaice Drinks, Tropical Biond244.02.0.01.0 serving 8.022.0.70418Beverage, Y8 SPLASH Jaice Drinks, Wathoff Strawberry Banma244.01.0 serving 8.022.0.70419Beverage, Y8 V-USION Jaice, Servinds and Minice Strawberry Banma244.01.0 serving 8.022.0.60 <t< td=""><td>14611</td><td>Beverages, V8 SPLASH Juice Drinks, Berry Blend</td><td>243.0</td><td>1.0 serving 8 oz</td><td>2.70</td></t<>	14611	Beverages, V8 SPLASH Juice Drinks, Berry Blend	243.0	1.0 serving 8 oz	2.70
4609Beverages, V8 SPLASII Jaice Drinks, Diet Strawberry Kiwi28801.0 serving 8.002.6904610Beverages, V8 SPLASII Jaice Drinks, Diet Tropical Bleid24300.0 serving 8.002.2704613Beverages, V8 SPLASII Jaice Drinks, Ganava Passion Fruit24300.0 serving 8.002.2704614Beverages, V8 SPLASII Jaice Drinks, Ganava Passion Fruit24300.0 serving 8.002.2704615Beverages, V8 SPLASII Jaice Drinks, Ganaya Passion Fruit24300.0 serving 8.002.2704616Beverages, V8 SPLASII Jaice Drinks, Grange Proapple24300.0 serving 8.002.2704617Beverages, V8 SPLASII Jaice Drinks, Grange Proapple24300.0 serving 8.002.2704618Beverages, V8 SPLASII Jaice Drinks, Grange Proapple24300.0 serving 8.002.2704619Beverages, V8 SPLASII Jaice Drinks, Strawberry Ranan24300.0 serving 8.002.2704621Beverages, V8 SPLASII Jaice Drinks, Strawberry Kiwi24300.0 serving 8.002.2704623Beverages, V8 SPLASII Jaice Drinks, Strawberry Ranan24300.0 serving 8.002.2704624Beverages, V8 SPLASII Jaice Drinks, Strawberry Ranan24300.0 serving 8.002.2704625Beverages, V8 SPLASII Jaice Drinks, Strawberry Ranan24300.0 serving 8.002.7004626Beverages, V8 SPLASII Jaice Drinks, Strawberry Ranan24400.0 serving 8.002.7004627Beverages, V8 SPLASII Jaice Drinks, Strawberry Ranan24600.0 serving 8.002.141 <td>14607</td> <td>Beverages, V8 SPLASH Juice Drinks, Diet Berry Blend</td> <td>243.0</td> <td>8.0 fl oz</td> <td>2.70</td>	14607	Beverages, V8 SPLASH Juice Drinks, Diet Berry Blend	243.0	8.0 fl oz	2.70
4610Beverages, V8 SPLASH Juice Drinks, Dicit Tropical Blend238.01.0 serving 8.022.604612Beverages, V8 SPLASH Juice Drinks, Guav Passion Fruit243.01.0 serving 8.022704613Beverages, V8 SPLASH Juice Drinks, Guav Passion Fruit243.01.0 serving 8.022704614Beverages, V8 SPLASH Juice Drinks, Guave Passion Fruit243.01.0 serving 8.022704615Beverages, V8 SPLASH Juice Drinks, Guave Passion Fruit243.01.0 serving 8.022704616Beverages, V8 SPLASH Juice Drinks, Orange Pineapple243.01.0 serving 8.022704617Beverages, V8 SPLASH Juice Drinks, Strawberry Banna243.01.0 serving 8.022704618Beverages, V8 SPLASH Juice Drinks, Strawberry Banna243.01.0 serving 8.022704619Beverages, V8 SPLASH Juice Drinks, Strawberry Banna243.01.0 serving 8.022704620Beverages, V8 SPLASH Juice Drinks, Strawberry Banna246.01.0 serving 8.022704633Beverages, V8 SPLUSION Juices, Strawberry Banna246.01.0 serving 8.021.0 serving 8.024634Beverages, V8 SPLUSION Juices, Strawberry Banna246.01.0 serving 8.021.0 serving 8.024635Beverages, V8 SPLUSION Juices, Strawberry Banna246.01.0 serving 8.021.0 serving 8.024636Beverages, V8 SPLUSION Juices, Strawberry Banna246.01.0 serving 8.021.0 serving 8.024637Beverages, V8 SPLUSION Juices, Strawberry Banna246.01.0 serving 8.021.0 servi	14608	Beverages, V8 SPLASH Juice Drinks, Diet Fruit Medley	238.0	1.0 serving 8 oz	2.69
4612Beverages, V8 SPLASH Inice Drinks, Furit Medley243.01.0 serving 8 vz2.704613Beverages, V8 SPLASH Juice Drinks, Guava Passion Furit243.01.0 serving 8 vz2.704614Beverages, V8 SPLASH Juice Drinks, Mango Pasch243.01.0 serving 8 vz2.704615Beverages, V8 SPLASH Juice Drinks, Mango Pasch243.01.0 serving 8 vz2.704616Beverages, V8 SPLASH Juice Drinks, Orchard Blend243.01.0 serving 8 vz2.704617Beverages, V8 SPLASH Juice Drinks, Srawherry Banan243.01.0 serving 8 vz2.704618Beverages, V8 SPLASH Juice Drinks, Srawherry Kiwi243.01.0 serving 8 vz2.704629Beverages, V8 SPLASH Juice Drinks, Srawherry Banan244.01.0 serving 8 vz2.704620Beverages, V8 SPLASH Juice Drinks, Srawherry Banan246.01.0 serving 8 vz2.704621Beverages, V8 VFUSION Juices, Srawherry Banan246.01.0 serving 8 vz2.704623Beverages, V8 VFUSION Juices, Srawherry Banan246.01.0 serving 8 vz2.704624Beverages, V8 VFUSION Juices, Srawherry Banan246.01.0 serving 8 vz2.704625Beverages, V8 VFUSION Juices, Srawherry Banan246.01.0 serving 8 vz2.704626Beverages, V8 VFUSION Juices, Srawherry Banan246.01.0 serving 8 vz2.704627Beverages, V8 VFUSION Juices, Srawherry Banan2.861.0 serving 8 vz2.704628Beverages, V8 VFUSION Juices, Srawhery Banan2.86<	14609	Beverages, V8 SPLASH Juice Drinks, Diet Strawberry Kiwi	238.0	1.0 serving	2.69
4613Beverages, V8 SPLASH Juice Drinks, Gauva Passion Fruit243.0L.0 serving 8 oz2.704614Beverages, V8 SPLASH Juice Drinks, Mango Peach243.0L.0 serving 8 oz2.704615Beverages, V8 SPLASH Juice Drinks, Ornange Pinenpple243.0L.0 serving 8 oz2.704616Beverages, V8 SPLASH Juice Drinks, Ornand Blend243.0L.0 serving 8 oz2.704617Beverages, V8 SPLASH Juice Drinks, Ornavberry Banana243.0L.0 serving 8 oz2.704618Beverages, V8 SPLASH Juice Drinks, Strawberry Kwi243.0L.0 serving 8 oz2.704620Beverages, V8 SPLASH Juice Drinks, Strawberry Kwi243.0L.0 serving 8 oz2.704621Beverages, V8 V-FUSION Juices, Anai Berry243.0L.0 serving 8 oz2.704623Beverages, V8 V-FUSION Juices, Anai Berry246.0L.0 serving 8 oz2.704624Beverages, V8 V-FUSION Juices, Strawberry Banana246.0L.0 serving 8 oz2.734635Beverages, V8 V-FUSION Juice, Strawberry Banana246.0L.0 serving 8 oz2.134636Beverages, V8 V-FUSION Juice, Strawberry Banana246.0L.0 serving 8 oz2.144637Beverages, V8 V-FUSION Juice, Strawberry Banana246.0L.0 serving 8 oz2.144638Beverages, V8 V-FUSION Juice, Strawberry Banana246.0L.0 serving 8 oz2.144639Beverages, V8 V-FUSION Juice, Strawberry Banana246.0L.0 serving 8 oz2.144630Beverages, V8 V-FUSION Juice, Strawberry Banana2.	14610	Beverages, V8 SPLASH Juice Drinks, Diet Tropical Blend	238.0	1.0 serving 8 oz	2.69
4614Beverages, V8 SPLASH Juice Drinks, Mango Peach243.01.0 serving 8 oz2.704615Beverages, V8 SPLASH Juice Drinks, Ornape Bleadple243.01.0 serving 8 oz2.704616Beverages, V8 SPLASH Juice Drinks, Ornape Blead243.01.0 serving 8 oz2.704617Beverages, V8 SPLASH Juice Drinks, Strawberry Banana243.01.0 serving 8 oz2.704618Beverages, V8 SPLASH Juice Drinks, Strawberry Banana243.01.0 serving 8 oz2.704619Beverages, V8 SPLASH Juice Drinks, Strawberry Kiwi243.01.0 serving 8 oz2.704620Beverages, V8 SPLASH Juice Drinks, Tropical Blend243.01.0 serving 8 oz2.704621Beverages, V8 SV-EUSION Juices, Aen Berry246.01.0 serving 8 oz1.354622Beverages, V8 V-FUSION Juices, Aen Mango246.01.0 serving 8 oz1.354623Beverages, V8 V-FUSION Juices, Strawberry Banana246.01.0 serving 8 oz1.354624Beverages, V8 V-FUSION Juices, Strawberry Banana246.01.0 serving 8 oz1.354625Beverages, V8 V-FUSION Juices, Strawberry Banana246.01.0 serving 8 oz1.354626Beverages, V8 V-FUSION Juices, Strawberry Banana246.01.0 serving 8 oz1.354627Beverages, V9 V-FUSION Juices, Minded vitamins A, C, E246.01.0 serving 8 oz1.354628Beverages, V9 V-FUSION Juices, Win hadded vitamins A, C, E246.01.0 serving 8 oz1.354629Beverages, Wey potein power solate <t< td=""><td>14612</td><td>Beverages, V8 SPLASH Juice Drinks, Fruit Medley</td><td>243.0</td><td>1.0 serving 8 oz</td><td>2.70</td></t<>	14612	Beverages, V8 SPLASH Juice Drinks, Fruit Medley	243.0	1.0 serving 8 oz	2.70
4615Beverages, V8 SPLASH Juice Drinks, Orange Pineapple243.01.0 serving 8 or 243.02.704616Beverages, V8 SPLASH Juice Drinks, Orchard Blend243.01.0 serving 8 or 243.02.704617Beverages, V8 SPLASH Juice Drinks, Strawberry Kiwi243.01.0 serving 8 or 2.702.704618Beverages, V8 SPLASH Juice Drinks, Strawberry Kiwi243.01.0 serving 8 or 	14613	Beverages, V8 SPLASH Juice Drinks, Guava Passion Fruit	243.0	1.0 serving 8 oz	2.70
4616Beverages, V8 SPLASH Juice Drinks, Orchard Blend243.01.0 serving 8.022.704617Beverages, V8 SPLASH Juice Drinks, Strawberry Banana243.01.0 serving 8.022.704618Beverages, V8 SPLASH Juice Drinks, Strawberry Kiwi243.01.0 serving 8.022.704619Beverages, V8 SPLASH Juice Drinks, Strawberry Kiwi243.01.0 serving 8.022.704623Beverages, V8 SPLASH Juice Drinks, Torojcal Blend243.01.0 serving 8.022.704624Beverages, V8 V-FUSION Juices, Acai Berry246.01.0 serving 8.021.3546210Beverages, V8 V-FUSION Juices, Arai Berry246.01.0 serving 8.021.3546212Beverages, V8 V-FUSION Juices, Arai Berry246.01.0 serving 8.021.3546213Beverages, V8 V-FUSION Juices, Tropical246.01.0 serving 8.021.3546214Beverages, Ves V-FUSION Juices, Tropical246.01.0 serving 8.021.354625Beverages, Water with addet vitamins A, C, E246.01.0 serving 8.021.354636Beverages, Water with addet vitamins and minerals, bottles, sweetned, assorted fruit flavors237.08.01 flo.2 (1.NLEA serving)2.694637Beverages, Water, with addet vitamins and minerals, bottles, sweetned, assorted fruit flavors247.08.01 flo.2 (1.01 flo.2 (0.00)4638Beverages, Water, with addet vitamins and minerals, bottles, sweetned, assorted fruit flavors23.01.0 flo.2 (0.00)4639Beverages, Whey protein powder isolate24.03.0 soong6.7	14614	Beverages, V8 SPLASH Juice Drinks, Mango Peach	243.0	1.0 serving 8 oz	2.70
4617Beverages, V8 SPLASH Juice Drinks, Strawberry Banana243.01.0 serving 8 oz2.704618Beverages, V8 SPLASH Juice Drinks, Strawberry Kiwi243.01.0 serving 8 oz2.704619Beverages, V8 SPLASH Juice Drinks, Strawberry Kiwi246.01.0 serving 8 oz2.704620Beverages, V8 V-FUSION Juices, Arai Berry246.01.0 serving 8 oz4.5046210Beverages, V8 V-FUSION Juices, Pach Mango246.01.0 serving 8 oz1.3546210Beverages, V8 V-FUSION Juices, Strawberry Banana246.01.0 serving 8 oz1.3546220Beverages, V8 V-FUSION Juices, Strawberry Banana246.01.0 serving 8 oz1.3546231Beverages, V8 V-FUSION Juices, Strawberry Banana246.01.0 serving 8 oz1.3546245Beverages, V8 V-FUSION Juices, Strawberry Banana246.01.0 serving 8 oz2.144633Beverages, V8 vegetable and fruit juice drink, reduced calorie, with low-calorie sweetneen, added vitamin C2.801.0 serving 8 oz2.144633Beverages, Vegetable and fruit juice drink, reduced calorie, swith low-calorie sweetneen, added vitamin C2.801.0 serving 8 oz2.144634Beverages, Water with added vitamins, A, C, E2.4008.01 oz2.602.604034Beverages, Wetry rotink duded vitamins, A, C, E2.4008.01 oz3.000.0004141Beverages, Wetry rotink duded vitamins, A, C, E2.408.01 oz0.0000.0004253Beverages, Wetry rotink duded vitamins, A, C, E2.60<	14615	Beverages, V8 SPLASH Juice Drinks, Orange Pineapple	243.0	1.0 serving 8 oz	2.70
4618Beverages, V8 SPLASH Juice Drinks, Strawberry Kiwi243.01.0 serving 8 oz2.704619Beverages, V8 SPLASH Juice Drinks, Tropical Blend243.01.0 serving 8 oz2.704623Beverages, V8 V-FUSION Juices, Acai Berry246.01.0 serving 8 oz4.504620Beverages, V8 V-FUSION Juices, Strawberry Banan246.01.0 serving 8 oz1.354621Beverages, V8 V-FUSION Juices, Strawberry Banana246.01.0 serving 8 oz1.354622Beverages, V8 V-FUSION Juices, Tropical246.01.0 serving 8 oz1.354633Beverages, V8 V-FUSION Juices, Tropical246.01.0 serving 8 oz1.354635Beverages, Vegetable and fruit juice drink, reduced calorie, with how-calorie sweetner, added vitamin C238.01.0 serving 8 oz2.4504605Beverages, Vegetable and fruit juice drink, reduced calorie, with how-calorie sweetner, added vitamin C237.08.0 fl oz (1 NLEA serving)2.694605Beverages, Water, with added vitamins and minerals, bottles, sweetend, assorted fruit flavors237.08.0 fl oz (1 NLEA serving)4.504111Beverages, Water, tap, municipal29.61.0 fl oz0.0000.0004253Beverages, Why protein powder isolate32.31.0 fl oz0.0004074Beverages, Why grotein powder isolate32.31.0 fl oz0.0004079Beverages, Why grotein powder isolate35.01.0 can0.0004079Beverages, ZEVIA, cola1.0 can0.0000.0004074 <t< td=""><td>14616</td><td>Beverages, V8 SPLASH Juice Drinks, Orchard Blend</td><td>243.0</td><td>1.0 serving 8 oz</td><td>2.70</td></t<>	14616	Beverages, V8 SPLASH Juice Drinks, Orchard Blend	243.0	1.0 serving 8 oz	2.70
4619Beverages, V8 SPLASH Juice Drinks, Tropical Blend243.01.0 serving 8 oz2.704623Beverages, V8 V-FUSION Juices, Acai Berry246.01.0 serving 8 oz4.504620Beverages, V8 V-FUSION Juices, Acai Berry246.01.0 serving 8 oz1.354621Beverages, V8 V-FUSION Juices, Strawberry Banana246.01.0 serving 8 oz1.354622Beverages, V8 V-FUSION Juices, Strawberry Banana246.01.0 serving 8 oz1.354623Beverages, V8 V-FUSION Juices, Tropical246.01.0 serving 8 oz1.354624Beverages, Vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E246.01.0 serving 8 oz1.354635Beverages, Vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E246.01.0 serving 8 oz2.694605Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors237.08.0 fl oz (1 NLEA serving 02.694614Beverages, water, tap, drinking29.61.0 fl oz0.0004.504411Beverages, water, tap, drinking29.61.0 fl oz0.0004429Beverages, water, tap, drinking20.03.0 scorg6.754428Beverages, Whisky sour mix, bottled3.00.0004.504429Beverages, Whisky sour mix, bottled35.01.0 fl oz0.0004459Beverages, Whisky sour mix, bottled35.01.0 fl oz0.0004459Beverages, Whisky sour mix, bottled35.01.0 fl oz <td< td=""><td>14617</td><td>Beverages, V8 SPLASH Juice Drinks, Strawberry Banana</td><td>243.0</td><td>1.0 serving 8 oz</td><td>2.70</td></td<>	14617	Beverages, V8 SPLASH Juice Drinks, Strawberry Banana	243.0	1.0 serving 8 oz	2.70
4623Beverages, V8 V- FUSION Juices, Acai Berry246.01.0 serving 8 oz4.504620Beverages, V8 V-FUSION Juices, Peach Mango246.01.0 serving 8 oz1.354621Beverages, V8 V-FUSION Juices, Strawberry Banana246.01.0 serving 8 oz1.354622Beverages, V8 V-FUSION Juices, Tropical246.01.0 serving 8 oz1.354633Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E246.01.0 serving 8 oz2.144633Beverages, Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin238.01.0 serving2.694605Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors237.08.0 flo c/ 1 NLEA serving4.504611Beverages, water, tap, drinking29.61.0 flo c1.0 serving0.0004429Beverages, water, tap, drinking29.61.0 flo c0.0004429Beverages, Whey protein powder isolate36.03.0 scoop6.754028Beverages, Wine, non-alcoholic3.03.00.0004059Beverages, Stella, cola, calfien free35.01.0 can0.0004073Beverages, KEVIA, cola, calfien free35.51.0 can0.0004074Beverages, ZEVIA, cola, calfien free35.51.0 can0.0004074Biscuits, plain or buttermilk, rogring, baked28.51.0 oz0.0004074Biscuits, plain or buttermilk, forzen, baked28.51.0 oz0.07 <td>14618</td> <td>Beverages, V8 SPLASH Juice Drinks, Strawberry Kiwi</td> <td>243.0</td> <td>1.0 serving 8 oz</td> <td>2.70</td>	14618	Beverages, V8 SPLASH Juice Drinks, Strawberry Kiwi	243.0	1.0 serving 8 oz	2.70
4620Beverages, V8 V-FUSION Juices, Peach Mago246.01.0 serving 8 oz1.354621Beverages, V8 V-FUSION Juices, Strawberry Banana246.01.0 serving 8 oz1.354622Beverages, V8 V-FUSION Juices, Tropical246.01.0 serving 8 oz1.354635Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E246.01.0 serving 8 oz2.144633Beverages, Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin238.01.0 serving2.694605Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors237.08.0 fl oz (1 NLEA serving)4.504031Beverages, water, tap, drinking29.61.0 fl oz0.0004429Beverages, water, tap, drinking29.61.0 fl oz0.0004429Beverages, water, tap, drinking29.61.0 fl oz0.0004553Beverages, Winkey sour mix, bottled32.31.0 fl oz0.0004554Beverages, Winkey sour mix, bottled32.31.0 fl oz0.0004553Beverages, Vilk, cola, calfeine free355.01.0 can0.0004074Beverages, ZEVIA, cola355.01.0 can0.0004074Beverages, ZEVIA, cola, calfeine free355.01.0 can0.0004074Biscuits, plain or buttermilk, fry mix355.01.0 can0.0074074Biscuits, plain or buttermilk, frigerated dough, higher fat38.31.0 lo zu0.37 <td>14619</td> <td>Beverages, V8 SPLASH Juice Drinks, Tropical Blend</td> <td>243.0</td> <td>1.0 serving 8 oz</td> <td>2.70</td>	14619	Beverages, V8 SPLASH Juice Drinks, Tropical Blend	243.0	1.0 serving 8 oz	2.70
4621Beverages, V8 V-FUSION Juices, Strawberry Banana246.01.0 serving 8 oz1.354622Beverages, V8 V-FUSION Juices, Tropical246.01.0 serving 8 oz1.354633Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E246.01.0 serving 8 oz2.144633Beverages, Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C238.01.0 serving2.694605Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors237.08.0 fl oz (1 NLEA serving)4.504031Beverages, water, top, drinking29.61.0 fl oz0.00041410Beverages, water, tap, drinking29.61.0 fl oz0.0004253Beverages, water, tap, drinking29.61.0 fl oz0.0004054Beverages, Why protein powder isolate36.03.0 scoop6.754028Beverages, Why protein powder isolate32.31.0 fl oz0.0004553Beverages, Wine, non-alcoholic29.01.0 fl oz0.0004553Beverages, Wegreen colored citrus soft drink with caffeine35.00.0 fl oz0.0004553Beverages, ZEVIA, cola, caffeine free355.01.0 can0.0004074Beverages, ZEVIA, cola, caffeine free355.01.0 can0.0004074Biscuits, plain or buttermilk, frozen, baked28.351.0 oz0.374014Biscuits, plain or buttermilk, refrigerated dough, higher fat58.01.0 biscuit <td< td=""><td>14623</td><td>Beverages, V8 V- FUSION Juices, Acai Berry</td><td>246.0</td><td>1.0 serving 8 oz</td><td>4.50</td></td<>	14623	Beverages, V8 V- FUSION Juices, Acai Berry	246.0	1.0 serving 8 oz	4.50
4622Beverages, V8 V-FUSION Juices, Tropical246.01.0 serving 8 or1.3 serving 8 or4635Beverages, Vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E246.01.0 serving 8 or2.144633Beverages, Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C238.01.0 serving2.694605Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors237.08.0 fl or (1 NLEA serving)4.504031Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories240.08.0 fl or 21.3 st411Beverages, water, tap, drinking29.61.0 fl or 20.0004229Beverages, water, tap, drinking29.61.0 fl or 20.0004058Beverages, Why protein powder isolate86.03.0 scoop6.754028Beverages, Why protein powder isolate32.31.0 fl or 20.0004553Beverages, yellow green colored citrus soft drink with caffeine473.01.0 fl or 20.0004553Beverages, Yellow green colored citrus soft drink with caffeine473.01.0 car0.0004074Beverages, ZEVIA, cola, caffeine free355.01.0 car0.0004074Beverages, ZEVIA, cola, caffeine free355.01.0 car0.014074Biscuits, plain or buttermilk, frozen, baked28.51.0 oz0.374074Biscuits, plain or buttermilk, freigrated dough, higher fat28.51.0 oz0.374074 </td <td>14620</td> <td>Beverages, V8 V-FUSION Juices, Peach Mango</td> <td>246.0</td> <td>1.0 serving 8 oz</td> <td>1.35</td>	14620	Beverages, V8 V-FUSION Juices, Peach Mango	246.0	1.0 serving 8 oz	1.35
4635Beverages, vegetable and fruit juice bend, 100% juice, with added vitamins A, C, E246,01.0 serving 8 oz2.144633Beverages, Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C238.01.0 serving 8 oz2.694605Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors237.08.0 fl oz (1 NLEA serving)4.504031Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories240.08.0 fl oz (1 NLEA serving)4.50411Beverages, water, tap, drinking29.61.0 fl oz0.0004429Beverages, water, tap, municipal29.61.0 fl oz0.0004058Beverages, Why protein powder isolate32.31.0 fl oz0.0004059Beverages, Wine, non-alcoholic32.31.0 fl oz0.0004070Beverages, Viley green colored citrus soft drink with caffeine473.01.0 cup, purchased0.0004071Beverages, ZEVIA, cola35.01.0 cup, purchased0.0004072Biscuits, plain or butternilk, dry mix120.01.0 cup, purchased0.0004073Biscuits, plain or butternilk, fregrated dough, higher fat58.01.0 cup, purchased0.0004074Biscuits, plain or butternilk, fregrated dough, higher fat58.01.0 biscuit0.0164074Biscuits, plain or butternilk, fregrated dough, higher fat58.01.0 biscuit0.0164074Biscuits, plain or butternilk, fregrated dough, higher fat58.0<	14621	Beverages, V8 V-FUSION Juices, Strawberry Banana	246.0	1.0 serving 8 oz	1.35
4633Beverages, Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C238.01.0 serving2.694605Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors237.08.0 fl oz (1 NLEA serving)4.504031Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories240.08.0 fl oz (1 NLEA serving)1.344111Beverages, water, tap, drinking29.61.0 fl oz0.0004292Beverages, water, tap, municipal29.61.0 fl oz0.0004058Beverages, Why protein powder isolate32.31.0 fl oz0.0004059Beverages, Why protein powder isolate32.31.0 fl oz0.0004059Beverages, Wine, non-alcoholic32.31.0 fl oz0.0004079Beverages, ZEVIA, cola403355.01.0 can0.0004074Beverages, ZEVIA, cola, caffeine free355.01.0 can0.0004074Biscuits, plain or buttermilk, dry mix28.351.0 oz0.378014Biscuits, plain or buttermilk, refrigerated dough, higher fat58.01.0 biscuit0.37	14622	Beverages, V8 V-FUSION Juices, Tropical	246.0	1.0 serving 8 oz	1.35
405Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors237.08.0 fl oz (1 NLEA serving)4.504031Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories240.08.0 fl oz (1 NLEA serving)1.344111Beverages, water, tap, drinking29.61.0 fl oz0.004429Beverages, water, tap, municipal29.61.0 fl oz0.004058Beverages, Whey protein powder isolate86.03.0 scoop6.754028Beverages, Whiskey sour mix, bottled32.31.0 fl oz0.004553Beverages, Win, non-alcoholic29.01.0 fl oz0.004079Beverages, ZEVIA, cola32.31.0 fl oz0.004074Beverages, ZEVIA, cola, caffeine free355.01.0 can0.004074Biscuits, plain or buttermilk, dry mix120.01.0 cup, purchased0.168009Biscuits, plain or buttermilk, frozen, baked28.351.0 oz0.378014Biscuits, plain or buttermilk, refrigerated dough, higher fat58.01.0 biscuit0.00	14635	Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E	246.0	1.0 serving 8 oz	2.14
4031Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories240.08.0 ft oc1.344411Beverages, water, tap, drinking29.61.0 ft oc0.004429Beverages, water, tap, municipal29.61.0 ft oc0.004058Beverages, Whey protein powder isolate86.03.0 scoop6.754028Beverages, Whiskey sour mix, bottled32.31.0 ft oc0.004553Beverages, Wine, non-alcoholic0.0029.01.0 ft oc0.004079Beverages, yellow green colored citrus soft drink with caffeine473.01.0 ft oc0.004073Beverages, ZEVIA, cola, caffeine free355.01.0 can0.004074Beverages, ZEVIA, cola, caffeine free355.01.0 can0.008009Biscuits, plain or buttermilk, frozen, baked28.351.0 oz0.378014Biscuits, plain or buttermilk, refrigerated dough, higher fat58.01.0 biscuit0.47	14633	Beverages, Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C	238.0	1.0 serving	2.69
4411Beverages, water, tap, drinking29.61.0 fl oz0.004429Beverages, water, tap, municipal29.61.0 fl oz0.004058Beverages, Whey protein powder isolate86.03.0 scoop6.754028Beverages, Whiskey sour mix, bottled32.31.0 fl oz0.004553Beverages, Wine, non-alcoholic29.01.0 fl oz0.004079Beverages, yellow green colored citrus soft drink with caffeine473.016.0 fl oz0.004073Beverages, ZEVIA, cola355.01.0 can0.004074Beverages, ZEVIA, cola, caffeine free355.01.0 can0.008010Biscuits, plain or buttermilk, dry mix28.351.0 caz0.378014Biscuits, plain or buttermilk, refrigerated dough, higher fat58.01.0 biscuit0.37	14605	Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors	237.0	8.0 fl oz (1 NLEA serving)	4.50
4429Beverages, water, tap, municipal29.61.0 fl oz0.004058Beverages, Whey protein powder isolate86.03.0 scoop6.754028Beverages, Whisky sour mix, bottled32.31.0 fl oz0.004553Beverages, Wine, non-alcoholic29.01.0 fl oz0.004079Beverages, yellow green colored citrus soft drink with caffeine473.01.0 fl oz0.004073Beverages, ZEVIA, cola355.01.0 can0.004074Beverages, ZEVIA, cola, caffeine free355.01.0 can0.008010Biscuits, plain or buttermilk, dry mix28.351.0 oz0.378014Biscuits, plain or buttermilk, refrigerated dough, higher fat58.01.0 biscuit0.40	14031	Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories	240.0	8.0 fl oz	1.34
4058Beverages, Whey protein powder isolate66.03.0 scoop6.754028Beverages, Whiskey sour mix, bottled32.31.0 fl oz0.004553Beverages, Wine, non-alcoholic29.01.0 fl oz0.004079Beverages, yellow green colored citrus soft drink with caffeine473.016.0 fl oz0.004073Beverages, ZEVIA, cola355.01.0 can0.004074Beverages, ZEVIA, cola, caffeine free355.01.0 can0.008010Biscuits, plain or buttermilk, dry mix120.01.0 cup, purchased0.16809Biscuits, plain or buttermilk, frozen, baked28.351.0 oz0.378014Biscuits, plain or buttermilk, refrigerated dough, higher fat58.01.0 biscuit0.40	14411	Beverages, water, tap, drinking	29.6	1.0 fl oz	0.00
4028Beverages, Whiskey sour mix, bottled32.31.0 fl oz0.004553Beverages, Wine, non-alcoholic29.01.0 fl oz0.004079Beverages, yellow green colored citrus soft drink with caffeine473.016.0 fl oz0.004073Beverages, ZEVIA, cola355.01.0 can0.004074Beverages, ZEVIA, cola, caffeine free355.01.0 can0.004075Biscuits, plain or buttermilk, dry mix120.01.0 cup, purchased0.16809Biscuits, plain or buttermilk, frozen, baked28.351.0 oz0.378014Biscuits, plain or buttermilk, refrigerated dough, higher fat58.01.0 biscuit0.00	14429	Beverages, water, tap, municipal	29.6	1.0 fl oz	0.00
4553Beverages, Wine, non-alcoholic29.01.0 fl oz0.004079Beverages, yellow green colored citrus soft drink with caffeine473.016.0 fl oz0.004073Beverages, ZEVIA, cola355.01.0 can0.004074Beverages, ZEVIA, cola, caffeine free355.01.0 can0.008010Biscuits, plain or buttermilk, dry mix120.01.0 cup, purchased0.16809Biscuits, plain or buttermilk, frozen, baked28.351.0 oz0.378014Biscuits, plain or buttermilk, refrigerated dough, higher fat58.01.0 biscuit0.40	14058	Beverages, Whey protein powder isolate	86.0	3.0 scoop	6.75
4079Beverages, yellow green colored citrus soft drink with caffeine473.016.0 fl oz0.004073Beverages, ZEVIA, cola355.01.0 can0.004074Beverages, ZEVIA, cola, caffeine free355.01.0 can0.004075Biscuits, plain or buttermilk, dry mix120.01.0 cup, purchased0.168009Biscuits, plain or buttermilk, frozen, baked28.351.0 oz0.378014Biscuits, plain or buttermilk, refrigerated dough, higher fat58.01.0 biscuit0.40	14028	Beverages, Whiskey sour mix, bottled	32.3	1.0 fl oz	0.00
4073Beverages, ZEVIA, cola1.0 can0.004074Beverages, ZEVIA, cola, caffeine free355.01.0 can0.004074Biscuits, plain or buttermilk, dry mix120.01.0 cup, purchased0.168009Biscuits, plain or buttermilk, frozen, baked28.351.0 oz0.378014Biscuits, plain or buttermilk, refrigerated dough, higher fat58.01.0 biscuit0.40	14553	Beverages, Wine, non-alcoholic	29.0	1.0 fl oz	0.00
4074Beverages, ZEVIA, cola, caffeine free355.01.0 can0.008010Biscuits, plain or buttermilk, dry mix120.01.0 cup, purchased0.168009Biscuits, plain or buttermilk, frozen, baked28.351.0 oz0.378014Biscuits, plain or buttermilk, refrigerated dough, higher fat58.01.0 biscuit0.40	14079	Beverages, yellow green colored citrus soft drink with caffeine	473.0	16.0 fl oz	0.00
8010Biscuits, plain or buttermilk, dry mix120.01.0 cup, purchased0.168009Biscuits, plain or buttermilk, frozen, baked28.351.0 oz0.378014Biscuits, plain or buttermilk, refrigerated dough, higher fat58.01.0 biscuit0.40	14073	Beverages, ZEVIA, cola	355.0	1.0 can	0.00
8009Biscuits, plain or buttermilk, frozen, baked28.351.0 oz0.378014Biscuits, plain or buttermilk, refrigerated dough, higher fat58.01.0 biscuit0.40	14074	Beverages, ZEVIA, cola, caffeine free	355.0	1.0 can	0.00
8014Biscuits, plain or buttermilk, refrigerated dough, higher fat58.01.0 biscuit0.40	18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	0.16
	18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	0.37
	18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	0.40
	18015				0.34

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NDB_No	Description	Weight(g)	Measure ^{(;}	Vitamin E alpha-tocopherol)(mg)
				Per Measure
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	58.0	1.0 serving 1 biscuit	0.03
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	28.35	1.0 oz	0.02
17148	Bison, ground, grass-fed, cooked	85.0	3.0 oz	0.17
17149	Bison, ground, grass-fed, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.16
09046	Blackberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	2.00
09048	Blackberries, frozen, unsweetened	151.0	1.0 cup, unthawed	1.77
09042	Blackberries, raw	144.0	1.0 cup	1.68
35015	Blackberries, wild, raw (Alaska Native)	157.0	1.0 cup	1.43
09043	Blackberry juice, canned	250.0	1.0 cup	2.25
07005	Blood sausage	100.0	4.0 slices	0.13
09052	Blueberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	0.97
09352	Blueberries, canned, light syrup, drained	244.0	1.0 cup	3.37
09163	Blueberries, dried, sweetened	40.0	0.25 cup	0.94
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	1.20
09054	Blueberries, frozen, unsweetened	155.0	1.0 cup, unthawed	0.74
09050	Blueberries, raw	148.0	1.0 cup	0.84
09053	Blueberries, wild, frozen	140.0	1.0 cup, frozen	0.36
07006	Bockwurst, pork, veal, raw	91.0	1.0 sausage	0.35
07007	Bologna, beef	30.0	1.0 slice	0.17
07008	Bologna, beef and pork	100.0	3.527 oz	0.00
42129	Bologna, beef and pork, low fat	138.0	1.0 cup pieces	0.30
42161	Bologna, beef, low fat	28.0	1.0 slice	0.05
07960	Bologna, chicken, pork	28.0	1.0 serving	0.18
07959	Bologna, chicken, pork, beef	28.0	1.0 serving	0.07
07952	Bologna, chicken, turkey, pork	28.0	1.0 serving	0.11
07971	Bologna, meat and poultry	33.0	1.0 slice	0.19
07010	Bologna, pork	28.0	1.0 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)	0.07
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	0.00
07011	Bologna, turkey	28.0	0.99 oz 1 serving	0.13
09057	Boysenberries, frozen, unsweetened	132.0	1.0 cup, unthawed	1.15
07013	Bratwurst, pork, cooked	85.0	1.0 link cooked	0.22
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	0.10
18079	Bread crumbs, dry, grated, plain	28.35	1.0 oz	0.02
18376	Bread crumbs, dry, grated, seasoned	28.35	1.0 oz	0.07

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NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
18080	Bread sticks, plain	46.0	1.0 cup, small pieces	0.46
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	0.11
18082	Bread stuffing, bread, dry mix, prepared	28.35	1.0 oz	0.38
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	0.24
18021	Bread, boston brown, canned	28.35	1.0 oz	0.09
28306	Bread, chapati or roti, plain, commercially prepared	68.0	1.0 piece	0.60
28285	Bread, chapati or roti, whole wheat, commercially prepared, frozen	43.0	1.0 piece	0.24
18972	Bread, cheese	48.0	1.0 slice	0.72
28315	Bread, cinnamon	28.0	1.0 slice 1 serving	0.14
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	28.35	1.0 oz	0.05
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	0.26
18027	Bread, egg	28.35	1.0 oz	0.07
18028	Bread, egg, toasted	28.35	1.0 oz	0.08
18029	Bread, french or vienna (includes sourdough)	28.35	1.0 oz	0.06
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	0.05
28318	Bread, french or vienna, whole wheat	48.0	1.0 slice 1 serving	0.14
28337	Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	35.0	1.0 slice	0.21
28338	Bread, gluten-free, white, made with tapioca starch and brown rice flour	28.0	1.0 slice	0.45
18033	Bread, italian	28.35	1.0 oz	0.08
35140	Bread, kneel down (Navajo)	28.35	1.0 oz	0.00
28397	Bread, multi-grain (includes whole-grain)	28.35	1.0 oz	0.10
18036	Bread, multi-grain, toasted (includes whole-grain)	28.35	1.0 oz	0.11
28307	Bread, naan, plain, commercially prepared, refrigerated	90.0	1.0 piece	0.71
28287	Bread, naan, whole wheat, commercially prepared, refrigerated	106.0	1.0 piece	1.40
18037	Bread, oat bran	28.35	1.0 oz	0.12
18038	Bread, oat bran, toasted	28.35	1.0 oz	0.14
18039	Bread, oatmeal	28.35	1.0 oz	0.14
18040	Bread, oatmeal, toasted	28.35	1.0 oz	0.15
18955	Bread, pan dulce, sweet yeast bread	63.0	1.0 slice (average weight of 1 slice)	0.18
28286	Bread, paratha, whole wheat, commercially prepared, frozen	79.0	1.0 piece	1.07
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	0.18
18042	Bread, pita, whole-wheat	64.0	1.0 pita, large (6-1/2" dia)	0.39
18971	Bread, potato	32.0	1.0 slice	0.15
18954	Bread, pound cake type, pan de torta salvadoran	55.0	1.0 serving	0.78

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NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
18043	Bread, protein (includes gluten)	28.35	1.0 oz	0.10
18383	Bread, protein, (includes gluten), toasted	28.35	1.0 oz	0.10
18044	Bread, pumpernickel	28.35	1.0 oz	0.12
18045	Bread, pumpernickel, toasted	28.35	1.0 oz	0.13
18047	Bread, raisin, enriched	28.35	1.0 oz	0.08
18048	Bread, raisin, enriched, toasted	28.35	1.0 oz	0.09
18049	Bread, reduced-calorie, oat bran	28.35	1.0 oz	0.08
18050	Bread, reduced-calorie, oat bran, toasted	28.35	1.0 oz	0.09
18053	Bread, reduced-calorie, rye	28.35	1.0 oz	0.08
18055	Bread, reduced-calorie, wheat	28.35	1.0 oz	0.07
18057	Bread, reduced-calorie, white	28.35	1.0 oz	0.05
18059	Bread, rice bran	28.35	1.0 oz	0.18
18384	Bread, rice bran, toasted	28.35	1.0 oz	0.20
28288	Bread, roll, Mexican, bollilo	98.0	1.0 piece	0.00
18060	Bread, rye	28.35	1.0 oz	0.09
18061	Bread, rye, toasted	28.35	1.0 oz	0.10
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	0.53
18064	Bread, wheat	28.35	1.0 oz	0.05
18066	Bread, wheat bran	28.35	1.0 oz	0.09
18385	Bread, wheat germ, toasted	28.35	1.0 oz	0.16
28316	Bread, wheat, sprouted	38.0	1.0 slice 1 serving	0.13
28317	Bread, wheat, sprouted, toasted	38.0	1.0 slice 1 serving	0.14
18065	Bread, wheat, toasted	28.35	1.0 oz	0.07
18967	Bread, white wheat	28.0	1.0 slice	0.11
18069	Bread, white, commercially prepared (includes soft bread crumbs)	29.0	1.0 slice	0.06
18416	Bread, white, commercially prepared, low sodium, no salt	28.35	1.0 oz	0.06
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	0.07
18075	Bread, whole-wheat, commercially prepared	32.0	1.0 slice	0.85
18076	Bread, whole-wheat, commercially prepared, toasted	28.35	1.0 oz	0.18
18077	Bread, whole-wheat, prepared from recipe	28.35	1.0 oz	0.22
18078	Bread, whole-wheat, prepared from recipe, toasted	28.35	1.0 oz	0.24
09059	Breadfruit, raw	220.0	1.0 cup	0.22
43595	Breakfast bar, corn flake crust with fruit	28.35	1.0 oz	0.22
43100	Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	43.0	1.0 bar	0.35

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Vitamin E Measure (alpha-tocopherol)(mg) NDB_No Weight(g) Description Per Measure 18459 Breakfast tart, low fat 52.0 1.0 tart 0.28 16353 Broadbeans (fava beans), mature seeds, cooked, boiled, with salt 170.0 1.0 cup 0.03 16053 Broadbeans (fava beans), mature seeds, cooked, boiled, without salt 170.0 1.0 cup 0.03 16052 Broadbeans (fava beans), mature seeds, raw 150.0 1.0 cup 0.08 11097 Broccoli raab, cooked 85.0 1.0 NLEA serving 2.15 11096 Broccoli raab, raw 40.0 1.0 cup chopped 0.65 11969 Broccoli, chinese, cooked 88.0 1.0 cup 0.42 0.5 cup, chopped 11742 Broccoli, cooked, boiled, drained, with salt 78.0 1.13 78.0 11091 Broccoli, cooked, boiled, drained, without salt 0.5 cup, chopped 1.13 11743 Broccoli, frozen, chopped, cooked, boiled, drained, with salt 184.0 1.0 cup 2.43 11093 Broccoli, frozen, chopped, cooked, boiled, drained, without salt 184.0 1.0 cup 2.43 11092 Broccoli, frozen, chopped, unprepared 156.0 1.0 cup 1.90 11744 Broccoli, frozen, spears, cooked, boiled, drained, with salt 92.0 0.5 cup 1.21 92.0 11095 Broccoli, frozen, spears, cooked, boiled, drained, without salt 0.5 cup 1.21 11094 Broccoli, frozen, spears, unprepared 95.0 0.33 package (10 oz) 1.28 11090 Broccoli, raw 91.0 1.0 cup chopped 0.71 70.0 07015 Brotwurst, pork, beef, link 1.0 link 0.19 11745 Brussels sprouts, cooked, boiled, drained, with salt 21.0 1.0 sprout 0.09 11099 Brussels sprouts, cooked, boiled, drained, without salt 21.0 1.0 sprout 0.09 11746 Brussels sprouts, frozen, cooked, boiled, drained, with salt 155.0 1.0 cup 0.79 11101 Brussels sprouts, frozen, cooked, boiled, drained, without salt 155.0 1.0 cup 0.79 11098 Brussels sprouts, raw 88.0 1.0 cup 0.77 20011 Buckwheat flour, whole-groat 120.0 1.0 cup 0.38 20010 Buckwheat groats, roasted, cooked 168.0 1.0 cup 0.15 20013 Bulgur, cooked 182.0 1.0 cup 0.02 140.0 20012 Bulgur, dry 1.0 cup 0.08 11747 Burdock root, cooked, boiled, drained, with salt 125.0 1.0 cup (1" pieces) 0.58 11105 Burdock root, cooked, boiled, drained, without salt 125.0 $1.0 \operatorname{cup}(1^{"} \operatorname{pieces})$ 0.58 118.0 11104 Burdock root, raw 1.0 cup (1" pieces) 0.45 21251 BURGER KING, Cheeseburger 133.0 1.0 item 0.13 36.0 21256 BURGER KING, Chicken Strips 1.0 strip 1.41 21385 BURGER KING, CROISSAN'WICH with Egg and Cheese 110.0 1.0 item 1.22 21384 BURGER KING, CROISSAN'WICH with Sausage and Cheese 131.0 1.0 item 1.28 21383 BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese 171.0 1.0 sandwich 2.63

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NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
21255	BURGER KING, DOUBLE WHOPPER, with cheese	399.0	1.0 item	0.24
21249	BURGER KING, french fries	74.0	1.0 small serving	1.81
21386	BURGER KING, french toast sticks	21.0	1.0 stick	0.18
21250	BURGER KING, Hamburger	99.0	1.0 sandwich	0.04
21387	BURGER KING, Hash Brown Rounds	5.6	1.0 piece	0.25
21509	BURGER KING, Onion Rings	91.0	1.0 small	4.48
21141	BURGER KING, Vanilla Shake	24.8	1.0 fl oz	0.08
21252	BURGER KING, WHOPPER, no cheese	291.0	1.0 item	0.44
21253	BURGER KING, WHOPPER, with cheese	316.0	1.0 item	0.25
22918	Burrito, bean and cheese, frozen	129.0	1.0 burrito	0.48
22917	Burrito, beef and bean, frozen	139.0	1.0 burrito frozen	0.89
22928	Burrito, beef and bean, microwaved	116.0	1.0 burrito cooked	0.92
01003	Butter oil, anhydrous	12.8	1.0 tbsp	0.36
43214	Butter replacement, without fat, powder	80.0	1.0 cup	0.00
04601	Butter, light, stick, with salt	14.0	1.0 tablespoon	0.22
04602	Butter, light, stick, without salt	14.0	1.0 tablespoon	0.22
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	0.12
01002	Butter, whipped, with salt	3.8	1.0 pat (1" sq, 1/3" high)	0.05
01145	Butter, without salt	5.0	1.0 pat (1" sq, 1/3" high)	0.12
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	0.15
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	0.15
11116	Cabbage, chinese (pak-choi), raw	70.0	1.0 cup, shredded	0.06
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	0.09
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	0.11
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	0.11
43143	Cabbage, japanese style, fresh, pickled	150.0	1.0 cup	0.18
11118	Cabbage, kimchi	150.0	1.0 cup	0.16
43144	Cabbage, mustard, salted	128.0	1.0 cup	0.03
11109	Cabbage, raw	89.0	1.0 cup, chopped	0.13
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	0.03
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	0.03
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	0.10
11114	Cabbage, savoy, raw	70.0	1.0 cup, shredded	0.12
18087	Cake, angelfood, dry mix	38.0	1.0 serving	0.00

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NDB_No	Description	Weight(g)	Measure (Vitamin E alpha-tocopherol)(mg)
				Per Measure
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	0.00
18090	Cake, boston cream pie, commercially prepared	28.35	1.0 oz	0.04
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	0.21
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	138.0	1.0 piece (1/12 of a cake)	5.98
18110	Cake, fruitcake, commercially prepared	28.35	1.0 oz	0.26
18114	Cake, gingerbread, dry mix	28.35	1.0 oz	0.06
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	61.0	$0.167 \log 1/6$ of the loaf	0.40
18451	Cake, pound, commercially prepared, fat-free	28.35	1.0 oz	0.00
18097	Cake, pudding-type, chocolate, dry mix	28.35	1.0 oz	0.18
18112	Cake, pudding-type, german chocolate, dry mix	43.0	1.0 serving	0.03
18117	Cake, pudding-type, marble, dry mix	28.35	1.0 oz	0.24
18135	Cake, pudding-type, white, enriched, dry mix	28.35	1.0 oz	0.02
18142	Cake, pudding-type, yellow, dry mix	28.35	1.0 oz	0.22
18127	Cake, snack cakes, creme-filled, chocolate with frosting	28.35	1.0 oz	0.31
28296	Cake, snack cakes, creme-filled, chocolate with frosting, low-fat, with added fiber	27.0	1.0 cake 1 serving	0.31
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	0.18
28297	Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber	27.0	1.0 cake 1 serving	0.29
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	0.07
18102	Cake, white, prepared from recipe with coconut frosting	28.35	1.0 oz	0.03
18139	Cake, white, prepared from recipe without frosting	74.0	1.0 piece (1/12 of 9" dia)	0.09
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	144.0	1.0 piece (1/12 of a cake)	6.48
18141	Cake, yellow, commercially prepared, with vanilla frosting	67.0	1.0 serving	0.80
18144	Cake, yellow, enriched, dry mix	43.0	1.0 serving	0.40
06415	CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup	206.0	1.0 cup	0.16
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	129.0	0.5 cup condensed	0.75
06029	CAMPBELL'S, HEALTHY REQUEST, chicken with rice, condensed	126.0	0.5 cup	0.09
31006	CAMPBELL'S, Organic Tomato juice	243.0	8.0 fl oz	0.00
31001	CAMPBELL'S, Tomato juice	243.0	8.0 fl oz	0.00
31002	CAMPBELL'S, Tomato juice, low sodium	243.0	8.0 fl oz	0.00
31008	CAMPBELL'S, V8 100% Vegetable Juice	243.0	8.0 fl oz	0.00
31016	CAMPBELL'S, V8 60% Vegetable Juice, V8 V-Lite	243.0	8.0 fl oz	0.00
31011	CAMPBELL'S, V8 Vegetable Juice, Calcium Enriched V8	243.0	8.0 fl oz	0.00
31018	CAMPBELL'S, V8 Vegetable Juice, High Fiber V8	243.0	8.0 fl oz	0.00
31017	CAMPBELL'S, V8 Vegetable Juice, Low Sodium Spicy Hot	243.0	8.0 fl oz	0.00

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NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
31012	CAMPBELL'S, V8 Vegetable Juice, Low Sodium V8	243.0	8.0 fl oz	0.00
31005	CAMPBELL'S, V8 Vegetable Juice, Organic V8	243.0	8.0 fl oz	0.00
05111	Canada Goose, breast meat, skinless, raw	85.0	3.0 oz	0.48
10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	0.06
10130	Canadian bacon, unprepared	85.0	3.0 oz	0.19
19098	Candies, 5TH AVENUE Candy Bar	56.0	1.0 bar 2 oz	1.51
19070	Candies, butterscotch	28.35	1.0 oz	0.03
19074	Candies, caramels	71.0	1.0 package (2.5 oz)	0.33
19076	Candies, caramels, chocolate-flavor roll	6.6	1.0 piece	0.04
19071	Candies, carob, unsweetened	28.35	1.0 oz	0.45
43031	Candies, chocolate covered, caramel with nuts	14.0	1.0 piece	0.15
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	28.35	1.0 oz	0.16
19085	Candies, confectioner's coating, butterscotch	170.0	1.0 cup chips	1.16
19086	Candies, confectioner's coating, peanut butter	168.0	1.0 cup chips	2.28
19079	Candies, confectioner's coating, yogurt	170.0	1.0 cup chips	1.89
19910	Candies, crispy bar with peanut butter filling	42.0	1.0 serving 1.5 oz	1.16
19268	Candies, dark chocolate coated coffee beans	40.0	1.0 serving 28 pieces	0.09
19384	Candies, divinity, prepared-from-recipe	11.0	1.0 piece	0.00
19099	Candies, fondant, prepared-from-recipe	28.35	1.0 oz	0.00
19919	Candies, fruit snacks, with high vitamin C	44.0	1.0 serving	0.00
19379	Candies, fudge, chocolate marshmallow, prepared-from-recipe	20.0	1.0 piece	0.06
19301	Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	28.35	1.0 oz	0.17
19100	Candies, fudge, chocolate, prepared-from-recipe	17.0	1.0 piece	0.03
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	28.35	1.0 oz	0.07
19102	Candies, fudge, peanut butter, prepared-from-recipe	16.0	1.0 piece	0.16
19104	Candies, fudge, vanilla with nuts	28.35	1.0 oz	0.06
19103	Candies, fudge, vanilla, prepared-from-recipe	28.35	1.0 oz	0.04
43057	Candies, gum drops, no sugar or low calorie (sorbitol)	182.0	1.0 cup	0.00
19106	Candies, gumdrops, starch jelly pieces	182.0	1.0 cup gumdrops	0.00
19107	Candies, hard	28.35	1.0 oz	0.00
43058	Candies, hard, dietetic or low calorie (sorbitol)	3.0	1.0 piece	0.00
19136	Candies, HERSHEY'S SKOR Toffee Bar	39.0	1.0 bar 1.4 oz	0.23
19249	Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	42.0	1.0 serving 1.5 oz	1.16

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NDB_No	Description	Weight(g)	Measure (alph	Vitamin E na-tocopherol)(mg)
				Per Measure
19108	Candies, jellybeans	11.0	10.0 small	0.00
19109	Candies, KIT KAT Wafer Bar	42.0	1.0 bar (1.5 oz)	0.14
19914	Candies, M& MMARS 3 MUSKETEERS Truffle Crisp	31.0	1.0 serving	0.19
19917	Candies, M& MMARS Pretzel Chocolate Candies	40.0	0.25 cup	0.15
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	60.0	1.0 serving 2.13 oz bar	0.59
19327	Candies, MARS SNACKFOOD US, COCOAVIA Blueberry and Almond Chocolate Bar	22.0	1.0 serving 0.78 oz bar	2.02
19326	Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Bar	22.0	1.0 serving 0.78 oz bar	2.70
19897	Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Covered Almonds	28.0	1.0 serving 1oz pack	1.35
19328	Candies, MARS SNACKFOOD US, COCOAVIA Crispy Chocolate Bar	20.0	1.0 serving 0.7 oz bar	2.03
42227	Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies	37.0	1.0 serving 1.31 oz bag	3.52
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	48.0	1.0 package (1.69 oz)	0.17
42148	Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies	46.0	1.0 serving 1.63 oz singles bag	0.58
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	54.0	1.0 serving 1 singles bag	1.54
19115	Candies, MARS SNACKFOOD US, MARS Almond Bar	50.0	1.0 bar (1.76 oz)	3.88
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	58.0	1.0 serving 2.05 oz bar	0.52
42196	Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	50.0	1.0 serving 1.76 oz bar	0.20
19370	Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies	62.0	1.0 serving 2.17 oz pack	0.11
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57.0	1.0 bar (2 oz)	0.86
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	40.0	1.0 serving fun size (8 chews)	0.13
19160	Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	57.0	1.0 package (2 oz)	0.42
42183	Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars	51.0	2.0 cookie 2011 label	1.38
19161	Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	54.0	1.0 package (1.89 oz, 2 bars)	1.85
19116	Candies, marshmallows	50.0	1.0 cup of miniature	0.00
19120	Candies, milk chocolate	7.0	1.0 bar, miniature	0.04
19279	Candies, milk chocolate coated coffee beans	28.35	1.0 oz	0.12
19126	Candies, milk chocolate coated peanuts	149.0	1.0 cup	3.58
19132	Candies, milk chocolate, with almonds	41.0	1.0 bar (1.45 oz)	1.29
19134	Candies, milk chocolate, with rice cereal	40.0	1.0 bar (1.4 oz)	0.20
19142	Candies, MOUNDS Candy Bar	19.0	1.0 bar snack size	0.04
19143	Candies, MR. GOODBAR Chocolate Bar	49.0	1.0 bar (1.75 oz)	1.55
19144	Candies, NESTLE, 100 GRAND Bar	43.0	1.0 bar (1.5 oz)	0.18
19111	Candies, NESTLE, BABY RUTH Bar	60.0	1.0 serving 2.1 oz bar	0.56
19068	Candies, NESTLE, BIT-O'-HONEY Candy Chews	40.0	1.0 serving 6 pieces	0.12
19069	Candies, NESTLE, BUTTERFINGER Bar	60.0	1.0 serving 2.1 oz bar	1.03

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1913Cackes, NISTLY, OHTRENKUHar606106101914Cackes, NISTLY, OHTRENKUHar6136106131914Cackes, space, stylt almods.6136106131914Cackes, space, stylt almods.623.5610.00610.51914Cackes, space, stylt style space, four style space, stylt style space, style sty	NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
19118Candies, NESTLE, OH HENRYI Bar157.01.0 her 2 oz1.2 fe19147Candies, pozatt hanoads1.0 joice0.3 joice					Per Measure
4306Cardies, porgat, with almonds14.01.0 pice0.3310147Cardies, perturb fur28.351.0 oz1.1610148Cardies, perturb fur, perpared-from-recipe28.351.0 oz0.2510216Cardies, perturb fur, perpared-from-recipe39.01.0 pices0.2610909Cardies, RETSFN Far Break, mill chocolite, perunt batter, soft morgats, candy har16.01.0 package 6 or ot op0.00810910Cardies, RETSFN Far Break, mill chocolite, perunt batter, soft morgats, candy har17.01.0 package 6 or ot op0.00810913Cardies, RETSFN Far Break, mill chocolite, perunt batter, soft morgats, candy har17.00.25 cap0.04710915Cardies, RETSFN Far Break, mill chocolite, perunt batter, soft morgats, candy har14.01.0 package 6 or ot op0.00810915Cardies, sentimet chocolate14.51.0 errorig0.01610916Cardies, sentimet chocolate28.351.0 oz0.00710983Cardies, sentimet chocolate3.51.0 oz0.01710984Cardies, sentimet chocolate3.51.0 oz0.01710985Cardies, sentimet chocolate cand fordual3.51.0 oz0.01710984Cardies, sentimet chocolate cand fordual1.0 oz0.0170.01010985Cardies, sentimet chocolate cand1.0 oz0.0100.01010985Cardies, sentimet chocolate cand fordual1.0 oz0.0100.01010985Cardies, sentimet chocolate cand fordual1.0 oz </td <td></td> <td>-</td> <td></td> <td>-</td> <td></td>		-		-	
19147Candies, peam bar19.28.51.0 or1.1619148Candies, peam butit, prepared-from-recipe28.051.0 or0.7319216Candies, REFSFN Fast Break, milk chechate, peam butter, soft nongats, candy har56.01.0 serving 1 har1.4319150Candies, REFSFN Fast Break, milk chechate, peam butter, soft nongats, candy har56.01.0 serving 1 har1.4319151Candies, REFSFN Fast Break, milk chechate, peam butter, soft nongats, candy har47.00.23 cap0.0719152Candies, REFSFN FEST Candy47.00.23 cap0.04719153Candies, REFSFN FEST Candy48.01.0 package 1 package0.0819545Candies, senin-kencohate48.01.0 package 1 package0.0819545Candies, sont fruit and nut squares42.03.0 gietees0.0419545Candies, sont fruit and nut squares42.03.0 gietees0.0419545Candies, sont checolate28.31.0 or0.0719545Candies, sont checolate28.31.0 or0.0719545Candies, sont checolate28.31.0 or0.0719545Candies, sont checolate28.31.0 or0.0719545Candies, sont checolate1.0 piece0.011.0 piece19555Candies, further, sont checolate28.31.0 or0.0719532Candies, further, sont checolate1.0 piece0.011.0 piece19555Candies, further, sont checolate28.01.0 piece			57.0		
1918Candies, pearue britile, pearued-from-recipe28.551.0 oz0.7319216Candies, pearue-britile, pearue britile, soft nongats, candy bar50.01.0 jence0.2019986Candies, REESE Pearut Batter Capo10.01.0 package 0.6 oz 1 og0.0019151Candies, REESE STRSTS FIFCFS Candy47.00.20 scop0.0319152Candies, REESE Strand, Candora44.00.10 package 0.6 oz 1 og0.0319152Candies, sentisvet chocolate44.51.0 serving0.0419154Candies, sentisvet chocolate44.51.0 serving0.0419154Candies, sentisvet chocolate28.351.0 og0.0719886Candies, sugar-candel almonds3.51.0 og0.0119881Candies, sugar-candel almonds3.51.0 og0.0119882Candies, iuffy, reperad-from-recipe15.01.0 picce0.0119983Candies, iuffy, reperad-from-recipe15.01.0 picce0.0119984Candies, iuffy, reperad-from-recipe15.01.0 picce0.0119983Candies, iuffy, reperad-from-recipe15.01.0 picce0.0119984Candies, full, chocolate with honey and almond nougat35.01.0 bar0.0219985Candies, full, chocolate with honey and almond nougat10.01.00.010.0119984Candies, full, percend-from-recipe15.01.0 bar0.0219985Candies, full, percend-from-recipe12.01.0 for for <t< td=""><td></td><td>-</td><td></td><td>_</td><td></td></t<>		-		_	
19216 Candies, praine, prepared-from-recipe 930 10 piece 0.00 19896 Candies, RELSES Fast Break, milk chocolate, peanut butter, soft nougats, candy bar 56.0 1.0 serving 1 bar 1.13 19150 Candies, RELSES SPatt Des Candy 47.0 1.0 package 0.6 o.2 top 0.03 19151 Candies, RELSES SPIECES Candy 47.0 0.25 top 0.047 19152 Candies, RELSES Transitione (Candies) 48.0 1.0 package 1 package 0.03 19080 Candies, sent cruchs 28.3 1.0 oz 0.046 19154 Candies, sent cruchs 28.3 1.0 oz 0.047 19886 Candies, sent cruch 28.3 1.0 oz 0.047 19885 Candies, sent chocolate 28.3 1.0 oz 0.017 19885 Candies, sent chocolate conted fondant 43.0 1.0 partice 0.011 19885 Candies, tottfe, represed-from-recipe 15.0 1.0 pice 0.011 19885 Candies, tottfe, represed-from-recipe 12.0 1.0 pice 0.021 19885			28.35		1.16
1986Candies, RESES Fast Break, milk chocolate, peanut buter, soft nougats, candy bar56.01.0 serving 1 bar19150Candies, RESES Peanut Buter Caps0.011.0 package 0.6 or 1 cap0.0219151Candies, RESES PERCIS Candy47.00.02 serving0.0319152Candies, REDEN SPICTSS Candy47.00.02 serving0.0319154Candies, sentisweet chocolate14.51.0 package 1 package0.0419154Candies, sentisweet chocolate28.31.0 or0.0519866Candies, sour cruch42.03.0 picces0.0419858Candies, sour cruch28.31.0 pack0.0719858Candies, sour cruch28.31.0 pack0.0719864Candies, sour cruch43.01.0 park0.0719885Candies, sour chocolate count fromar28.31.0 pack0.0719882Candies, sour chocolate count fromar43.01.0 pack0.0719882Candies, sour chocolate count fromar43.01.0 pack0.0719883Candies, taffy, preparel-from-resipe1.01.0 pick0.0119840Candies, taffy, preparel-from-resipe2.01.0 pick0.0119841Candies, taffy, preparel-from-resipe2.01.0 pick0.0219842Candies, tuffes, preparel-from-resipe2.01.0 pick0.0219843Candies, tuffes, preparel-from-resipe2.01.0 pick0.0219844Candies, tuffes, preparel-from-resipe2.		Candies, peanut brittle, prepared-from-recipe			
19150Candies, REESE's Peanut Butter Cups1701.0 package 0.6 or 1 cup0.0319151Candies, REESE's PIECES Candy4700.25 cup0.4719152Candies, ROL O Carnels in Milk Chocolate4801.0 package 1 package0.5519806Candies, senswer chocolate1.450.0 erroring0.00419154Candies, senswer chunch28.351.0 oz0.0519866Candies, sonf fuit and nut squares0.043.0 pieces0.0419888Candies, sonf fuit and nut squares28.351.0 oz0.0719883Candies, sowet chocolate28.351.0 pieces0.0419884Candies, sowet chocolate conder of non-trecipe2.631.0 pieces0.0719883Candies, tifty, prepared-from-trecipe15.01.0 pieces0.0719884Candies, toff, prepared-from-trecipe12.01.0 pieces0.0119901Candies, toff, prepared-from-trecipe12.01.0 pieces0.2519383Candies, toff, prepared-from-trecipe12.01.0 pieces0.2619383Candies, toff, prepared-from-trecipe12.01.0 pieces0.2619383Candies, white chocolate8.01.0 bart, 3.000.8219384Candies, toff, what CHAMACALLIT Candy Bar6.00.050.0519383Candies, white chocolate8.01.0 bart, 3.000.8219384Candies, white chocolate6.00.000.2019385Candies, white chocolate6.	19216	Candies, praline, prepared-from-recipe	39.0	1.0 piece	0.20
19151Candies, REESE'S PIECES Candy447.00.25 c.µ0.4719152Candies, RRLD Caramels in Milk Chocolate448.01.0 package 1 package0.5319080Candies, semisweet chocolate44.51.0 serving0.0019154Candies, semisweet chocolate0.023.0 pieces0.0019086Candies, semisweet chocolate0.023.0 pieces0.0019085Candies, segar-coated almonds28.351.0 oz0.0019081Candies, sweet chocolate0.043.51.0 piece0.0119082Candies, sweet chocolate0.041.0 piece0.0119083Candies, sweet chocolate0.041.0 piece0.0119084Candies, sweet chocolate0.011.0 piece0.0119085Candies, sweet chocolate0.011.0 piece0.0119084Candies, foroffike, prepared-from-recipe1.01.0 piece0.0119085Candies, foroffike, DRUL, chocolate-flavor pol1.00.010.010.0219184Candies, foroffike, Nite chocolate-flavor pol1.00.010.020.0219185Candies, withe chocolate-flavor pol1.01.00.010.010.0219186Candies, withe chocolate-flavor pol1.01.00.020.020.020.0219187Candies, withe chocolate1.01.01.00.020.020.020.020.020.020.020.020.020.020.02 <td>19896</td> <td>Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar</td> <td>56.0</td> <td>1.0 serving 1 bar</td> <td>1.43</td>	19896	Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	56.0	1.0 serving 1 bar	1.43
19152Candies, ROLO Caramels in Mill Chocolate14.81.0 package 1 package0.5319080Candies, semiswet chocolate14.51.0 serving0.0019154Candies, semiswet chocolate0.231.0 serving0.0019866Candies, semin crunch42.03.0 pieces0.0419858Candies, sugar-coated almonds3.51.0 opiece0.0319081Candies, sweet chocolate28.351.0 opiece0.0319082Candies, sweet chocolate coated fondant28.351.0 opiece0.0119083Candies, sweet chocolate coated fondant1.501.0 piece0.0119084Candies, sweet chocolate coated fondant3.501.0 opiece0.0119085Candies, fuffer, prepared-from-recipe1.201.0 opiece0.0119086Candies, fuffer, prepared-from-recipe1.201.0 opiece0.2219182Candies, fuffer, prepared-from-recipe1.201.0 opiece0.2219182Candies, fuffer, prepared-from-recipe1.201.0 bpiece0.2219182Candies, fuffer, prepared-from-recipe2.201.0 bpiece0.2219182Candies, fuffier, prepared-from-recipe2.201.0 bpiece0.2219182Candies, white chocolate doal3.601.0 bpiece0.2219182Candies, white chocolate-flavored sola3.601.0 bpiece0.2219182Candies, white chocolate-flavored sola3.601.0 bpiece0.2219183Cand	19150	Candies, REESE'S Peanut Butter Cups	17.0	1.0 package 0.6 oz 1 cup	0.03
1980Candies, senikswet chocolate14.51.0 serving0.011984Candies, sesame runch0.28.30.0030.0051986Candies, soft fruit and uts squares0.423.0 pieces0.041985Candies, soft fruit and uts squares0.350.010 piece0.0171908Candies, sugar-coated almonds28.50.10.0 piece0.0171908Candies, sweet chocolate0.850.10.0 piece0.0171908Candies, strey, prepared-from-recipe0.100.0100.0211932Candies, toTBLERONE, milk chocatae with honey and almond nougat3500.10.10 piece0.0111933Candies, toTBLERONE, milk chocatae with honey and almond nougat0.4000.010 piece0.0111934Candies, toTBLERONE, milk chocatae-flavor roll0.4000.010 piece0.0211935Candies, WHTCHAMACALLIT Candy Bar0.4000.010 piece0.0211907Candies, WHTCHAMACALLIT Candy Bar0.8500.10 bard; o.0210.0011908Carontola, (starfmit), raw0.300.10 cup, cubes0.0011909Carontola, (starfmit), raw0.300.010 piece0.0311913Carbonate beverage, chocate-flavored soda3090.10 cup, cubes0.0011913Carbonate beverage, chocate-flavored soda0.300.010 piece0.0311914Carbonate beverage, chocate-flavored soda0.300.010 piece0.0311915Carbonate beverage, croan soda0.300.010 piece<	19151	Candies, REESE'S PIECES Candy	47.0	1	0.47
19154Candies, sesame crunch28.351.0 or0.00519866Candies, soft fruit and nut squares42.03.0 pieces0.0419858Candies, sugar-coated almonds3.51.0 piece0.03719881Candies, sugar-coated almonds28.351.0 lop piece0.0719882Candies, sweet chocolate coate fondant43.01.0 patty, Jarge0.0061982Candies, steet chocolate coate fondant43.01.0 patty, Jarge0.00719832Candies, toffer, prepared-from-recipe15.01.0 piece0.0119001Candies, TOBLERONE, milk chocolate with honey and almond nougat35.01.0 biece0.0119932Candies, toffer, prepared-from-recipe12.01.0 piece0.0219933Candies, TOBLERONE, milk chocolate-flavor roll14.01.0 serving of pieces0.0219134Candies, toffer, prepared-from-recipe12.01.0 piece0.2219142Candies, toffer, prepared-from-recipe12.01.0 piece0.0219138Candies, stoffer, prepared-from-recipe12.01.0 piece0.2219142Candies, stoffer, prepared-from-recipe12.01.0 piece0.0219138Candies, stoffer, prepared-from-recipe12.01.0 piece0.2219142Candies, stoffer, prepared-from-recipe12.01.0 piece0.0219138Candies, stoffer, prepared-from-recipe12.01.0 piece0.0219138Candies, stoffer, prepared-from-recipe13.0 <td>19152</td> <td>Candies, ROLO Caramels in Milk Chocolate</td> <td>48.0</td> <td>1.0 package 1 package</td> <td>0.53</td>	19152	Candies, ROLO Caramels in Milk Chocolate	48.0	1.0 package 1 package	0.53
1986Candies, soft fruit and nut squares42.03.0 pieces0.041985Candies, sugar-coated almonds3.51.0 not0.0319081Candies, sweet chocolate coated fondnat28.351.0 not0.0719083Candies, sweet chocolate coated fondnat3.01.0 patty, large0.0019082Candies, sweet chocolate coated fondnat3.01.0 patty, large0.0019382Candies, torffe, prepared-from-recipe1.01.0 piece0.0119081Candies, torffe, prepared-from-recipe1.01.0 piece0.0119082Candies, torffe, prepared-from-recipe1.00.00.0219383Candies, torffe, prepared-from-recipe1.00.00.019440Candies, truffles, prepared-from-recipe1.00.00.019138Candies, truffles, prepared-from-recipe1.00.00.019142Candies, truffles, prepared-from-recipe1.00.00.019152Candies, white chocolate1.00.00.019162Candies, white chocolate8.61.0 bar, d.3 oo0.019162Candies, white chocolate-flavored soda3.01.0 cup, output0.019172Candies, white chocolate-flavored soda3.01.0 cup, output0.019183Candies, white chocolate-flavored soda3.01.0 cup, output0.019194Candies, truffles, prepared-from-recipe0.00.00.019195Candes, truffles, prepared-from-rec	19080	Candies, semisweet chocolate	14.5	1.0 serving	0.04
1988Candies, sugar-coated almonds3.51.0 pice0.4319081Candies, sweet chocolate28.351.0 oz0.0719083Candies, sweet chocolate coated fondant43.01.0 patty, large0.061982Candies, taffy, prepared-from-recipe15.01.0 pice0.0119083Candies, toffe, prepared-from-recipe15.01.0 pice0.0119833Candies, toffe, prepared-from-recipe12.01.0 pice0.0119044Candies, toffe, prepared-from-recipe12.01.0 pice0.0219183Candies, traffe, prepared-from-recipe12.01.0 barl 1.0 pice0.0219184Candies, traffe, prepared-from-recipe12.01.0 barl 1.0 pice0.0219184Candies, traffe, synter chocolate flavor roll48.01.0 barl 1.0 pice0.0219185Candies, traffe, synter chocolate85.01.0 barl 3.0 z0.0219182Candies, traffe, synter chocolate31.01.0 curp, curp0.0219182Candies, traffe, synter chocolate31.01.0 curp, curp0.0219182Candies, traffe, synter chocolate31.01.0 curp0.0219182Candies, traffe, synter chocolate31.01.0 curp0.02 <t< td=""><td>19154</td><td>Candies, sesame crunch</td><td>28.35</td><td>1.0 oz</td><td>0.05</td></t<>	19154	Candies, sesame crunch	28.35	1.0 oz	0.05
1981Candies, sweet chocolate28.351.0 oz0.0719083Candies, sweet chocolate coated fondant43.01.0 patty, large0.0619382Candies, taffy, prepared-from-recipe15.01.0 picce0.0119004Candies, TOBLERONE, milk chocolate with honey and almond nougat35.01.0 bicce0.0219383Candies, Toffee, prepared-from-recipe12.01.0 picce0.0119064Candies, ToTSIE ROLL, chocolate-flavor roll40.01.0 serving 6 picces0.2219130Candies, truffes, prepared-from-recipe12.01.0 bicro0.0219142Candies, white chocolate48.01.0 bar 1.7 oz0.6119087Candies, white chocolate-flavor oll85.01.0 bar 1.7 oz0.6119087Candies, white chocolate-flavored soda85.01.0 bar 1.7 oz0.6119087Candred beverage, canned10.01.0 forg, or0.0219152Carbonated beverage, chocolate-flavored soda30.01.0 bar, doz0.0214130Carbonated beverage, cream soda30.01.0 forg, or0.001511Carbonated beverage, cream soda10.01.0 cur, puls0.0516055Carb flavor flavored (Alaska Native)66.01.0 serving varied from 4.0 of 0.00.0516055Carb flavor flavored (Alaska Native)10.01.0 serving varied from 4.0 of 0.00.016055Carb flavor flavored (Alaska Native)66.01.0 serving varied from 4.0 of 0.00.016055 <td>19866</td> <td>Candies, soft fruit and nut squares</td> <td>42.0</td> <td>3.0 pieces</td> <td>0.04</td>	19866	Candies, soft fruit and nut squares	42.0	3.0 pieces	0.04
19083Candies, sweet chocolate coated fondant44.01.0 patry, large0.0019382Candies, taffy, prepared-from-recipe15.01.0 barce0.0119001Candies, TOBLERONE, milk chocolate with honey and almond nougat35.01.0 bar0.6219383Candies, toffee, prepared-from-recipe12.01.0 barce0.0119064Candies, TOOTSHE ROLL, chocolate-flavor roll40.01.0 serving 6 pieces0.2619138Candies, Tuffles, prepared-from-recipe12.01.0 bar 1.7 og0.6219138Candies, WHATCHAMACALLIT Candy Bar48.01.0 bar 1.7 og0.6219087Candies, White chocolate88.51.0 bar 1.0 og0.8219087Candies, white chocolate88.51.0 bar 1.0 og0.8219087Candies, sthire chocolate1.0 ar0.000.0019087Candies, sthire chocolate88.51.0 bar 1.0 og0.8219087Candies, sthire chocolate1.0 ar0.000.0019087Candies, taffriti), raw13.01.0 ar0.0014130Carbonated beverage, cream soda30.91.0 ft og0.0015211Carbonated beverage, cream soda30.91.0 serving varied from 8 to 10 ravioli per serving0.6536053CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta339.01.0 serving varied from 8 to 10 serving6.4136054CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce357.01.0 serving6.423663C	19858	Candies, sugar-coated almonds	3.5	1.0 piece	0.43
19382Candies, taffy, prepared-from-recipe15.01.0 piece0.0119001Candies, TOBLERONE, milk chocolate with honey and almond nougat35.01.0 bar0.6219383Candies, toffee, prepared-from-recipe12.01.0 piece0.1119064Candies, TOOTSLE ROLL, chocolate-flavor roll40.01.0 serving 6 pieces0.2219138Candies, truffles, prepared-from-recipe12.01.0 piece0.2219162Candies, WHATCHAMACALLIT Candy Bar48.01.0 bar 1.7 or0.6119087Candies, white chocolate85.01.0 bar (3 oz)0.8210080Carambola, (starfruit), raw68.61.0 thsp, drained0.0819080Caramola (starfruit), raw132.01.0 cup, cubes0.0014130Caronated beverage, chocolate-flavored soda31.01.0 flot oz0.0014130Caronated beverage, cream soda30.91.0 flot oz0.0015211Carobated beverage, cream soda30.91.0 cup oz0.0516055Carob flour10.0 cup0.50.0516055Carob flour10.0 cup0.50.0516055Carob flour10.0 cup0.50.0516055Carob flour10.0 cup0.50.516055Carob flour10.0 cup0.50.516055Carob flour10.0 cup0.50.516055Carob flour10.0 cup0.50.516055Carob flour10.0 cup0.5 <td>19081</td> <td>Candies, sweet chocolate</td> <td>28.35</td> <td>1.0 oz</td> <td>0.07</td>	19081	Candies, sweet chocolate	28.35	1.0 oz	0.07
P0001Candies, TOBLERONE, milk chocolate with honey and almond nougat35.01.0 bar0.6219383Candies, toffee, prepared-from-recipe12.01.0 piece0.1119064Candies, TOOTSIE ROLL, chocolate-flavor roll40.01.0 serving 6 pieces0.2219188Candies, truffles, prepared-from-recipe12.01.0 piece0.2219162Candies, WHATCHAMACALLIT Candy Bar48.01.0 bar 1.7 oz0.6119087Candies, white chocolate85.01.0 bar (3 oz)0.8220254Capers, canned85.01.0 tbsp, drained0.0809060Carambola, (starfuit), raw132.01.0 tosp, drained0.001452Cardonate beverage, chocolate-flavored soda30.91.0 fl oz0.0014130Carbonate deverage, cream soda30.91.0 fl oz0.0035211Caribou, hind quarter, meat, cooked (Alaska Native)66.00.5 cup0.5 cup36055CARABBA'S ITALIAN GRILL, checken parmesan without cavatappi pasta339.01.0 serving Nativel from 8 to 10 ravioli per serving1.7936054CARABBA'S ITALIAN GRILL, spaghetti with meat sauce537.01.0 serving varied from 8 to 10 serving4.2436632CARABBA'S ITALIAN GRILL, spaghetti with meat sauce537.01.0 serving3.6	19083	Candies, sweet chocolate coated fondant	43.0	1.0 patty, large	0.06
19383Candies, toffee, prepared-from-recipe12.01.0 piece0.1119064Candies, TOOTSIE ROLL, chocolate-flavor roll40.01.0 serving 6 pieces0.2619138Candies, truffles, prepared-from-recipe12.01.0 piece0.2219162Candies, WHATCHAMACALLIT Candy Bar48.01.0 bar 1.7 oz0.6119087Candies, white chocolate85.01.0 bar (3 oz)0.8202054Capers, canned8.61.0 tbsp, drained0.0809060Carambola, (starfruit), raw132.01.0 cup, cubes0.2014552Carbonated beverage, chocolate-flavored soda31.01.0 fl oz0.0014130Carbonated beverage, cream soda30.91.0 fl oz0.0516055Carob flour103.01.0 cup0.6536053CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce365.01.0 serving varied from 8 to 10 ravioli per serving1.7936053CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta339.01.0 serving6.4136632CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce537.01.0 serving4.2436632CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce537.01.0 serving3.65	19382	Candies, taffy, prepared-from-recipe	15.0	1.0 piece	0.01
19064Candies, TOOTSE ROLL, chocolate-flavor roll40.01.0 serving 6 pieces0.261918Candies, truffles, prepared-from-recipe12.01.0 piece0.2219162Candies, WHATCHAMACALLIT Candy Bar48.01.0 bar 1.7 oz0.6119087Candies, white chocolate85.01.0 bar (3 oz)0.8202054Capers, canned85.61.0 totsp, drained0.0809060Carambola, (starfruit), raw132.01.0 cup, cubes0.201452Carbonated beverage, chocolate-flavored soda31.01.0 fl oz0.0014130Carbonated beverage, cream soda30.91.0 fl oz0.005211Carbonated beverage, cream soda30.91.0 cup, cubes0.0516055Carob flour103.01.0 cup0.5536054CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta339.01.0 serving varied from 8 to 10 ravioli per serving6.4136043CARRABBA'S ITALIAN GRILL, hisagne437.01.0 serving4.4236632CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce537.01.0 serving3.42	19001	Candies, TOBLERONE, milk chocolate with honey and almond nougat	35.0	1.0 bar	0.62
19138Candies, truffles, prepared-from-recipe12.01.0 piece0.2219162Candies, WHATCHAMACALLIT Candy Bar48.01.0 bar 1.7 oz0.6119087Candies, white chocolate85.01.0 bar (3 oz)0.8202054Capers, canned8.61.0 thsp, drained0.0809060Carambola, (starfruit), raw132.01.0 cup, cubes0.2014552Carbonated beverage, chocolate-flavored soda31.01.0 cup, cubes0.0014130Carbonated beverage, cream soda30.91.0 fl oz0.0052110Carbonated beverage, cream soda66.00.0 cup, cubes0.5516055Carob flour103.01.0 serving varied from 8 to 10 ravioli per serving1.7936057CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta339.01.0 serving varied from 8 to 10 serving64.13643CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce537.01.0 serving3.65	19383	Candies, toffee, prepared-from-recipe	12.0	1.0 piece	0.11
19162Candies, WHATCHAMACALLIT Candy Bar48.01.0 bar 1.7 oz0.6119087Candies, white chocolate85.01.0 bar 1.7 oz0.8202054Capers, canned85.01.0 tbsq, drained0.0809060Carambola, (starfruit), raw132.01.0 cup, cubes0.2014552Carbonated beverage, chocolate-flavored soda31.01.0 fl oz0.0014130Carbonated beverage, cream soda30.91.0 fl oz0.0035211Caribou, hind quarter, meat, cooked (Alaska Native)66.00.0 serving varied from 8 to 10 ravioli per serving0.6536053CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta33.9.01.0 serving varied from 8 to 10 serving64.136043CARRABBA'S ITALIAN GRILL, asagne437.0437.01.0 serving4.2436632CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce537.01.0 serving3.65	19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	40.0	1.0 serving 6 pieces	0.26
19087Candies, white chocolate85.01.0 bar (3 oz)0.8202054Capers, canned86.01.0 tbsp, drained0.0809060Carambola, (starfruit), raw132.01.0 cup, cubes0.2014552Carbonated beverage, chocolate-flavored soda31.01.0 cup, cubes0.0014130Carbonated beverage, cream soda30.91.0 fl oz0.005211Caribou, hind quarter, meat, cooked (Alaska Native)66.00.05 cup0.5816055Carob flour103.01.0 cup0.6536053CARRABBA'S ITALIAN GRILL, chese ravioli with marinara sauce365.01.0 serving varied from 8 to 10 ravioli per serving1.7936054CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta339.01.0 serving6.4136043CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce537.01.0 serving3.6536652CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce537.01.0 serving3.65	19138	Candies, truffles, prepared-from-recipe	12.0	1.0 piece	0.22
02054Capers, canned8.61.0 tbsp, drained0.0809060Carambola, (starfruit), raw132.01.0 cup, cubes0.2014552Carbonated beverage, chocolate-flavored soda31.031.01.0 cup, cubes0.2014130Carbonated beverage, cream soda30.930.90.000.0035211Caribou, hind quarter, meat, cooked (Alaska Native)66.00.000.5 cup0.5816055Carob flour103.01.0 serving varied from 8 to 10 ravioli per serving0.6536057CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta339.01.0 serving varied from 8 to 10 serving64136043CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce347.0437.01.0 serving3.6536632CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce537.01.0 serving3.65	19162	Candies, WHATCHAMACALLIT Candy Bar	48.0	1.0 bar 1.7 oz	0.61
09060Carambola, (starfruit), raw132.01.0 cup, cubes0.2014552Carbonated beverage, chocolate-flavored soda31.031.00.000.0014130Carbonated beverage, cream soda30.91.0 fl oz0.0035211Caribou, hind quarter, meat, cooked (Alaska Native)66.00.000.5 cup0.5816055Carob flour103.01.0 serving varied from 8 to 10 ravioli per serving0.6536053CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta339.01.0 serving varied from 8 to 10 serving64.136043CARRABBA'S ITALIAN GRILL, lasagne437.01.0 serving4.243632CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce537.01.0 serving3.65	19087	Candies, white chocolate	85.0	1.0 bar (3 oz)	0.82
14552Carbonated beverage, chocolate-flavored soda31.01.0 fl oz0.0014130Carbonated beverage, cream soda30.91.0 fl oz0.0035211Caribou, hind quarter, meat, cooked (Alaska Native)66.00.5 cup0.5816055Carob flour103.01.0 cup0.6536053CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce365.01.0 serving varied from 8 to 10 ravioli per serving1.7936057CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta339.01.0 serving6.4136043CARRABBA'S ITALIAN GRILL, lasagne437.01.0 serving4.243632CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce537.01.0 serving3.65	02054	Capers, canned	8.6	1.0 tbsp, drained	0.08
14130Carbonated beverage, cream soda30.91.0 fl oz0.0035211Caribou, hind quarter, meat, cooked (Alaska Native)66.00.5 cup0.5816055Carob flour103.01.0 cup0.6536053CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce365.01.0 serving varied from 8 to 10 ravioli per serving6.4136057CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta339.01.0 serving6.4136043CARRABBA'S ITALIAN GRILL, lasagne437.01.0 serving4.2436632CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce537.01.0 serving3.65	09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	0.20
35211Caribou, hind quarter, meat, cooked (Alaska Native)66.00.5 cup0.5816055Carob flour103.01.0 cup0.6536053CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce365.01.0 serving varied from 8 to 10 ravioli per serving1.7936057CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta339.01.0 serving6.4136043CARRABBA'S ITALIAN GRILL, lasagne437.01.0 serving4.2436632CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce537.01.0 serving3.65	14552	Carbonated beverage, chocolate-flavored soda	31.0	1.0 fl oz	0.00
16055Carob flour103.01.0 cup0.6536053CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce365.01.0 serving varied from 8 to 10 ravioli per serving1.7936057CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta339.01.0 serving6.4136043CARRABBA'S ITALIAN GRILL, lasagne437.01.0 serving4.2436632CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce537.01.0 serving3.65	14130	Carbonated beverage, cream soda	30.9	1.0 fl oz	0.00
36053CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce365.01.0 serving varied from 8 to 10 ravioli per serving1.7936057CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta339.01.0 serving6.4136043CARRABBA'S ITALIAN GRILL, lasagne437.01.0 serving4.2436632CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce537.01.0 serving3.65	35211	Caribou, hind quarter, meat, cooked (Alaska Native)	66.0	0.5 cup	0.58
36057CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta339.01.0 serving6.4136043CARRABBA'S ITALIAN GRILL, lasagne437.01.0 serving4.2436632CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce537.01.0 serving3.65	16055	Carob flour	103.0	1.0 cup	0.65
36043CARRABBA'S ITALIAN GRILL, lasagne437.01.0 serving4.2436632CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce537.01.0 serving3.65	36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	365.0	1.0 serving varied from 8 to 10 ravioli per serving	1.79
36632CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce537.01.0 serving3.65	36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	339.0	1.0 serving	6.41
	36043	CARRABBA'S ITALIAN GRILL, lasagne	437.0	1.0 serving	4.24
36048CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce489.01.0 serving4.11	36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	537.0	1.0 serving	3.65
	36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	489.0	1.0 serving	4.11

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1179Carros. canaed, no sul added, drained solids11641164.010 cup, siles10011785Carros. canaed, egular pack, aniski sand liquids1163.010.60, spiles0.0011184Carros. canaed, egular pack, solids and liquids1163.010.60, spiles0.0011175Carros. canaed, egular pack, solids and liquids9.71.0.10, spiles0.0011757Carros. canaed, egular pack, solids and liquids9.71.0.10, spiles0.0011758Carros. concol, boiled, drained, with salt14601.0.0 cup, siles1.4.711718Carros. frozen, cooked, boiled, drained, with salt14601.0.0 cup, siles1.4.711718Carros. frozen, cooked, boiled, drained, with salt14601.0.0 cup, siles1.4.711714Carros. frozen, cooked, boiled, drained, with salt14601.0.0 cup, siles1.4.711714Carros. frozen, cooked, boiled, drained, with salt14701.0.0 cup, siles0.0.011714Casayo, naw20.01.0.0 cup, 1.0.0 cup2.0.211714Casayo, naw10.01.0.0 cup, 1.0.0 cup0.0.011725Carros. cooked, boiled, drained, with salt20.00.0.0 cup0.0.011726Casayo, naw10.01.0.0 cup, 1.0.0 cup0.0.00.0.011736Casafibover, frozen, cooked, boiled, drained, with salt20.00.0.0 cup0.0.011736Casafibover, frozen, cooked, boiled, drained, with salt10.00.0.0 cup0.0.011737Casafibove		-		1	
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11131Carros, inzen, cooked, boiled, drained, without salt11460116010. cup, slices114711134Carros, raw64.06.5 cup slices6.3611134Cassava, raw126.01.0 cup choped6.3811345Cassava, raw206.00.10 cup6.3311350Catsup, low sodium1.0 tup slices1.0 cup6.3511364Catsup, cooked, boiled, drained, with salt62.00.5 cup (1' picces)0.0411136Califlower, cooked, boiled, drained, with salt62.00.5 cup (1' picces)0.04111374Califlower, frozen, cooked, boiled, drained, with salt62.00.5 cup (1' picces)0.01111384Califlower, frozen, cooked, boiled, drained, with salt62.00.5 cup (1' picces)0.01111385Califlower, frozen, cooked, boiled, drained, with salt180.01.0 cup (1' picces)0.01111386Califlower, frozen, cooked, boiled, drained, without salt180.00.0 cup (1' picces)0.01111387Califlower, frozen, cooked, boiled, drained, without salt180.00.0 cup (1' picces)0.01211397Califlower, frozen, cooked, boiled, drained, without salt180.00.0 cup (1' picces)0.01211398Califlower, green, naw100.01.0 cup choped0.05211414Clerise, raw1.0 cup choped0.0520.05211414Clerise, raw1.0 cup choped0.0520.05211414Clerise, raw1.0 cup choped0.0520.052	11125	Carrots, cooked, boiled, drained, without salt			0.10
11130Curots, fozen, unprepared64.00.5 curstics0.611134Carots, raw0.10 curst, obupped0.8411134Cassar, raw206.00.1.0 curst, obupped0.8311134Cassar, raw206.00.1.0 curst, obupped0.2511355CatsapCatsap, low sodium0.100.0 curst, obupped0.2511761Catulifower, cocked, boiled, drained, with salt0.62.00.5 curst (* pieces)0.00411762Catlifower, forzen, cocked, boiled, drained, with salt0.80.00.5 curst (* pieces)0.01011763Catlifower, forzen, cocked, boiled, drained, with salt0.80.00.5 curst (* pieces)0.01011764Catlifower, forzen, cocked, boiled, drained, with salt0.80.00.5 curst (* pieces)0.01011785Catlifower, forzen, cocked, boiled, drained, with salt0.80.00.5 curst (* pieces)0.00511797Catlifower, forzen, cocked, boiled, drained, with salt0.80.00.5 curst (* pieces)0.00511797Catlifower, forzen, cocked, boiled, drained, with salt0.80.00.5 curst (* pieces)0.00511797Catlifower, forzen, cocked, boiled, drained, with salt0.80.00.5 curst (* pieces)0.00511797Catlifower, forzen, cocked, boiled, drained, with salt0.80.00.6 curst (* pieces)0.00511797Catlifower, forzen, cocked, boiled, drained, with salt0.80.00.6 curst (* pieces)0.00511794Clery, row0.100.10 curp, diced0.270.27<		Carrots, frozen, cooked, boiled, drained, with salt	146.0	-	
1114Carrots, raw1128.01.0 cup chopped0.8411134Cassava, raw206.01.0 cup0.3911935Catsup, low sodium10.00.0100.02511949Catsup, low sodium17.01.0 tbsp0.2511941Cathiflower, cooked, boiled, drained, with salt62.00.5 cup (1° pices)0.04011136Cathiflower, cooked, boiled, drained, with salt62.00.5 cup (1° pices)0.04111137Cathiflower, frozen, cooked, boiled, drained, with salt180.01.0 cup (1° pices)0.01111138Cathiflower, frozen, cooked, boiled, drained, without salt180.00.0 cup (1° pices)0.01111138Cathiflower, frozen, cooked, boiled, drained, without salt180.00.0 cup (1° pices)0.01111137Cathiflower, frozen, cooked, boiled, drained, without salt180.00.0 cup (1° pices)0.01011138Cathiflower, green, cooked, no salt added90.00.0 cle at0.01011135Cathiflower, green, cooked, boiled, drained, without salt100.01.0 cup, diced0.0511141Clerise, raw101.01.0 cup, diced0.020.021.0 cup11134Catery, cooked, boiled, drained, without salt150.01.0 cup, diced0.020.0211144Clery, cooked, boiled, drained, without salt150.01.0 cup, diced0.020.0211144Clery, cooked, boiled, drained, without salt150.00.070.020.020.0211345Creal	11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	1.47
1134Casava, raw02660.0 cm0.0 cm1195CataspCasava, raw0.0 cm0.0 cm0.0 cm1196Casava, now softium0.0 cm0.0 cm0.0 cm0.0 cm1194Casava, cow softium, out indication, without salt0.0 cm0.0 cm0.0 cm0.0 cm1176Califlower, cooked, boiled, drained, without salt0.0 cm0.0 cm0.0 cm0.0 cm1178Califlower, cooked, boiled, drained, without salt0.0 cm0.0 cm0.0 cm0.0 cm1178Califlower, rozen, cooked, boiled, drained, without salt0.0 cm0.0 cm0.0 cm0.0 cm1178Califlower, green, cooked, no salt aded0.0 cm0.0 cm0.0 cm0.0 cm0.0 cm1179Califlower, green, cooked, no salt aded0.0 cm0.0 cm0.0 cm0.0 cm0.0 cm1179Califlower, green, cooked, no salt aded0.0 cm0.0 cm0.0 cm0.0 cm0.0 cm1179Califlower, green, cooked, no salt aded0.0 cm0.0 cm0.0 cm0.0 cm0.0 cm1174Califlower, green, aw0.0 cm0.0 cm0.0 cm0.0 cm0.0 cm0.0 cm0.0 cm0.0 cm1174Celery, cooked, boiled, drained, with salt0.0 cm0.0 c	11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	0.36
1935Catsup1101.0 totyp0.2511949Catsup, low sodium10.01.0 totyp0.2511761Cauliflower, cooked, boiled, drained, with salt62.00.5 cup (1* pieces)0.0411762Cauliflower, cooked, boiled, drained, with salt62.00.5 cup (1* pieces)0.0111763Cauliflower, cooked, boiled, drained, with salt62.00.5 cup (1* pieces)0.0111764Cauliflower, frozen, cooked, boiled, drained, with salt180.01.0 cup (1* pieces)0.0111785Cauliflower, frozen, cooked, boiled, drained, with salt80.00.5 cup (1* pieces)0.0111780Cauliflower, frozen, cooked, boiled, drained, with salt80.00.5 cup (1* pieces)0.0111781Cauliflower, frozen, cooked, boiled, drained, with salt80.00.5 cup (1* pieces)0.0111782Cauliflower, green, cooked, no salt added90.00.2 had0.0411985Cauliflower, raw10.01.0 cup (1* pieces)0.0111784Cauliflower, raw10.01.0 cup died)0.0511784Cauliflower, raw10.01.0 cup died)0.0511784Cauliflower, raw10.01.0 cup, ciece)0.0211784Calera, raw10.01.0 cup, ciece)0.0211784Calera, raw10.01.0 cup, ciece)0.0211784Calera, raw10.01.0 cup, ciece)0.0211784Calera, raw1.0 cup, ciece)0.021.0 cup, ciece)11	11124	Carrots, raw	128.0	1.0 cup chopped	0.84
11949Catasp. low solium1101.0 they0.2511761Cauliflower, cooked, boiled, drained, with salt62.00.5 cup (1° picces)0.0411762Cauliflower, cooked, boiled, drained, without salt62.00.5 cup (1° picces)0.0411762Cauliflower, frozen, cooked, boiled, drained, without salt62.00.5 cup (1° picces)0.0111783Cauliflower, frozen, cooked, boiled, drained, without salt180.01.0 cup (1° picces)0.0111784Cauliflower, frozen, cooked, boiled, drained, without salt90.00.5 cup (1° picces)0.01011797Cauliflower, frozen, cooked, no salt added90.00.5 cup (1° picces)0.0211963Cauliflower, frozen, cooked, hoiled, drained, with salt90.00.5 cup (1° picces)0.0211974Cauliflower, frozen, cooked, hoiled, drained, with salt90.00.5 cup (1° picces)0.0211975Cauliflower, frozen, cooked, hoiled, drained, with salt90.00.10 cup choped (1/2° picces)0.0211974Caluiflower, raw107.01.0 cup choped (1/2° picces)0.050.0511974Caluiflower, raw105.01.0 cup choped0.520.0511974Caluiflower, raw1.0 cup choped0.520.0511974Calery, cooked, boiled, drained, with salt1.0 cup0.050.0511974Calery, cooked, boiled, drained, with salt0.050.070.020.0511974Calery, cooked, boiled, drained, with salt0.050.070.02 <td>11134</td> <td>Cassava, raw</td> <td>206.0</td> <td>1.0 cup</td> <td>0.39</td>	11134	Cassava, raw	206.0	1.0 cup	0.39
11761Cauliflower, cooked, boiled, drained, with salt62.00.5 cup (1° pieces)0.0411136Cauliflower, cooked, boiled, drained, without salt62.00.5 cup (1° pieces)0.0111762Cauliflower, frozen, cooked, boiled, drained, without salt180.01.0 cup (1° pieces)0.1111138Cauliflower, frozen, cooked, boiled, drained, without salt180.01.0 cup (1° pieces)0.0111137Cauliflower, frozen, cooked, boiled, drained, without salt180.00.5 cup (1° pieces)0.0511967Cauliflower, green, cooked, no salt added90.00.5 cup (1° pieces)0.0511967Cauliflower, green, cooked, no salt added90.01.0 cup (1° pieces)0.0511958Cauliflower, green, cooked, no salt added90.01.0 cup chopped (12° pieces)0.0511135Cauliflower, raw107.01.0 cup chopped (12° pieces)0.0511140Celeriae, raw101.01.0 cup chopped (12° pieces)0.0511141Celery, cooked, boiled, drained, without salt150.01.0 cup, cloced0.5211143Celery, cooked, boiled, drained, without salt150.01.0 cup, cloced0.5211144Celery, raw101.01.0 cup chopped0.2711214Cereals ready-to-eat, ABRBARA'S PUFFINS, original35.00.67 cup (1 NLEA serving)0.2811220Cereals ready-to-eat, ABRBARA'S PUFFINS, original130.00.75 cup (1 NLEA serving)0.2812321Cereals ready-to-eat, ABRBARA'S PUFFINS, original122.0	11935	Catsup	17.0	1.0 tbsp	0.25
1136Califlower, cooked, boiled, drained, without salt62.00.5 cup (1' pieces)0.0411762Califlower, frozen, cooked, boiled, drained, with salt180.01.0 cup (1' pieces)0.1111138Califlower, frozen, cooked, boiled, drained, without salt180.01.0 cup (1' pieces)0.0111137Califlower, frozen, unprepared66.00.5 cup (1' pieces)0.0511967Califlower, green, cooked, no salt added90.00.2 head0.0411965Califlower, green, raw66.01.0 cup chopped (1.2'' pieces)0.0911140Celeriac, raw107.01.0 cup chopped (1.2'' pieces)0.0911141Celery, cooked, boiled, drained, with salt150.01.0 cup chopped (1.2'' pieces)0.0511140Celery, cooked, boiled, drained, with salt150.01.0 cup chopped (1.2'' pieces)0.0511141Celery, cooked, boiled, drained, with salt150.01.0 cup chopped (1.2'' pieces)0.0511141Celery, cooked, boiled, drained, with salt150.01.0 cup chopped (1.2'' pieces)0.0511142Celery, cooked, boiled, drained, with salt150.01.0 cup chopped (1.2'' pieces)0.2711143Celery, cooked, boiled, drained, without salt150.01.0 cup chopped (1.2'' pieces)0.2711144Celery, cooked, boiled, drained, without salt150.01.0 cup chopped (1.2'' pieces)0.2711145Celery, cooked, boiled, drained, without salt150.01.0 cup chopped (1.2'' pieces)0.2711146Celery,	11949	Catsup, low sodium	17.0	1.0 tbsp	0.25
11762Cauliflower, frozen, cooked, boiled, drained, with salt18001.0 cup (1° pieces)0.1111138Cauliflower, frozen, cooked, boiled, drained, without salt18001.0 cup (1° pieces)0.0111137Cauliflower, frozen, unprepared6600.5 cup (1° pieces)0.0511967Cauliflower, green, cooked, no salt added9000.2 head0.0411965Cauliflower, green, raw64.01.0 cup0.0311135Cauliflower, raw107.01.0 cup chopped (12° pieces)0.0911141Celeria, raw156.01.0 cup, diced0.5211744Celery, cooked, boiled, drained, with salt150.01.0 cup, diced0.5211845Calery, cooked, boiled, drained, with salt150.01.0 cup, diced0.5211844Celery, cooked, boiled, drained, with salt150.01.0 cup, diced0.5211845Celery, raw101.01.0 cup, diced0.5211846Celery, raw101.01.0 cup, diced0.5211845Celery, raw101.01.0 cup, diced0.5211845Cereals ready-to-eat, ALPEN55.00.67 cup (1 NLEA serving)0.240857Cereals ready-to-eat, FAMRJARA'S PUFFINS, original27.00.75 cup (1 NLEA serving)0.2408204Cereals ready-to-eat, FAMRJARA'S PUFFINS, original102.01.0 cup1.0 cup14223Cereals ready-to-eat, FAMRJARA'S PUFFINS, original122.01.0 cup1.0 cup14224Cereals ready-to-eat, FAMRJARA	11761	Cauliflower, cooked, boiled, drained, with salt	62.0	0.5 cup (1" pieces)	0.04
11138Cauliflower, frozen, cooked, boiled, drained, without salt180.01.0 cup (1" pieces)0.1111137Cauliflower, frozen, unprepared66.00.5 cup (1" pieces)0.0511967Cauliflower, green, cooked, no salt added90.00.2 head0.0411965Cauliflower, green, raw66.01.0 cup0.0311135Cauliflower, raw107.01.0 cup chopped (1/2" pieces)0.091141Celeria, raw115.01.0 cup, choed (1.0 cup0.5511764Celery, cooked, boiled, drained, with salt150.01.0 cup, diced0.521144Celery, cooked, boiled, drained, without salt150.01.0 cup, diced0.521143Celery, raw101.01.0 cup chopped0.2743218Cereals ready-to-eat, ALPEN55.00.67 cup (1 NLEA serving)0.2808567Cereals ready-to-eat, BARBARA'S PUFFINS, original27.00.75 cup (1 NLEA serving)0.2408204Cereals ready-to-eat, FAMILIA122.01.0 cup1.0 cup0.4342236Cereals ready-to-eat, FAMILIA30.00.75 cup (1 NLEA serving)0.4342240Cereals ready-to-eat, fosted at cereal with marshmallows30.00.75 cup (1 NLEA serving)0.4142236Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH28.01.0 bub (3/4 cup) (1 NLEA serving)0.49	11136	Cauliflower, cooked, boiled, drained, without salt	62.0	0.5 cup (1" pieces)	0.04
11137Cauliflower, frozen, unprepared66.00.5. cup (1" pieces)0.0511967Cauliflower, green, cooked, no salt added90.00.2 head0.0411965Cauliflower, green, raw66.01.0 cup chopped (1/2" pieces)0.0311135Cauliflower, raw107.01.0 cup chopped (1/2" pieces)0.091141Celeriac, raw105.01.0 cup chopped (1/2" pieces)0.0511764Celery, cooked, boiled, drained, with salt150.01.0 cup, cloept d0.521144Celery, cooked, boiled, drained, without salt150.01.0 cup, cloept d0.521143Celery, raw101.01.0 cup chopped0.2742216Cereals ready-to-eat, ALPEN55.00.67 cup (1 NLEA serving)0.280857Cereals ready-to-eat, favored frosted puffed corm30.00.75 cup (1 NLEA serving)0.434224Cereals ready-to-eat, FAMILIA122.01.0 cup1.4242236Cereals ready-to-eat, fosted oat cereal with marshmallows30.00.75 cup (1 NLEA serving)0.4108579Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH28.01.0 bowl (3/4 cup) (1 NLEA serving)0.49	11762	Cauliflower, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup (1" pieces)	0.11
11967Cauliflower, green, cooked, no salt added0000.2 head0.0411965Cauliflower, green, raw64.01.0 cup0.0311135Cauliflower, raw107.01.0 cup chopped (1/2" pieces)0.0911141Celeria, raw156.01.0 cup, diced0.5611764Celery, cooked, boiled, drained, with salt150.01.0 cup, diced0.5211144Celery, cooked, boiled, drained, with salt150.01.0 cup, diced0.5211143Celery, raw101.01.0 cup, diced0.5211144Celery, raw101.01.0 cup, diced0.5211145Cereals ready-to-eat, ALPEN55.00.67 cup (1 NLEA serving)0.240857Cereals ready-to-eat, foxed puffed corn30.00.75 cup (1 NLEA serving)0.4313241Cereals ready-to-eat, foxed oat cereal with marshmallows120.00.75 cup (1 NLEA serving)1.4212236Cereals ready-to-eat, foxed oat cereal with marshmallows30.00.75 cup (1 NLEA serving)0.4113241Cereals ready-to-eat, foxed oat cereal with marshmallows30.00.75 cup (1 NLEA serving)0.4114236Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH28.01.0 bowl (3/4 cup) (1 NLEA serving)0.49	11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup (1" pieces)	0.11
11965Cauliflower, raw64.01.0 cup0.0311135Cauliflower, raw107.01.0 cup chopped (1/2" picces)0.0911141Celeriac, raw107.01.0 cup chopped (1/2" picces)0.0511764Celery, cooked, boiled, drained, with salt150.01.0 cup, ciccel0.5211144Celery, cooked, boiled, drained, with salt150.01.0 cup, ciccel0.5211143Celery, raw101.01.0 cup, ciccel0.2743218Cereals ready-to-eat, ALPEN55.00.67 cup (1 NLEA serving)0.2808557Cereals ready-to-eat, BARBARA'S PUFFINS, original27.00.75 cup (1 NLEA serving)0.2408204Cereals ready-to-eat, fAMILIA12.01.0 cup0.0343218Cereals ready-to-eat, FAMILIA12.01.0 cup0.0343241Cereals ready-to-eat, fAMILIA12.01.0 cup1.4242236Cereals ready-to-eat, fOSE do at cereal with marshmallows30.00.75 cup (1 NLEA serving)0.4408579Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH28.01.0 bowl (3/4 cup) (1 NLEA serving)0.44	11137	Cauliflower, frozen, unprepared	66.0	0.5 cup (1" pieces)	0.05
11135Cauliflower, raw107.01.0 cup chopped (1/2" picces)0.0911141Celeriac, raw156.01.0 cup chopped (1/2" picces)0.5611764Celery, cooked, boiled, drained, with salt150.01.0 cup, diced0.5211144Celery, cooked, boiled, drained, without salt150.01.0 cup, diced0.5211143Celery, raw101.01.0 cup chopped0.2743218Cereals ready-to-eat, ALPEN55.00.67 cup (1 NLEA serving)0.2808657Cereals ready-to-eat, BARBARA'S PUFFINS, original27.00.75 cup (1 NLEA serving)0.2443241Cereals ready-to-eat, FAMILIA102.01.0 cup1.0 cup0.0343242Cereals ready-to-eat, frosted out cereal with marshmallows30.00.75 cup (1 NLEA serving)0.4442236Cereals ready-to-eat, frosted out cereal with marshmallows30.00.75 cup (1 NLEA serving)0.4408579Cereals ready-to-eat, frosted out cereal with marshmallows30.00.75 cup (1 NLEA serving)0.4408579Cereals ready-to-eat, frosted out cereal with marshmallows30.00.75 cup (1 NLEA serving)0.4408579Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH28.01.0 bowl (3/4 cup) (1 NLEA serving)0.44	11967	Cauliflower, green, cooked, no salt added	90.0	0.2 head	0.04
11141Celeriac, raw1156.01.0 cup0.5611764Celery, cooked, boiled, drained, with salt150.01.0 cup, diced0.5211144Celery, cooked, boiled, drained, without salt150.01.0 cup, diced0.5211143Celery, raw101.01.0 cup chopped0.2743218Cereals ready-to-eat, ALPEN55.00.67 cup (1 NLEA serving)0.2808657Cereals ready-to-eat, BARBARA'S PUFFINS, original27.00.75 cup (1 NLEA serving)0.2408204Cereals ready-to-eat, FAMILIA30.01.0 cup0.0343214Cereals ready-to-eat, FAMILIA122.01.0 cup1.422236Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH28.01.0 bowl (3/4 cup) (1 NLEA serving)0.49	11965	Cauliflower, green, raw	64.0	1.0 cup	0.03
11764Celery, cooked, boiled, drained, with salt150.01.0 cup, diced0.5211144Celery, cooked, boiled, drained, without salt150.01.0 cup, diced0.5211143Celery, raw101.01.0 cup chopped0.2743218Cereals ready-to-eat, ALPEN55.00.67 cup (1 NLEA serving)0.2808657Cereals ready-to-eat, BARBARA'S PUFFINS, original27.00.75 cup (1 NLEA serving)0.2408204Cereals ready-to-eat, chocolate-flavored frosted puffed corn30.00.75 cup (1 NLEA serving)0.0343214Cereals ready-to-eat, FAMILIA122.01.0 cup1.4242236Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH28.01.0 bowl (3/4 cup) (1 NLEA serving)0.49	11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	0.09
11144Celery, cooked, boiled, drained, without salt150.01.0 cup, diced0.5211143Celery, raw101.01.0 cup chopped0.2743218Cereals ready-to-eat, ALPEN55.00.67 cup (1 NLEA serving)0.2808657Cereals ready-to-eat, BARBARA'S PUFFINS, original27.00.75 cup (1 NLEA serving)0.2408204Cereals ready-to-eat, chocolate-flavored frosted puffed corn30.00.75 cup (1 NLEA serving)0.0343214Cereals ready-to-eat, FAMILIA122.01.0 cup1.4242236Cereals ready-to-eat, frosted oat cereal with marshmallows30.00.75 cup (1 NLEA serving)0.4408579Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH28.01.0 bowl (3/4 cup) (1 NLEA serving)0.44	11141	Celeriac, raw	156.0	1.0 cup	0.56
11143Celery, raw101.01.0 cup chopped0.2743218Cereals ready-to-eat, ALPEN55.00.67 cup (1 NLEA serving)0.2808657Cereals ready-to-eat, BARBARA'S PUFFINS, original27.00.75 cup (1 NLEA serving)0.2408204Cereals ready-to-eat, chocolate-flavored frosted puffed corn30.00.75 cup (1 NLEA serving)0.2443241Cereals ready-to-eat, FAMILIA122.01.0 cup1.4242236Cereals ready-to-eat, frosted oat cereal with marshmallows30.00.75 cup (1 NLEA serving)0.1408579Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH28.01.0 bowl (3/4 cup) (1 NLEA serving)0.49	11764	Celery, cooked, boiled, drained, with salt	150.0	1.0 cup, diced	0.52
43218Cereals ready-to-eat, ALPEN55.00.67 cup (1 NLEA serving)0.2808657Cereals ready-to-eat, BARBARA'S PUFFINS, original27.00.75 cup (1 NLEA serving)0.2408204Cereals ready-to-eat, chocolate-flavored frosted puffed corn30.01.0 cup0.0343211Cereals ready-to-eat, FAMILIA122.01.0 cup1.4242236Cereals ready-to-eat, frosted oat cereal with marshmallows30.00.75 cup (1 NLEA serving)0.1408579Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH28.01.0 bowl (3/4 cup) (1 NLEA serving)0.49	11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	0.52
08657Cereals ready-to-eat, BARBARA'S PUFFINS, original27.00.75 cup (1 NLEA serving)0.2408204Cereals ready-to-eat, chocolate-flavored frosted puffed corn30.01.0 cup0.0343241Cereals ready-to-eat, FAMILIA122.01.0 cup1.4242236Cereals ready-to-eat, frosted oat cereal with marshmallows30.00.75 cup (1 NLEA serving)0.1408579Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH28.01.0 bowl (3/4 cup) (1 NLEA serving)0.49	11143	Celery, raw	101.0	1.0 cup chopped	0.27
08204Cereals ready-to-eat, chocolate-flavored frosted puffed corn30.01.0 cup0.0343241Cereals ready-to-eat, FAMILIA122.01.0 cup1.4242236Cereals ready-to-eat, frosted oat cereal with marshmallows30.00.75 cup (1 NLEA serving)0.1408579Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH28.01.0 bowl (3/4 cup) (1 NLEA serving)0.49	43218	Cereals ready-to-eat, ALPEN	55.0	0.67 cup (1 NLEA serving)	0.28
43241Cereals ready-to-eat, FAMILIA122.01.0 cup42236Cereals ready-to-eat, frosted oat cereal with marshmallows30.00.75 cup (1 NLEA serving)0.1408579Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH28.01.0 bowl (3/4 cup) (1 NLEA serving)0.49	08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	27.0	0.75 cup (1 NLEA serving)	0.24
42236Cereals ready-to-eat, frosted oat cereal with marshmallows30.00.75 cup (1 NLEA serving)0.1408579Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH28.01.0 bowl (3/4 cup) (1 NLEA serving)0.49	08204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	30.0	1.0 cup	0.03
08579Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH28.01.0 bowl (3/4 cup) (1 NLEA serving)0.49	43241	Cereals ready-to-eat, FAMILIA	122.0	1.0 cup	1.42
	42236	Cereals ready-to-eat, frosted oat cereal with marshmallows	30.0	0.75 cup (1 NLEA serving)	0.14
08586Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIX28.01.0 cup0.15	08579	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH	28.0	1.0 bowl (3/4 cup) (1 NLEA serving)	0.49
	08586	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIX	28.0	1.0 cup	0.15

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NDB_No	Description	Weight(g)	Measure (alpha-t	Vitamin E ocopherol)(mg)
				Per Measure
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30.0	0.75 cup (1 NLEA serving)	0.20
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55.0	1.0 cup (1 NLEA serving)	0.91
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	33.0	1.25 cup (1 NLEA serving)	0.13
08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	27.0	0.75 cup (1 NLEA serving)	0.12
08273	Cereals ready-to-eat, GENERAL MILLS, BOO BERRY	33.0	1.0 cup (1 NLEA serving)	0.19
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	0.18
08592	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut	28.0	0.75 cup (1 NLEA serving)	0.15
08593	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate	27.0	0.75 cup (1 NLEA serving)	0.16
08553	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry	30.0	0.75 cup (1 NLEA serving)	0.10
08594	Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX	32.0	0.75 cup (1 NLEA serving)	0.54
08513	Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS	28.0	0.75 cup (1 NLEA serving)	0.16
08595	Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX	30.0	0.75 cup (1 NLEA serving)	0.45
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	0.66
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	27.0	0.75 cup (1 NLEA serving)	0.19
08635	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar	30.0	1.0 cup (1 NLEA serving)	0.17
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	26.0	0.75 cup (1 NLEA serving)	0.15
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	31.0	1.0 cup (1 NLEA serving)	0.08
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	27.0	0.75 cup (1 NLEA serving)	0.17
08582	Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER	27.0	0.75 cup (1 NLEA serving)	0.25
08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	30.0	0.5 cup (1 NLEA serving)	0.09
08596	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight	50.0	1.0 cup (1 NLEA serving)	0.58
08598	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS	52.0	1.0 cup (1 NLEA serving)	0.32
08599	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS	55.0	1.0 cup (1 NLEA serving)	0.32
08268	Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	33.0	1.0 cup (1 NLEA serving)	0.25
08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS	27.0	0.75 cup (1 NLEA serving)	0.09
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS	27.0	0.75 cup (1 NLEA serving)	0.21
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	31.0	0.75 cup (1 NLEA serving)	0.20
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	33.0	1.25 cup (1 NLEA serving)	0.00
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	28.0	0.75 cup (1 NLEA serving)	0.13
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	32.0	0.75 cup (1 NLEA serving)	0.07
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	57.0	1.0 cup (1 NLEA serving)	0.22
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30.0	1.25 cup (1 NLEA serving)	0.09
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	27.0	0.75 cup (1 NLEA serving)	0.12
08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS	29.0	1.0 cup (1 NLEA serving)	0.18

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NDB_No	Description	Weight(g)	Measure ^{(alpha}	Vitamin E -tocopherol)(mg)
				Per Measure
08277	Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA	55.0	0.667 cup (1 NLEA serving)	0.56
08637	Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch	27.0	0.75 cup (1 NLEA serving)	0.08
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond	60.0	1.0 cup (1 NLEA serving)	0.88
08245	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin	62.0	1.0 cup (1 NLEA serving)	0.24
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	49.0	0.75 cup (1 NLEA serving)	0.94
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	29.0	0.75 cup (1 NLEA serving)	6.86
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	27.0	1.0 cup (1 NLEA serving)	0.09
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	53.0	1.0 cup (1 NLEA serving)	13.50
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	32.0	1.0 cup (1 NLEA serving)	0.16
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	47.0	0.75 cup (1 NLEA serving)	0.32
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	27.0	0.75 cup (1 NLEA serving)	0.17
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30.0	0.75 cup (1 NLEA serving)	13.50
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	13.54
08290	Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	31.0	0.75 cup (1 NLEA serving)	0.31
08537	Cereals ready-to-eat, KASHI 7 Whole Grain Flakes	50.0	1.0 cup (1 NLEA serving)	0.34
08389	Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs	30.0	1.0 cup (1 NLEA serving)	0.25
08388	Cereals ready-to-eat, KASHI 7 Whole Grain Puffs	19.0	1.0 cup (1 NLEA serving)	0.20
08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax	53.0	0.67 Cup (1 NLEA serving)	1.42
08393	Cereals ready-to-eat, KASHI GOLEAN	52.0	1.0 cup (1 NLEA serving)	0.20
08386	Cereals ready-to-eat, KASHI GOLEAN CRUNCH!	53.0	0.75 Cup (1 NLEA serving)	0.70
08390	Cereals ready-to-eat, KASHI GOOD FRIENDS	53.0	1.0 cup (1 NLEA serving)	1.27
08387	Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat	33.0	0.75 cup (1 NLEA serving)	20.12
08590	Cereals ready-to-eat, KASHI HEART TO HEART, Warm Cinnamon	33.0	0.75 cup (1 NLEA serving)	20.13
08610	Cereals ready-to-eat, KASHI Honey Sunshine	30.0	0.75 cup (1 NLEA serving)	13.27
08647	Cereals ready-to-eat, KASHI INDIGO MORNING	27.0	0.75 cup (1 NLEA serving)	0.18
08663	Cereals ready-to-eat, KASHI ORGANIC PROMISE, Berry Fruitful	55.0	29.0 biscuits (1 NLEA serving)	0.37
08538	Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & amp; Blueberry Clusters	55.0	1.0 cup (1 NLEA serving)	20.08
08462	Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat	54.0	29.0 biscuits (1 NLEA serving)	0.52
08617	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Bite Size Blueberry Muffin	55.0	25.0 biscuits (1 NLEA serving)	0.37
08677	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS Touch of Fruit in the Middle, Raspberry	55.0	24.0 biscuits (1 NLEA serving)	0.37
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	58.0	7.0 biscuit (1 NLEA serving)	0.39
08658	Cereals ready-to-eat, KELLOGG'S KRAVE double chocolate cereal	30.0	0.75 cup (1 NLEA serving)	0.20
08653	Cereals ready-to-eat, KELLOGG'S RICE KRISPIES, Gluten Free	30.0	1.0 cup (1 NLEA serving)	3.38
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight	31.0	0.75 cup (1 NLEA serving)	0.16

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NDB_No	Description	Weight(g)	Measure ^{(alpha-}	Vitamin E tocopherol)(mg)
				Per Measure
08613	Cereals ready-to-eat, KELLOGG'S SPECIAL K Multigrain Oats and Honey	29.0	0.666 cup (1 NLEA serving)	0.00
08542	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS Bite Size Strawberry Delight	55.0	25.0 biscuits (1 NLEA serving)	0.37
08459	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS, Maple & amp; Brown Sugar, Bite Size	55.0	25.0 biscuits (1 NLEA serving)	0.37
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	30.0	0.75 cup (1 NLEA serving)	0.02
08471	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Protein Plus	32.0	0.75 cup (1 NLEA serving)	7.08
08543	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	30.0	0.75 cup (1 NLEA serving)	0.49
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	30.0	0.333 cup (1 NLEA serving)	0.00
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29.0	0.75 cup (1 NLEA serving)	13.44
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	31.0	0.5 cup (1 NLEA serving)	0.37
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	28.0	1.0 cup (1 NLEA serving)	0.03
08588	Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal	30.0	1.0 cup (1 NLEA serving)	0.20
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31.0	0.75 cup (1 NLEA serving)	3.35
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28.0	1.0 cup (1 NLEA serving)	0.03
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	30.0	1.0 cup (1 NLEA serving)	0.04
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	49.0	0.75 cup (1 NLEA serving)	0.00
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29.0	1.0 cup (1 NLEA serving)	0.03
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	0.04
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	30.0	0.75 cup (1 NLEA serving)	0.02
08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES	30.0	0.75 cup (1 NLEA serving)	3.38
08309	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES	30.0	0.75 cup (1 NLEA serving)	0.17
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	27.0	0.75 cup (1 NLEA serving)	0.11
08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins	60.0	0.667 cup (1 NLEA serving)	3.51
08189	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	49.0	0.5 cup (1 NLEA serving)	1.19
08376	Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	0.09
08384	Cereals ready-to-eat, KELLOGG, KELLOGG'S MINI-WHEATS, unfrosted bite size	55.0	30.0 biscuits (1 NLEA serving)	0.37
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	55.0	0.67 cup (1 NLEA serving)	5.40
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30.0	1.0 cup (1 NLEA serving)	13.50
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup (1 NLEA serving)	0.39
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.0	1.25 cup (1 NLEA serving)	8.79
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30.0	0.75 cup (1 NLEA serving)	0.11
08318	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal	50.0	1.0 cup (1 NLEA serving)	13.50
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31.0	1.0 cup (1 NLEA serving)	4.74
08603	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry	30.0	0.75 cup (1 NLEA serving)	0.00
08383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries	31.0	1.0 cup (1 NLEA serving)	4.74

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8880Cerals randy-sear, KELLOGG, SELLOGGS, RAISN BRAN CRUNCHG1310 cpr (MLA serie)G138831Cerals randy-sear, KELLOGG, SELLOGGS, RAISN BRAN CRUNCHG23G10 cpr (MLA serie)G038843Cerals randy-sear, KELLOG, SELLOGG, SELLOGGS, RAISN BRAN CRUNCHG13G10 cpr (MLA serie)G038847Cerals randy-sear, KMLT-OMEAL, RING YELTOS CeralG10G75 cpr (MLA serie)G038848Cerals randy-sear, MLT-OMEAL, CONCATH MARSHALLOW MATEYSG10G75 cpr (MLA serie)G018849Cerals randy-sear, MLT-OMEAL, CONCATH MARSHALLOW MATEYSG10G75 cpr (MLA serie)G018840Cerals randy-sear, MLT-OMEAL, CONCATH MARSHALLOW MATEYSG10G75 cpr (MLA serie)G018841Cerals randy-sear, MLT-OMEAL, CONCATH MARSHALLOW MATEYSG10G75 cpr (MLA serie)G018845Cerals randy-sear, MLT-OMEAL, CONCATH MARSHALLOW MATEYSG10G75 cpr (MLA serie)G018846Cerals randy-sear, MLT-OMEAL, CONCATHAL SEX MARCHG10G75 cpr (MLA serie)G018847Cerals randy-sear, MLT-OMEAL, CONCATHAL SEX MARCHG10G75 cpr (MLA serie)G108848Cerals randy-sear, MLT-OMEAL, CONCATHAL SEX MARCHG10G75 cpr (MLA serie)G108849Cerals randy-sear, MLT-OMEAL, MARSHALOW MATEYSG10G75 cpr (MLA serie)G108849Cerals randy-sear, MLT-OMEAL, MARSHALOW MATEYSG10G10 cpr (MLA serie)G108849Cerals randy-sear, MLT-OMEA	NDB_No	Description	Weight(g)	Measure (alpha-t	Vitamin E tocopherol)(mg)
Bisse Censis ready-to-eat, KELLOGG, KELLOGGS, RAISIN BRAN CRUNCH 5310 1.0 c.p.() N.EA serving) 0.23 06830 Censis ready-to-eat, KELLOGG, SPICAL K, Final Kamp, Yogan 33.0 0.37 c.p.() N.EA serving) 0.01 06843 Censis ready-to-eat, MALT-OMEAL, Bisekery AUEPN TO'S Cecal 30.0 0.75 c.p.() N.EA serving) 0.51 06847 Censis ready-to-eat, MALT-OMEAL, Bisekery AUEPN TO'S Cecal 30.0 0.75 c.p.() N.EA serving) 0.01 08484 Censis ready-to-eat, MALT-OMEAL, Enschery AUEPN TO'S Cecal 30.0 0.75 c.p.() N.EA serving) 0.01 08494 Censis ready-to-eat, MALT-OMEAL, CONCOLTE MARKIMALLOW MATEYS 30.0 0.75 c.p.() N.EA serving) 0.01 08495 Censis ready-to-eat, MALT-OMEAL, CONSON 30.0 0.75 c.p.() N.EA serving) 0.01 08496 Censis ready-to-eat, MALT-OMEAL, CONSON DYNO ITTE'S 30.0 0.75 c.p.() N.EA serving) 0.02 08406 Censis ready-to-eat, MALT-OMEAL, CONS BURSTS 31.0 0.10 c.p.() N.EA serving) 0.03 08409 Censis ready-to-eat, MALT-OMEAL, Fronted Filas 31.0 0.75 c.p.() N.EA serving) 0.01 08500 Ce					Per Measure
8831 Cerels ready-to eat, KELLOGG, SPECIAL K, Frait Jamp; Yopart 92.0 0.75 cup (1 NLEA serving) 0.01 8849 Cerels ready-to eat, MALT-OMEAL REPK YOLOSAL CRUNCH 93.0 0.75 cup (1 NLEA serving) 0.025 8847 Cerels ready-to eat, MALT-OMEAL REPK YOLOSAL CRUNCH 93.0 0.75 cup (1 NLEA serving) 0.025 8847 Cerels ready-to eat, MALT-OMEAL REPK YOLOSAL CRUNCH 93.0 0.75 cup (1 NLEA serving) 0.01 8847 Cerels ready-to eat, MALT-OMEAL CHOCOLATE MARSHMALLOW MATEYS 93.0 0.75 cup (1 NLEA serving) 0.01 8848 Cerels ready-to eat, MALT-OMEAL CHOCOLATE MARSHMALLOW MATEYS 93.0 0.75 cup (1 NLEA serving) 0.01 8849 Cerels ready-to eat, MALT-OMEAL COOSAL CRUNCH 93.0 0.75 cup (1 NLEA serving) 0.01 8848 Cerels ready-to eat, MALT-OMEAL CONSAL CRUNCH 93.0 0.75 cup (1 NLEA serving) 0.01 8848 Cerels ready-to eat, MALT-OMEAL CONSAL CRUNCH 93.0 0.75 cup (1 NLEA serving) 0.01 8849 Cerels ready-to eat, MALT-OMEAL CONSAL CRUNCH 93.0 0.75 cup (1 NLEA serving) 0.01 8849 Cerels ready-to eat, MALT-O	08602	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan	30.0	0.75 cup (1 NLEA serving)	0.13
88493 Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS 33.0 1.0 cpt (1 NLEA serving) 0.01 08347 Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH 30.0 0.75 cup (1 NLEA serving) 0.25 08487 Cereals ready-to-eat, MALT-O-MEAL, CHOCO LATE MARSHNALLOW MATEYS 30.0 0.75 cup (1 NLEA serving) 0.01 08484 Cereals ready-to-eat, MALT-O-MEAL, CHOCO LATE MARSHNALLOW MATEYS 30.0 0.75 cup (1 NLEA serving) 0.01 08484 Cereals ready-to-eat, MALT-O-MEAL, COCO ROOS 30.0 0.75 cup (1 NLEA serving) 0.01 08206 Cereals ready-to-eat, MALT-O-MEAL, COCO ROOS 30.0 0.75 cup (1 NLEA serving) 0.01 08206 Cereals ready-to-eat, MALT-O-MEAL, COCO SUNCH 30.0 0.75 cup (1 NLEA serving) 0.02 08446 Cereals ready-to-eat, MALT-O-MEAL, COUNSTS 31.0 1.0 cup (1 NLEA serving) 0.02 08458 Cereals ready-to-eat, MALT-O-MEAL, CURN NURSTS 33.0 1.0 cup (1 NLEA serving) 0.02 08454 Cereals ready-to-eat, MALT-O-MEAL, Forstel Min SPOONERS 31.0 1.0 cup (1 NLEA serving) 0.01 08450 Cereals ready-to-eat, MALT-O	08380	Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH	53.0	1.0 cup (1 NLEA serving)	0.23
08171 Cercals ready-to-cat. MALT-O-MIEAL, BERRY COLOSSAL CRUNCH 900 0.75 cup (1 NLEA serving) 0.15 08487 Cercals ready-to-cat. MALT-O-MIEAL, Bueberry MUPEIN TOPS Cercal 300 0.75 cup (1 NLEA serving) 0.02 08494 Carcals ready-to-cat. MALT-O-MIEAL (COCO-RTOW MATEYS 300 0.75 cup (1 NLEA serving) 0.01 08494 Carcals ready-to-cat. MALT-O-MIEAL (COCO-RTOW MATEYS 300 0.75 cup (1 NLEA serving) 0.01 08495 Carcals ready-to-cat. MALT-O-MIEAL, COCO-ROOS 300 0.75 cup (1 NLEA serving) 0.02 08495 Carcals ready-to-cat. MALT-O-MIEAL, COCOR DYN-GATTES 300 0.75 cup (1 NLEA serving) 0.02 0848 Carcals ready-to-cat. MALT-O-MIEAL, Froitey Rice 330 1.0 cup (1 NLEA serving) 0.02 0848 Carcals ready-to-cat. MALT-O-MIEAL, Froitey Rice 350 1.0 cup (1 NLEA serving) 0.01 0849 Carcals ready-to-cat. MALT-O-MIEAL, Froitey Rice 370 0.75 cup (1 NLEA serving) 0.02 08410 Carcals ready-to-cat. MALT-O-MIEAL, Froitey Rice 370 0.0 cors cup (1 NLEA serving) 0.01 08410 Carcals ready-to-cat. MALT-O	08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & amp; Yogurt	32.0	0.75 cup (1 NLEA serving)	0.00
04487 Cereals ready-to-eat, MALT-O-MEAL, Blueberry MUFFIN TOPS Cereal 300 0.75 cup (1 NLEA serving) 0.09 08572 Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS 300 0.75 cup (1 NLEA serving) 0.00 08594 Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS 300 0.75 cup (1 NLEA serving) 0.01 08505 Cereals ready-to-eat, MALT-O-MEAL, COCO ROUS 300 0.75 cup (1 NLEA serving) 0.01 08546 Coreals ready-to-eat, MALT-O-MEAL, COU OSSAL, CRUNCH 300 0.75 cup (1 NLEA serving) 0.01 08545 Cereals ready-to-eat, MALT-O-MEAL, Criny Sixe 31.0 1.0 cup (1 NLEA serving) 0.02 08546 Coreals ready-to-eat, MALT-O-MEAL, Froide Jhinis POONTRS 55.0 1.0 cup (1 NLEA serving) 0.01 08500 Cereals ready-to-eat, MALT-O-MEAL, Froide Jhinis POONTRS 55.0 1.0 cup (1 NLEA serving) 0.01 08511 Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS 30.0 0.75 cup (1 NLEA serving) 0.01 08564 Cereals ready-to-eat, MALT-O-MEAL, Froide Jhinis POONTRS 30.0 0.75 cup (1 NLEA serving) 0.01 08574	08493	Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS	33.0	1.0 cup (1 NLEA serving)	0.01
08672Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS30.00.75 cup (1 NLEA serving)0.0008494Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS30.00.75 cup (1 NLEA serving)0.0108405Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS30.00.75 cup (1 NLEA serving)0.0208446Cereals ready-to-eat, MALT-O-MEAL, COCO BITES20.00.75 cup (1 NLEA serving)0.0208446Cereals ready-to-eat, MALT-O-MEAL, CORD BURSTS31.01.0 cup (1 NLEA serving)0.0208448Cereals ready-to-eat, MALT-O-MEAL, Cristy Rice33.01.25 cup (1 NLEA serving)0.0208490Cereals ready-to-eat, MALT-O-MEAL, Forstel Tilaes31.00.75 cup (1 NLEA serving)0.0308500Cereals ready-to-eat, MALT-O-MEAL, Forstel Tilaes31.00.75 cup (1 NLEA serving)0.0108501Cereals ready-to-eat, MALT-O-MEAL, Forstel Tilaes32.00.75 cup (1 NLEA serving)0.0108502Cereals ready-to-eat, MALT-O-MEAL, Forstel Tilaes30.00.75 cup (1 NLEA serving)0.0108503Cereals ready-to-eat, MALT-O-MEAL, Honey DRATHAN SQUARES30.00.75 cup (1 NLEA serving)0.0108674Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS30.00.05 cup (1 NLEA serving)0.0108675Cereals ready-to-eat, MALT-O-MEAL, RASIB TO READ30.00.05 cup (1 NLEA serving)0.0108674Cereals ready-to-eat, MALT-O-MEAL, RASIB TO READ30.00.05 cup (1 NLEA serving)0.0108675Cereals ready-to-eat, MALT-O-MEAL, RASIB	08347	Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	0.15
08494 Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS 300 0.75 cup (1 NLEA serving) 0.13 08206 Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS 300 0.75 cup (1 NLEA serving) 0.01 08405 Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS 300 0.75 cup (1 NLEA serving) 0.02 08406 Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH 300 0.75 cup (1 NLEA serving) 0.00 08083 Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH 300 0.75 cup (1 NLEA serving) 0.00 08083 Cereals ready-to-eat, MALT-O-MEAL, Forsker Flakes 310 0.75 cup (1 NLEA serving) 0.00 08090 Cereals ready-to-eat, MALT-O-MEAL, Forsker Flakes 550 1.0 cup (1 NLEA serving) 0.01 08091 Cereals ready-to-eat, MALT-O-MEAL, Forsker Flakes 300 0.75 cup (1 NLEA serving) 0.01 08410 Cereals ready-to-eat, MALT-O-MEAL, HONEY ORAHM SQUARES 300 0.75 cup (1 NLEA serving) 0.00 08674 Cereals ready-to-eat, MALT-O-MEAL, NARSIMALLOW MATEYS 300 0.0 cup (1 NLEA serving) 0.00 08675 Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran C	08487	Cereals ready-to-eat, MALT-O-MEAL, Blueberry MUFFIN TOPS Cereal	30.0	0.75 cup (1 NLEA serving)	0.29
0826 Cereals rendy-to-ent, MALT-O-MEAL, COCO-ROOS 30.0 0.75 cup (1 NLFA serving) 0.01 08495 Cereals rendy-to-ent, MALT-O-MEAL, COCO BYNO-BITES 29.0 0.75 cup (1 NLFA serving) 0.02 08436 Cereals rendy-to-ent, MALT-O-MEAL, CORD SLAL CRUNCH 30.0 0.75 cup (1 NLFA serving) 0.02 08438 Cereals rendy-to-ent, MALT-O-MEAL, CORN BURSTS 31.0 0.25 cup (1 NLFA serving) 0.00 08440 Cereals rendy-to-ent, MALT-O-MEAL, Frosted Flakes 31.0 0.75 cup (1 NLFA serving) 0.01 08400 Cereals rendy-to-ent, MALT-O-MEAL, Frosted Mini SPONERS 55.0 1.0 cup (1 NLFA serving) 0.01 08501 Cereals rendy-to-ent, MALT-O-MEAL, Frosted Mini SPONERS 27.0 0.75 cup (1 NLFA serving) 0.01 08418 Cereals rendy-to-ent, MALT-O-MEAL, Honey Nat SCOTERS 30.0 1.0 cup (1 NLFA serving) 0.01 08474 Cereals rendy-to-ent, MALT-O-MEAL, NARSHMALLOW MATEYS 30.0 0.75 cup (1 NLFA serving) 0.01 08474 Cereals rendy-to-ent, MALT-O-MEAL, Ravin Branc Cereal 30.0 0.75 cup (1 NLFA serving) 0.01 08474 Cereals rendy-to-ent, MAL	08672	Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS	30.0	0.75 cup (1 NLEA serving)	0.00
08495 Cereals ready-to-eat, MALT-O-MEAL, COCOS AL CRUNCH 0.02 08346 Cereals ready-to-eat, MALT-O-MEAL, COLOS AL CRUNCH 30.0 0.75 cup (1 NLEA serving) 0.04 08348 Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS 31.0 1.0 cup (1 NLEA serving) 0.00 08490 Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes 33.0 1.25 cup (1 NLEA serving) 0.03 08490 Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes 31.0 0.75 cup (1 NLEA serving) 0.03 08490 Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes 35.0 1.0 cup (1 NLEA serving) 0.03 08470 Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes 30.0 0.75 cup (1 NLEA serving) 0.01 08478 Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES 30.0 0.0 cp (1 NLEA serving) 0.00 08474 Cereals ready-to-eat, MALT-O-MEAL, HONEY SCOTFINS 30.0 0.75 cup (1 NLEA serving) 0.00 08474 Cereals ready-to-eat, MALT-O-MEAL, AC AT BLENDERS with honey 30.0 0.75 cup (1 NLEA serving) 0.01 08474 Cereals ready-to-eat, MALT-O-MEAL, ROAT BLENDERS with honey 30.0	08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	30.0	0.75 cup (1 NLEA serving)	0.13
8346 Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH 300 0.75 up (1 NLEA serving) 0.041 08083 Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS 31.0 1.0 cup (1 NLEA serving) 0.02 08348 Cereals ready-to-eat, MALT-O-MEAL, Frostel Flakes 33.0 1.25 cup (1 NLEA serving) 0.03 08409 Cereals ready-to-eat, MALT-O-MEAL, Frostel Flakes 35.0 1.0 cup (1 NLEA serving) 0.047 08500 Cereals ready-to-eat, MALT-O-MEAL, Frostel Flakes 55.0 1.0 cup (1 NLEA serving) 0.047 08501 Cereals ready-to-eat, MALT-O-MEAL, Floxity DYNO-BITES 27.0 0.75 cup (1 NLEA serving) 0.01 08478 Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES 30.0 0.0 cup (1 NLEA serving) 0.00 08476 Cereals ready-to-eat, MALT-O-MEAL, HONEY SU SCOTERS 30.0 0.75 cup (1 NLEA serving) 0.01 08476 Cereals ready-to-eat, MALT-O-MEAL, NARSHMALLOW MATEYS 30.0 0.75 cup (1 NLEA serving) 0.01 08474 Cereals ready-to-eat, MALT-O-MEAL, NAT BLENDERS with honey samp almonds 30.0 0.75 cup (1 NLEA serving) 0.01 08470 Cereals	08206	Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	30.0	0.75 cup (1 NLEA serving)	0.01
08083Cereals ready-to-ent, MALT-O-MEAL, CORN BURSTS131.01.0 c up (1 NLEA serving)0.0008448Cereals ready-to-ent, MALT-O-MEAL, Cristy Rice33.01.25 cup (1 NLEA serving)0.0008409Cereals ready-to-ent, MALT-O-MEAL, Frosted Flakes31.00.75 cup (1 NLEA serving)0.0708501Cereals ready-to-ent, MALT-O-MEAL, Frosted Flakes57.01.0 cup (1 NLEA serving)0.4708501Cereals ready-to-ent, MALT-O-MEAL, Frosted Flakes70.00.75 cup (1 NLEA serving)0.1208478Cereals ready-to-ent, MALT-O-MEAL, GOLDEN PUFES70.00.75 cup (1 NLEA serving)0.0708478Cereals ready-to-ent, MALT-O-MEAL, HONEY GRAHAM SQUARES30.00.075 cup (1 NLEA serving)0.0008476Cereals ready-to-ent, MALT-O-MEAL, MARSHMALLOW MATEYS30.00.075 cup (1 NLEA serving)0.0008476Cereals ready-to-ent, MALT-O-MEAL, OAT BLENDERS with honey30.00.75 cup (1 NLEA serving)0.0608476Cereals ready-to-ent, MALT-O-MEAL, OAT BLENDERS with honey30.00.75 cup (1 NLEA serving)0.0108474Cereals ready-to-ent, MALT-O-MEAL, OAT BLENDERS with honey30.00.75 cup (1 NLEA serving)0.0108474Cereals ready-to-ent, MALT-O-MEAL, OAT BLENDERS with honey30.00.10 cup (1 NLEA serving)0.0108474Cereals ready-to-ent, MALT-O-MEAL, TOTTE FRUTTES30.01.0 cup (1 NLEA serving)0.0108494Cereals ready-to-ent, MALT-O-MEAL, TOTTE FRUTTES30.01.0 cup (1 NLEA serving)0.0308494Cereal	08495	Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES	29.0	0.75 cup (1 NLEA serving)	0.02
0838Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice33.01.25 cup (1 NLEA serving)0.0008490Cereals ready-to-eat, MALT-O-MEAL, Frosted Hakes31.00.75 cup (1 NLEA serving)0.0308500Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPONPERS55.01.0 cup (1 NLEA serving)0.4708501Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPONPERS27.00.75 cup (1 NLEA serving)0.1208478Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS27.00.75 cup (1 NLEA serving)0.0908476Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES30.00.75 cup (1 NLEA serving)0.0908767Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS30.00.75 cup (1 NLEA serving)0.0008778Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey30.00.75 cup (1 NLEA serving)0.0108750Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & amp; almonds30.00.75 cup (1 NLEA serving)0.0108741Cereals ready-to-eat, MALT-O-MEAL, TOATE FRUTTIES30.00.75 cup (1 NLEA serving)0.0108742Cereals ready-to-eat, MALT-O-MEAL, TOATE FRUTTIES30.00.10 cup (1 NLEA serving)0.0108743Cereals ready-to-eat, MALT-O-MEAL, TOATE FRUTTIES30.00.10 cup (1 NLEA serving)0.0108744Cereals ready-to-eat, MALT-O-MEAL, TOATE FRUTTIES30.00.10 cup (1 NLEA serving)0.0108745Cereals ready-to-eat, MALT-O-MEAL, TOATE FRUTTIES30.00.10 cup (1 NLEA serving)0.0208746 </td <td>08346</td> <td>Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH</td> <td>30.0</td> <td>0.75 cup (1 NLEA serving)</td> <td>0.04</td>	08346	Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	0.04
08409Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes31.00.75 cup (1 NLEA serving)0.0308500Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES55.01.0 cup (1 NLEA serving)0.4708510Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES27.00.75 cup (1 NLEA serving)0.1208478Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS27.00.75 cup (1 NLEA serving)0.0208481Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES30.00.75 cup (1 NLEA serving)0.0908476Cereals ready-to-eat, MALT-O-MEAL, MONEY GRAHAM SQUARES30.00.75 cup (1 NLEA serving)0.0008476Cereals ready-to-eat, MALT-O-MEAL, GAT BLENDERS with honey30.00.75 cup (1 NLEA serving)0.0008576Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey30.00.75 cup (1 NLEA serving)0.0608674Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & amp; almonds30.00.75 cup (1 NLEA serving)0.010875Cereals ready-to-eat, MALT-O-MEAL, TOTTE FRUTTES30.01.0 cup (1 NLEA serving)0.010876Cereals ready-to-eat, MALT-O-MEAL, TOTTE FRUTTES30.01.0 cup (1 NLEA serving)0.010879C	08083	Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	31.0	1.0 cup (1 NLEA serving)	0.02
08000Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS5501.0 cup (1 NLEA serving)0.4708501Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS27.00.75 cup (1 NLEA serving)0.1208478Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS30.00.75 cup (1 NLEA serving)0.0908676Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES30.00.75 cup (1 NLEA serving)0.0008676Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES30.00.75 cup (1 NLEA serving)0.0008676Cereals ready-to-eat, MALT-O-MEAL, GAT BLENDERS with honey30.00.75 cup (1 NLEA serving)0.0008674Cereals ready-to-eat, MALT-O-MEAL, GAT BLENDERS with honey & amp; almonds30.00.75 cup (1 NLEA serving)0.0108675Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal59.01.0 cup (1 NLEA serving)0.0108484Cereals ready-to-eat, MALT-O-MEAL, TOOTE FRUITIES32.01.0 cup (1 NLEA serving)0.0008679Cereals ready-to-eat, MALT-O-MEAL, TOOTE FRUITIES32.01.0 cup (1 NLEA serving)0.0108491Cereals ready-to-eat, MALT-O-MEAL, TOOTE FRUITIES33.00.0 cup (1 NLEA serving)0.0408560Cereals ready-to-eat, NATURES PATH, Organic FLAX PLUS flakes30.00.0 cup (1 NLEA serving)0.0408561Cereals ready-to-eat, NATURES PATH, Organic FLAX PLUS, Pumpkin Granola55.00.75 cup (1 NLEA serving)0.4508562Cereals ready-to-eat, NATURES PATH, Organic FLAX PLUS, Pumpkin Granola55.00.75 cup (1 NL	08348	Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice	33.0	1.25 cup (1 NLEA serving)	0.00
08501Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES27.00.75 cup (1 NLEA serving)0.1208478Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS30.00.75 cup (1 NLEA serving)0.0908476Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES30.00.75 cup (1 NLEA serving)0.0908676Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOTERS30.01.0 cup (1 NLEA serving)0.0008138Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS30.00.75 cup (1 NLEA serving)0.0608674Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey30.00.75 cup (1 NLEA serving)0.0608675Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & amp; almonds30.00.75 cup (1 NLEA serving)0.0108484Cereals ready-to-eat, MALT-O-MEAL, TOOTHE RWITHES32.01.0 cup (1 NLEA serving)0.1108491Cereals ready-to-eat, MALT-O-MEAL, TOOTHE RWITHES32.01.0 cup (1 NLEA serving)0.0008491Cereals ready-to-eat, MALT-O-MEAL, TOOTHE RWITHES30.00.75 cup (1 NLEA serving)0.0108492Cereals ready-to-eat, MALT-O-MEAL, TOOTHE RWITHES30.01.0 cup (1 NLEA serving)0.0208493Cereals ready-to-eat, MALT-O-MEAL, TOOTHE RWITHES30.01.0 cup (1 NLEA serving)0.0208494Cereals ready-to-eat, MALT-O-MEAL, TOOTHE RWITHES30.00.75 cup (1 NLEA serving)0.020856Cereals ready-to-eat, NATURES PATH, Organic FLAX PLUS flakes30.00.75 cup (1 NLEA serving)0.230856	08409	Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	31.0	0.75 cup (1 NLEA serving)	0.03
NetworkCereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS21.00.75 cup (1 NLEA serving)0.1208478Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES30.00.75 cup (1 NLEA serving)0.0008676Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS30.01.0 cup (1 NLEA serving)0.0008138Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS30.00.75 cup (1 NLEA serving)0.0608674Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey30.00.75 cup (1 NLEA serving)0.0608675Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & amp; almonds30.00.75 cup (1 NLEA serving)0.0108484Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal59.01.0 cup (1 NLEA serving)0.0108491Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUTTIES32.01.0 cup (1 NLEA serving)0.0008709Cereals ready-to-eat, MOMS BEST, Sweetened WHEAT-FULS30.00.75 cup (1 NLEA serving)0.0308656Cereals ready-to-eat, NATURES PATH, Organic FLAX PLUS flakes30.00.75 cup (1 NLEA serving)0.0308710Cereals ready-to-eat, NATURES PATH, Organic FLAX PLUS flakes30.00.75 cup (1 NLEA serving)0.3608520Cereals ready-to-eat, NATURES PATH, Organic FLAX PLUS flakes30.00.75 cup (1 NLEA serving)0.3608551Cereals ready-to-eat, NATURES PATH, Organic FLAX PLUS flakes30.00.75 cup (1 NLEA serving)0.3608520Cereals ready-to-eat, NATURES PATH, Organic FLAX PLUS flakes30.00.75	08500	Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	0.47
08481Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES30.00.75 cup (1 NLEA serving)0.0908676Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS30.01.0 cup (1 NLEA serving)0.0008138Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS30.00.75 cup (1 NLEA serving)0.0608674Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey30.00.75 cup (1 NLEA serving)0.0608675Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & amp; almonds30.00.75 cup (1 NLEA serving)0.4108484Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal59.01.0 cup (1 NLEA serving)0.0108490Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUTTIES30.00.75 cup (1 NLEA serving)0.0108491Cereals ready-to-eat, MOMTS BEST, Honey Nut TOASTY O'S30.01.0 cup (1 NLEA serving)0.0008709Cereals ready-to-eat, MOMTS BEST, Sweetened WHEAT-FULS30.00.75 cup (1 NLEA serving)0.3808561Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes30.00.75 cup (1 NLEA serving)0.3808571Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes30.00.75 cup (1 NLEA serving)0.3808572Cereals ready-to-eat, POST BRAN FLAKES, HEALTH VALLEY50.00.10 cup (1 NLEA serving)0.3808574Cereals ready-to-eat, POST GREAT GRAINS Banan Nut Crunch50.00.0 cup (1 NLEA serving)0.2308544Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch50.01.0 c	08501	Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES	27.0	0.75 cup	0.34
08676Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS30.01.0 cup (1 NLEA serving)0.0008138Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS30.01.0 cup (1 NLEA serving)0.0608674Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey30.00.75 cup (1 NLEA serving)0.0608675Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & amp; almonds30.00.75 cup (1 NLEA serving)0.0108484Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal59.01.0 cup (1 NLEA serving)0.0108490Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES30.01.0 cup (1 NLEA serving)0.0008491Cereals ready-to-eat, MON'S BEST, Honey Nut TOASTY O'S30.01.0 cup (1 NLEA serving)0.0108504Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes30.00.75 cup (1 NLEA serving)0.3808571Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY50.01.0 cup (1 NLEA serving)0.4343495Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY50.01.0 cup (1 NLEA serving)0.2608029Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch59.01.0 cup (1 NLEA serving)0.9708544Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch59.01.0 cup (1 NLEA serving)0.9708544Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch59.01.0 cup (1 NLEA serving)0.9708544Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch59.01.0	08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	27.0	0.75 cup (1 NLEA serving)	0.12
NB138Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS30.01.0 cup0.0608674Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey30.00.75 cup (1 NLEA serving)0.0608675Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & amp; almonds30.00.75 cup (1 NLEA serving)0.4108484Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal59.01.0 cup (1 NLEA serving)0.0108491Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES32.01.0 cup (1 NLEA serving)0.0008491Cereals ready-to-eat, MOMS BEST, Honey Nut TOASTY O'S30.01.0 cup (1 NLEA serving)0.0008709Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes30.00.75 cup (1 NLEA serving)0.4508564Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola55.00.75 cup (1 NLEA serving)0.4308294Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY50.01.0 cup (1 NLEA serving)0.4208294Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch59.01.0 cup (1 NLEA serving)0.2308294Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch59.01.0 cup (1 NLEA serving)0.4308514Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch59.01.0 cup (1 NLEA serving)0.4308544Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch59.01.0 cup (1 NLEA serving)0.4308514Cereals ready-to-eat, POST Rais Bran Cereal59.01.0 cup (1	08481	Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES	30.0	0.75 cup (1 NLEA serving)	0.09
N8674Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey3000.75 cup (1 NLEA serving)0.0608675Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & amp; almonds3000.75 cup (1 NLEA serving)0.4108484Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal59.01.0 cup (1 NLEA serving)0.1108349Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES32.01.0 cup (1 NLEA serving)0.0008491Cereals ready-to-eat, MOM'S BEST, Honey Nut TOASTY O'S30.01.0 cup (1 NLEA serving)0.0008709Cereals ready-to-eat, MOM'S BEST, Sweetened WHEAT-FULS55.01.0 cup (1 NLEA serving)0.450856Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes30.00.75 cup (1 NLEA serving)0.4508571Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola55.00.75 cup (1 NLEA serving)0.4508294Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY50.01.0 cup (1 NLEA serving)0.4508209Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch59.01.0 cup (1 NLEA serving)0.2308544Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch59.01.0 cup (1 NLEA serving)0.4708544Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch59.01.0 cup (1 NLEA serving)0.2708544Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch59.01.0 cup (1 NLEA serving)0.4708544Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Cru	08676	Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS	30.0	1.0 cup (1 NLEA serving)	0.00
08675Ccreals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & amp; almonds30.00.75 cup (1 NLEA serving)0.4108484Ccreals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal59.01.0 cup (1 NLEA serving)0.1108349Ccreals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES32.01.0 cup (1 NLEA serving)0.0008491Ccreals ready-to-eat, MOM'S BEST, Honey Nut TOASTY O'S30.01.0 cup (1 NLEA serving)0.0008709Ccreals ready-to-eat, MOM'S BEST, Sweetened WHEAT-FULS55.01.0 cup (1 NLEA serving)0.4308656Ccreals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes30.00.75 cup (1 NLEA serving)0.4508571Ccreals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY50.00.75 cup (1 NLEA serving)0.4943495Ccreals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY50.01.0 cup (1 NLEA serving)0.2308029Ccreals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch59.01.0 cup (1 NLEA serving)0.2308544Ccreals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch59.01.0 cup (1 NLEA serving)0.970854Ccreals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch59.01.0 cup (1 NLEA serving)0.970854Ccreals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch59.01.0 cup (1 NLEA serving)0.970854Ccreals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch59.01.0 cup (1 NLEA serving)0.970854Ccreals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch59.0	08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	30.0	1.0 cup	0.06
08484Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal59.01.0 cup (1 NLEA serving)0.1108349Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES32.01.0 cup (1 NLEA serving)0.0008491Cereals ready-to-eat, MOM'S BEST, Honey Nut TOASTY O'S30.01.0 cup (1 NLEA serving)0.0008709Cereals ready-to-eat, MOM'S BEST, Sweetened WHEAT-FULS55.01.0 cup (1 NLEA serving)0.4508656Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes30.00.75 cup (1 NLEA serving)0.3808571Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola55.00.75 cup (1 NLEA serving)0.4943495Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY50.01.0 cup (1 NLEA serving)0.2608029Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch59.01.0 cup (1 NLEA serving)0.9708544Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch48.00.75 cup (1 NLEA serving)0.970861Cereals ready-to-eat, POST Raisin Bran Cereal59.01.0 cup (1 NLEA serving)0.97	08674	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey	30.0	0.75 cup (1 NLEA serving)	0.06
08349Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES32.01.0 cup (1 NLEA serving)0.0008491Cereals ready-to-eat, MOM'S BEST, Honey Nut TOASTY O'S30.01.0 cup (1 NLEA serving)0.0008709Cereals ready-to-eat, MOM'S BEST, Sweetened WHEAT-FULS55.01.0 cup (1 NLEA serving)0.4508656Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes30.00.75 cup (1 NLEA serving)0.3808571Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola55.00.75 cup (1 NLEA serving)0.4943495Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY50.01.0 cup (1 NLEA serving)0.2608029Cereals ready-to-eat, POST Bran Flakes30.00.75 cup (1 NLEA serving)0.2342297Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch59.01.0 cup (1 NLEA serving)0.9708544Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch48.00.75 cup (1 NLEA serving)0.3708061Cereals ready-to-eat, POST Raisin Bran Cereal59.01.0 cup (1 NLEA serving)0.32	08675	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & amp; almonds	30.0	0.75 cup (1 NLEA serving)	0.41
08491Cereals ready-to-eat, MOM'S BEST, Honey Nut TOASTY O'S30.01.0 cup (1 NLEA serving)0.0008709Cereals ready-to-eat, MOM'S BEST, Sweetened WHEAT-FULS55.01.0 cup (1 NLEA serving)0.4508656Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes30.00.75 cup (1 NLEA serving)0.3808571Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola55.00.75 cup (1 NLEA serving)0.4943495Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY50.01.0 cup (1 NLEA serving)0.2608029Cereals ready-to-eat, POST Bran Flakes30.00.75 cup (1 NLEA serving)0.2342297Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch59.01.0 cup (1 NLEA serving)0.9708544Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch48.00.75 cup (1 NLEA serving)0.3208061Cereals ready-to-eat, POST Raisin Bran Cereal59.01.0 cup (1 NLEA serving)0.37	08484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	0.11
08709Cereals ready-to-eat, MOM'S BEST, Sweetened WHEAT-FULS55.01.0 cup (1 NLEA serving)0.4508656Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes30.00.75 cup (1 NLEA serving)0.3808571Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola55.00.75 cup (1 NLEA serving)0.4943495Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY50.01.0 cup (1 NLEA serving)0.2608029Cereals ready-to-eat, POST Bran Flakes30.00.75 cup (1 NLEA serving)0.2342297Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch59.01.0 cup (1 NLEA serving)0.9708544Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch48.00.75 cup (1 NLEA serving)2.7008061Cereals ready-to-eat, POST Raisin Bran Cereal59.01.0 cup (1 NLEA serving)0.32	08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	32.0	1.0 cup (1 NLEA serving)	0.00
08656Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes30.00.75 cup (1 NLEA serving)0.3808571Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola55.00.75 cup (1 NLEA serving)0.4943495Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY50.01.0 cup (1 NLEA serving)0.2608029Cereals ready-to-eat, POST Bran Flakes30.00.75 cup (1 NLEA serving)0.2342297Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch59.01.0 cup (1 NLEA serving)0.9708544Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch48.00.75 cup (1 NLEA serving)2.7008061Cereals ready-to-eat, POST Raisin Bran Cereal59.01.0 cup (1 NLEA serving)0.32	08491	Cereals ready-to-eat, MOM'S BEST, Honey Nut TOASTY O'S	30.0	1.0 cup (1 NLEA serving)	0.00
08571Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola55.00.75 cup (1 NLEA serving)0.4943495Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY50.01.0 cup (1 NLEA serving)0.2608029Cereals ready-to-eat, POST Bran Flakes30.00.75 cup (1 NLEA serving)0.2342297Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch59.01.0 cup (1 NLEA serving)0.9708544Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch48.00.75 cup (1 NLEA serving)2.7008061Cereals ready-to-eat, POST Raisin Bran Cereal59.01.0 cup (1 NLEA serving)0.32	08709	Cereals ready-to-eat, MOM'S BEST, Sweetened WHEAT-FULS	55.0	1.0 cup (1 NLEA serving)	0.45
43495Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY50.01.0 cup (1 NLEA serving)0.2608029Cereals ready-to-eat, POST Bran Flakes30.00.75 cup (1 NLEA serving)0.2342297Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch59.01.0 cup (1 NLEA serving)0.9708544Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch48.00.75 cup (1 NLEA serving)2.7008061Cereals ready-to-eat, POST Raisin Bran Cereal59.01.0 cup (1 NLEA serving)0.32	08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	30.0	0.75 cup (1 NLEA serving)	0.38
08029Cereals ready-to-eat, POST Bran Flakes30.00.75 cup (1 NLEA serving)0.2342297Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch59.01.0 cup (1 NLEA serving)0.9708544Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch48.00.75 cup (1 NLEA serving)2.7008061Cereals ready-to-eat, POST Raisin Bran Cereal59.01.0 cup (1 NLEA serving)0.32	08571	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola	55.0	0.75 cup (1 NLEA serving)	0.49
42297Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch59.01.0 cup (1 NLEA serving)0.9708544Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch48.00.75 cup (1 NLEA serving)2.7008061Cereals ready-to-eat, POST Raisin Bran Cereal59.01.0 cup (1 NLEA serving)0.32	43495	Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	50.0	1.0 cup (1 NLEA serving)	0.26
08544Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch48.00.75 cup (1 NLEA serving)2.7008061Cereals ready-to-eat, POST Raisin Bran Cereal59.01.0 cup (1 NLEA serving)0.32	08029	Cereals ready-to-eat, POST Bran Flakes	30.0	0.75 cup (1 NLEA serving)	0.23
08061Cereals ready-to-eat, POST Raisin Bran Cereal59.01.0 cup (1 NLEA serving)0.32	42297	Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	59.0	1.0 cup (1 NLEA serving)	0.97
	08544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	48.0	0.75 cup (1 NLEA serving)	2.70
08192 Cereals ready-to-eat, POST SELECTS Blueberry Morning 55.0 1.25 cup (1 NLEA serving) 0.86	08061	Cereals ready-to-eat, POST Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	0.32
	08192	Cereals ready-to-eat, POST SELECTS Blueberry Morning	55.0	1.25 cup (1 NLEA serving)	0.86

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Dist Constraint-out-out-out-out-out-out-out-out-out-ou	NDB_No	Description	Weight(g)	Measure ^{(alph}	Vitamin E a-tocopherol)(mg)
0802 Cereals ready-to-eat, POST, ALPHA-BITS 30.0 1.0 cup (1 NLFA serving) 08015 Cereals ready-to-eat, POST, COCA PEBLIES 22.0 0.75 cup (1 NLFA serving) 08034 Cereals ready-to-eat, POST, GOLDEN CRISP 27.0 0.75 cup (1 NLFA serving) 08038 Cereals ready-to-eat, POST, GALPENUTS Casal 58.0 0.5 cup (1 NLFA serving) 08039 Cereals ready-to-eat, POST, GRAPE-NUTS Flates 29.0 0.75 cup (1 NLFA serving) 08039 Cereals ready-to-eat, POST, GRAPE-NUTS Flates 29.0 0.75 cup (1 NLFA serving) 08039 Cereals ready-to-eat, POST, GRAPE-NUTS Flates 29.0 0.75 cup (1 NLFA serving) 08030 Cereals ready-to-eat, POST, GRAPE NUTS Flates 55.0 0.75 cup (1 NLFA serving) 08043 Cereals ready-to-eat, POST, HONEY DUNCHES OF OATS with vanilla hunches 30.0 0.75 cup (1 NLFA serving) 08055 Cereals ready-to-eat, POST, HONEY DUNCHES OF OATS, with atomals 30.0 0.75 cup (1 NLFA serving) 08081 Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with atomals 30.0 0.75 cup (1 NLFA serving) 08081 Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with atomals 50.0		-			Per Measure
0015 Cereals ready-to-cat, POST, COCOA PEBELES 20.0 0.7.5 cup (1 NLEA serving) 00034 Cereals ready-to-cat, POST, GULTP YEBELES 27.0 0.7.5 cup (1 NLEA serving) 00038 Cereals ready-to-cat, POST, GULDEN CRISP 27.0 0.7.5 cup (1 NLEA serving) 00039 Cereals ready-to-cat, POST, GRAPE NUTS Cereal 28.0 0.7.5 cup (1 NLEA serving) 00039 Cereals ready-to-cat, POST, GRAPE AUSS, Canchy Pecar Cereal 25.0 0.7.5 cup (1 NLEA serving) 02255 Cereals ready-to-cat, POST, HONEY BUNCHES OF OATS, honey mated 30.0 0.7.5 cup (1 NLEA serving) 08633 Cereals ready-to-cat, POST, HONEY BUNCHES OF OATS, honey mated 30.0 0.7.5 cup (1 NLEA serving) 08635 Cereals ready-to-cat, POST, HONEY BUNCHES OF OATS, honey mated 30.0 0.7.5 cup (1 NLEA serving) 08636 Cereals ready-to-cat, POST, HONEY BUNCHES OF OATS, honey mated 30.0 0.7.5 cup (1 NLEA serving) 08637 Cereals ready-to-cat, POST, HONEY BUNCHES OF OATS, hone material 30.0 0.7.5 cup (1 NLEA serving) 08636 Cereals ready-to-cat, POST, HONEY BUNCHES OF OATS, hone material 30.0 0.7.5 cup (1 NLEA serving) 08641 Cereals ready	08554	Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	52.0	0.75 cup (1 NLEA serving)	0.51
08044Careals ready-to-eat, POST, FRUTTY PEBBLES27.00.75 cup (1 NLEA serving)08073Careals ready-to-eat, POST, GOLDEN CRISP27.00.75 cup (1 NLEA serving)08088Careals ready-to-eat, POST, GRAPF-NUTS Careal88.00.5 cup (1 NLEA serving)12261Careals ready-to-eat, POST, GRAPF NUTS Flakes29.00.75 cup (1 NLEA serving)12262Careals ready-to-eat, POST, GRAPT GRAINS Raisin, Date & amp; Pecan55.00.75 cup (1 NLEA serving)12263Careals ready-to-eat, POST, GRAPT GRAINS Raisin, Date & amp; Pecan55.00.75 cup (1 NLEA serving)12264Careals ready-to-eat, POST, GRAPT GRAINS Raisin, Date & amp; Pecan55.00.75 cup (1 NLEA serving)12265Careals ready-to-eat, POST, HONEY BUNCIES OF OATS, with vanilal bunches55.00.75 cup (1 NLEA serving)12365Careals ready-to-eat, POST, HONEY BUNCIES OF OATS, pecan bunches29.00.75 cup (1 NLEA serving)108665Careals ready-to-eat, POST, HONEY BUNCIES OF OATS, with almonds29.00.75 cup (1 NLEA serving)108041Careals ready-to-eat, POST, HONEY BUNCIES OF OATS, with almonds29.00.75 cup (1 NLEA serving)108042Careals ready-to-eat, POST, Stardedd Wheat29.00.10 cup (1 NLEA serving)108043Careals ready-to-eat, POST, Stardedd Wheat, original spons-size59.01.0 cup (1 NLEA serving)108044Careals ready-to-eat, POST, Stardedd Wheat, original spons-size59.01.0 cup (1 NLEA serving)108145Careals ready-to-eat, POST, Stardedd Wheat, original spons-size59.01.0 cup (1 NLEA serving	08002	Cereals ready-to-eat, POST, ALPHA-BITS	30.0	1.0 cup (1 NLEA serving for adults)	0.09
08073 Cercals ready-to-eat, POST, GOLDEN CRISP 27.0 0.75 cup (1 NLEA serving) 08038 Cercals ready-to-eat, POST, GRAPE-NUTS Cread 29.0 0.75 cup (1 NLEA serving) 08039 Cercals ready-to-eat, POST, GRAPE-NUTS Flakes 29.0 0.75 cup (1 NLEA serving) 04261 Cercals ready-to-eat, POST, GRAPE NUTS GRAINS, Raisin, Date & amp; Pecan 55.0 0.75 cup (1 NLEA serving) 04263 Cercals ready-to-eat, POST, GRAPE NUTS FLONEY BUNCHES OF OATS, winnilla bunches 66.0 1.0 cup (1 NLEA serving) 04565 Cercals ready-to-eat, POST, HONEY BUNCHES OF OATS, secan bunches 20.0 0.75 cup (1 NLEA serving) 04565 Cercals ready-to-eat, POST, HONEY BUNCHES OF OATS, secan bunches 20.0 0.75 cup (1 NLEA serving) 04564 Cercals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds 20.0 0.75 cup (1 NLEA serving) 05040 Cercals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds 20.0 1.5 cup (1 NLEA serving) 05041 Cercals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds 20.0 1.0 cup (1 NLEA serving) 05041 Cercals ready-to-eat, POST, Sinded Wheat n' Bran, spon-size 40.0 1.0 cup (1 NLEA serving)	08015	Cereals ready-to-eat, POST, COCOA PEBBLES	29.0	0.75 cup (1 NLEA serving)	0.04
08038Cereals ready-to-eat, POST, GRAPE-NUTS Cereal58.00.5 cup (1 NLEA serving)08039Cereals ready-to-eat, POST, GRAPE-NUTS Phales20.00.75 cup (1 NLEA serving)12261Cereals ready-to-eat, POST, GRAPT-GRAINS Crunchy Pecan Cereal52.00.75 cup (1 NLEA serving)12265Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan55.00.75 cup (1 NLEA serving)08633Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches56.01.0 cup (1 NLEA serving)08655Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with alunds20.00.75 cup (1 NLEA serving)12264Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with alunds20.00.75 cup (1 NLEA serving)128655Cereals ready-to-eat, POST, Honey BUNCHES OF OATS, with alunds20.00.75 cup (1 NLEA serving)128040Cereals ready-to-eat, POST, Honey MI Shreided Wheat59.01.0 cup (1 NLEA serving)128041Cereals ready-to-eat, POST, Honey MI Shreided Wheat59.01.0 cup (1 NLEA serving)128042Cereals ready-to-eat, POST, Shreided Wheat nightly frosted, spoon-size52.01.0 cup (1 NLEA serving)128043Cereals ready-to-eat, POST, Shreided Wheat, nightly frosted, spoon-size52.01.0 cup (1 NLEA serving)128142Cereals ready-to-eat, POST, Shreided Wheat, nightly frosted, spoon-size52.01.0 cup (1 NLEA serving)128143Cereals ready-to-eat, QUST, Shreided Wheat, nightly frosted, spoon-size52.01.0 cup (1 NLEA serving)128145Cereals ready-to-eat, QUAKER, NOTE, MUST, Michand Honey	08034	Cereals ready-to-eat, POST, FRUITY PEBBLES	27.0	0.75 cup (1 NLEA serving)	0.04
08039 Creals ready-to-eat, POST, GRAPE-NUTS Flakes 29.0 0.75 cup (1 NLEA serving) 12261 Cereals ready-to-eat, POST, GREAT GRAINS Cunchy Pecan Cereal 52.0 0.75 cup (1 NLEA serving) 12263 Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & amp; Pecan 55.0 0.75 cup (1 NLEA serving) 08033 Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, whin allin bunches 30.0 0.75 cup (1 NLEA serving) 08055 Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with allonds 32.0 0.75 cup (1 NLEA serving) 08064 Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with allonds 32.0 0.75 cup (1 NLEA serving) 08081 Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with allonds 32.0 0.75 cup (1 NLEA serving) 08081 Cereals ready-to-eat, POST, Honey Sub Shedded Wheat 32.0 1.5 cup (1 NLEA serving) 08081 Cereals ready-to-eat, POST, Shedded Wheat if plint, poster, plint 32.0 1.5 cup (1 NLEA serving) 08182 Cereals ready-to-eat, POST, Shedded Wheat, original bip biccuit 32.0 1.0 cup (1 NLEA serving) 08183 Cereals ready-to-eat, POST, Shedded Wheat, original bip biccuit 33.0 1.0 cup (1 NLEA serving)	08073	Cereals ready-to-eat, POST, GOLDEN CRISP	27.0	0.75 cup (1 NLEA serving)	0.09
i2261Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal52.00.75 cup (1 NLEA serving)i2265Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & amp; Pecan55.00.75 cup (1 NLEA serving)i8633Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with vanilla bunches56.01.0 cup (1 NLEA serving)i8655Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, wore nauches20.00.75 cup (1 NLEA serving)i8656Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds32.00.75 cup (1 NLEA serving)i8676Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds32.00.75 cup (1 NLEA serving)i8686Cereals ready-to-eat, POST, Honey Nu Shradded Wheat59.01.0 cup (1 NLEA serving)i8687Cereals ready-to-eat, POST, Shradded Wheat59.01.2 cup (1 NLEA serving)i8898Cereals ready-to-eat, POST, Shradded Wheat, fightly frosted, spoon-size52.01.0 cup (1 NLEA serving)i8817Cereals ready-to-eat, POST, Shradded Wheat, original bjocuit47.02.0 biscuits (1 NLEA serving)i8818Cereals ready-to-eat, POST, Shradded Wheat, original spoon-size52.01.0 cup (1 NLEA serving)i8819Cereals ready-to-eat, POST, Shradded Wheat, original spoon-size52.01.0 cup (1 NLEA serving)i8830Cereals ready-to-eat, POST, Shradded Wheat, original spoon-size43.00.0 cup (1 NLEA serving)i8835Cereals ready-to-eat, QUAKER, RMOLE HEARTS oat cereal25.00.75 cup (1 NLEA serving)i8836Cereals ready-to-eat, QUAKER, CAPN CRUNCH27.0	08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	58.0	0.5 cup (1 NLEA serving)	0.36
42265Careals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan55.00.75 cup (1 NLEA serving)08633Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches56.01.0 cup (1 NLEA serving)43570Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted30.00.75 cup (1 NLEA serving)08655Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches20.00.75 cup (1 NLEA serving)08040Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds2.00.75 cup (1 NLEA serving)08041Cereals ready-to-eat, POST, Honey Nu Shredded Wheat59.01.0 cup (1 NLEA serving)08042Cereals ready-to-eat, POST, Shredded Wheat i Bran, spoon-size59.01.25 cup (1 NLEA serving)08194Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit47.02.0 biscuits (1 NLEA serving)08147Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size59.01.0 cup (1 NLEA serving)08148Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size49.01.0 cup (1 NLEA serving)08149Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size49.01.0 cup (1 NLEA serving)08150Cereals ready-to-eat, QUAKER, WHOLE HEARTS of cereal28.00.75 cup (1 NLEA serving)08054Cereals ready-to-eat, QUAKER, WHOLE HEARTS of cereal28.00.55 cup (1 NLEA serving)08055Cereals ready-to-eat, QUAKER, CAPN CRUNCH27.00.75 cup (1 NLEA serving)08056Cereals ready-to-eat, QUAKER, CAPN CRUNCH BERRES26.00.75	08039	Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	29.0	0.75 cup (1 NLEA serving)	0.23
08633Cereals ready-to-eat. POST, HONEY BUNCHES OF OATS with vanilla bunches5601.0 cup (1 NLEA serving)43570Cereals ready-to-eat. POST, HONEY BUNCHES OF OATS, honey roasted30.00.75 cup (1 NLEA serving)08655Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds22.00.75 cup (1 NLEA serving)42240Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds32.00.75 cup (1 NLEA serving)08081Cereals ready-to-eat, POST, Honey Nut Shredded Wheat59.01.0 cup (1 NLEA serving)08046Cereals ready-to-eat, POST, Biney Nut Shredded Wheat59.01.25 cup (1 NLEA serving)08047Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size59.01.0 cup (1 NLEA serving)08191Cereals ready-to-eat, POST, Shredded Wheat, original bipscuit47.02.0 biscuits (1 NLEA serving)08148Cereals ready-to-eat, POST, Shredded Wheat, original bipscuit47.02.0 biscuits (1 NLEA serving)08305Cereals ready-to-eat, POST, Shredded Wheat, original bipscuit47.02.0 biscuits (1 NLEA serving)08446Cereals ready-to-eat, QUAKER WHOLE HEARTS oat cereal48.00.5 cup (1 NLEA serving)0855Cereals ready-to-eat, QUAKER, CAPN CRUNCH27.00.75 cup (1 NLEA serving)0865Cereals ready-to-eat, QUAKER, CAPN CRUNCH with CRUNCHBERHES26.00.75 cup (1 NLEA serving)0865Cereals ready-to-eat, QUAKER, CAPN CRUNCHS PEANUT BUTTER CRUNCH27.00.75 cup (1 NLEA serving)0862Cereals ready-to-eat, QUAKER, CAPN CRUNCHS PEANUT BUTTER CRUNCH27.0 <t< td=""><td>42261</td><td>Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal</td><td>52.0</td><td>0.75 cup (1 NLEA serving)</td><td>0.38</td></t<>	42261	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	52.0	0.75 cup (1 NLEA serving)	0.38
43570Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted30.00.75 cup (1 NLEA serving)08655Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches29.00.75 cup (1 NLEA serving)42240Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds32.00.75 cup (1 NLEA serving)08081Cereals ready-to-eat, POST, Honey Nut Sheedded Wheat59.01.0 cup (1 NLEA serving)08046Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size32.01.5 cup (1 NLEA serving)08191Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size52.01.0 cup (1 NLEA serving)08147Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit47.02.0 biscuits (1 NLEA serving)08148Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size49.01.0 cup (1 NLEA serving)08149Cereals ready-to-eat, QUAKER WHOLE HEARTS oat cereal30.01.0 cup (1 NLEA serving)08145Cereals ready-to-eat, QUAKER, CAPN CRUNCH28.00.75 cup (1 NLEA serving)08054Cereals ready-to-eat, QUAKER, CAPN CRUNCH with CRUNCHBERRIES30.01.0 cup (1 NLEA serving)08010Cereals ready-to-eat, QUAKER, CAPN CRUNCH S Hallowen Crunch27.00.75 cup (1 NLEA serving)08021Cereals ready-to-eat, QUAKER, CAPN CRUNCH S Hallowen Crunch26.00.75 cup (1 NLEA serving)08022Cereals ready-to-eat, QUAKER, CAPN CRUNCH S Hallowen Crunch27.00.75 cup (1 NLEA serving)08023Cereals ready-to-eat, QUAKER, CAPN CRUNCH S Hallowen Crunch26.0 <t< td=""><td>42265</td><td>Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & amp; Pecan</td><td>55.0</td><td>0.75 cup (1 NLEA serving)</td><td>0.31</td></t<>	42265	Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & amp; Pecan	55.0	0.75 cup (1 NLEA serving)	0.31
08655Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches29.00.75 cup (1 NLEA serving)42240Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds32.00.75 cup (1 NLEA serving)08081Cereals ready-to-eat, POST, Honey Nut Shredded Wheat59.01.0 cup (1 NLEA serving)08046Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size59.01.25 cup (1 NLEA serving)08191Cereals ready-to-eat, POST, Shredded Wheat, nightly frosted, spoon-size50.01.0 cup (1 NLEA serving)08147Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit47.02.0 biscuis (1 NLEA serving)08148Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size49.01.0 cup (1 NLEA serving)08148Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size49.01.0 cup (1 NLEA serving)08149Cereals ready-to-eat, QUAKER, RWHOLE HEARTS oat cereal28.00.75 cup (1 NLEA serving)08145Cereals ready-to-eat, QUAKER, CAPN CRUNCH20.00.75 cup (1 NLEA serving)08054Cereals ready-to-eat, QUAKER, CAPN CRUNCH with CRUNCHBERRIES28.00.75 cup (1 NLEA serving)08010Cereals ready-to-eat, QUAKER, CAPN CRUNCH with CRUNCHBERRIES26.00.75 cup (1 NLEA serving)08025Cereals ready-to-eat, QUAKER, CAPN CRUNCH SHAIUWER CRUNCH26.00.75 cup (1 NLEA serving)08026Cereals ready-to-eat, QUAKER, CAPN CRUNCHTS PEANUT BUTTER CRUNCH27.00.75 cup (1 NLEA serving)08020Cereals ready-to-eat, QUAKER, CAPN CRUNCHTS PEANUT BUTTER CRUNCH	08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	56.0	1.0 cup (1 NLEA serving)	0.53
42240Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds32.00.75 cup (1 NLEA serving)08081Cereals ready-to-eat, POST, Honey Nut Shredded Wheat59.01.0 cup (1 NLEA serving)08046Cereals ready-to-eat, POST, Honey Comb Cereal32.01.5 cup (1 NLEA serving)13393Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size59.01.2 cup (1 NLEA serving)08191Cereals ready-to-eat, POST, Shredded Wheat, inghtly frosted, spoon-size52.01.0 cup (1 NLEA serving)08147Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit47.02.0 biscuits (1 NLEA serving)08148Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size90.01.0 cup (1 NLEA serving)08148Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size90.01.0 cup (1 NLEA serving)08148Cereals ready-to-eat, QOX, Waffle Crisp30.01.0 cup (1 NLEA serving)08148Cereals ready-to-eat, QUAKER WHOLE HEARTS oat cereal28.00.75 cup (1 NLEA serving)08054Cereals ready-to-eat, QUAKER, CAPN CRUNCH27.00.75 cup (1 NLEA serving)08010Cereals ready-to-eat, QUAKER, CAPN CRUNCH with CRUNCHBERRIES26.00.75 cup (1 NLEA serving)08011Cereals ready-to-eat, QUAKER, CAPN CRUNCH SI Balloween Crunch26.00.75 cup (1 NLEA serving)0802Cereals ready-to-eat, QUAKER, CAPN CRUNCHS PEANUT BUTTER CRUNCH27.00.75 cup (1 NLEA serving)0802Cereals ready-to-eat, QUAKER, CAPN CRUNCHS PEANUT BUTTER CRUNCH26.00.75 cup (1 NLEA serving)<	43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	30.0	0.75 cup (1 NLEA serving)	0.37
08081Cereals ready-to-eat, POST, Honey Nut Shredded Wheat5901.0 cup (1 NLEA serving)08046Cereals ready-to-eat, POST, Honey comb Cereal32.01.5 cup (1 NLEA serving)13393Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size59.01.25 cup (1 NLEA serving)08191Cereals ready-to-eat, POST, Shredded Wheat, ightly frosted, spoon-size52.01.0 cup (1 NLEA serving)08147Cereals ready-to-eat, POST, Shredded Wheat, original big bicuit47.02.0 biscuit (1 NLEA serving)08148Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size49.01.0 cup (1 NLEA serving)08305Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size30.01.0 cup (1 NLEA serving)08448Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size30.01.0 cup (1 NLEA serving)08505Cereals ready-to-eat, QUAKER WHOLE HEARTS oat cereal28.00.75 cup (1 NLEA serving)08685Cereals ready-to-eat, QUAKER, CAPN CRUNCH27.00.75 cup (1 NLEA serving)08010Cereals ready-to-eat, QUAKER, CAPN CRUNCHS Hallowen Crunch26.00.75 cup (1 NLEA serving)08625Cereals ready-to-eat, QUAKER, CAPN CRUNCHS Hallowen Crunch26.00.75 cup (1 NLEA serving)08626Cereals ready-to-eat, QUAKER, CAPN CRUNCHS PEANUT BUTTER CRUNCH27.00.75 cup (1 NLEA serving)08627Cereals ready-to-eat, QUAKER, CAPN CRUNCHS PEANUT BUTTER CRUNCH27.00.75 cup (1 NLEA serving)08628Cereals ready-to-eat, QUAKER, CAPN CRUNCHS PEANUT BUTTER CRUNCH27.00.75 cup (1 N	08655	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	29.0	0.75 cup (1 NLEA serving)	0.14
08046Cereals ready-to-eat, POST, Honeycomb Cereal32.01.5 cup (1 NLEA serving)43393Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size59.01.25 cup (1 NLEA serving)08191Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size52.01.0 cup (1 NLEA serving)08147Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit47.02.0 biscuits (1 NLEA serving)08148Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size49.01.0 cup (1 NLEA serving)08305Cereals ready-to-eat, QUAKER wholLe HEARTS oat cereal30.01.0 cup (1 NLEA serving)08685Cereals ready-to-eat, QUAKER, NOW Natural Granola, Oats, Wheat and Honey48.00.5 cup (1 NLEA serving)08010Cereals ready-to-eat, QUAKER, CAPN CRUNCH27.00.75 cup (1 NLEA serving)08011Cereals ready-to-eat, QUAKER, CAPN CRUNCH with CRUNCHBERRIES26.00.75 cup (1 NLEA serving)08025Cereals ready-to-eat, QUAKER, CAPN CRUNCH with CRUNCHBERRIES26.00.75 cup (1 NLEA serving)08011Cereals ready-to-eat, QUAKER, CAPN CRUNCH' BAIloween Crunch26.00.75 cup (1 NLEA serving)08629Cereals ready-to-eat, QUAKER, CAPN CRUNCH'S DEANUT BUTTER CRUNCH27.00.75 cup (1 NLEA serving)08012Cereals ready-to-eat, QUAKER, CAPN CRUNCH'S PEANUT BUTTER CRUNCH27.00.75 cup (1 NLEA serving)08550Cereals ready-to-eat, QUAKER, Christmas Crunch26.00.75 cup (1 NLEA serving)08550Cereals ready-to-eat, QUAKER, Christmas Crunch26.00.75 cup (1 NLEA ser	42240	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	32.0	0.75 cup (1 NLEA serving)	0.60
43393Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size59.01.25 cup (1 NLEA serving)08191Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size52.01.0 cup (1 NLEA serving)08147Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit47.02.0 biscuits (1 NLEA serving)08148Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size49.01.0 cup (1 NLEA serving)08305Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size49.01.0 cup (1 NLEA serving)08305Cereals ready-to-eat, QUAKER WHOLE HEARTS oat cereal28.00.75 cup (1 NLEA serving)08054Cereals ready-to-eat, QUAKER, CAPN CRUNCH27.00.75 cup (1 NLEA serving)08010Cereals ready-to-eat, QUAKER, CAPN CRUNCH with CRUNCHBERRIES26.00.75 cup (1 NLEA serving)08025Cereals ready-to-eat, QUAKER, CAPN CRUNCH'S Halloween Crunch26.00.75 cup (1 NLEA serving)08629Cereals ready-to-eat, QUAKER, CAPN CRUNCH'S Halloween Crunch26.00.75 cup (1 NLEA serving)08629Cereals ready-to-eat, QUAKER, CAPN CRUNCH'S Halloween Crunch26.00.75 cup (1 NLEA serving)08629Cereals ready-to-eat, QUAKER, CAPN CRUNCH'S PEANUT BUTTER CRUNCH27.00.75 cup (1 NLEA serving)08629Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH27.00.75 cup (1 NLEA serving)08629Cereals ready-to-eat, QUAKER, Christmas Crunch26.00.75 cup (1 NLEA serving)08629Cereals ready-to-eat, QUAKER, Christmas Crunch27.00.75 cup (08081	Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	59.0	1.0 cup (1 NLEA serving)	0.71
08191Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size52.01.0 cup (1 NLEA serving)08147Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit47.02.0 biscuits (1 NLEA serving)08148Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size49.01.0 cup (1 NLEA serving)08305Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size49.01.0 cup (1 NLEA serving)08305Cereals ready-to-eat, POST, Waffle Crisp30.01.0 cup (1 NLEA serving)08685Cereals ready-to-eat, QUAKER WHOLE HEARTS oat cereal28.00.75 cup (1 NLEA serving)08054Cereals ready-to-eat, QUAKER, CAPN CRUNCH27.00.75 cup (1 NLEA serving)08010Cereals ready-to-eat, QUAKER, CAPN CRUNCH with CRUNCHBERRIES26.00.75 cup (1 NLEA serving)08625Cereals ready-to-eat, QUAKER, CAPN CRUNCH'S Halloween Crunch26.00.75 cup (1 NLEA serving)08629Cereals ready-to-eat, QUAKER, CAPN CRUNCH'S PEANUT BUTTER CRUNCH27.00.75 cup (1 NLEA serving)08550Cereals ready-to-eat, QUAKER, CAPN CRUNCH'S PEANUT BUTTER CRUNCH27.00.75 cup (1 NLEA serving)08550Cereals ready-to-eat, QUAKER, Christmas Crunch26.00.75 cup (1 NLEA serving)08047Cereals ready-to-eat, QUAKER, KING VITAMAN27.00.75 cup (1 NLEA serving)08047Cereals ready-to-eat, QUAKER, KING VITAMAN31.01.5 cup (1 NLEA serving)08220Cereals ready-to-eat, QUAKER, KING VITAMAN31.01.5 cup (1 NLEA serving)	08046	Cereals ready-to-eat, POST, Honeycomb Cereal	32.0	1.5 cup (1 NLEA serving)	0.05
NameCereals ready-to-eat, POST, Shredded Wheat, original big biscuit47.02.0 biscuits (1 NLEA serving)08148Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size49.01.0 cup (1 NLEA serving)08305Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size30.01.0 cup (1 NLEA serving)08305Cereals ready-to-eat, POST, Waffle Crisp30.01.0 cup (1 NLEA serving)08685Cereals ready-to-eat, QUAKER WHOLE HEARTS oat cereal28.00.75 cup (1 NLEA serving)08054Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey48.00.5 cup (1 NLEA serving)08010Cereals ready-to-eat, QUAKER, CAPN CRUNCH27.00.75 cup (1 NLEA serving)08011Cereals ready-to-eat, QUAKER, CAPN CRUNCH with CRUNCHBERRIES26.00.75 cup (1 NLEA serving)08625Cereals ready-to-eat, QUAKER, CAPN CRUNCH'S Halloween Crunch26.00.75 cup (1 NLEA serving)08012Cereals ready-to-eat, QUAKER, CAPN CRUNCH'S PANUT BUTTER CRUNCH27.00.75 cup (1 NLEA serving)08012Cereals ready-to-eat, QUAKER, CAPN CRUNCH'S PEANUT BUTTER CRUNCH27.00.75 cup (1 NLEA serving)0812Cereals ready-to-eat, QUAKER, Christmas Crunch26.00.75 cup (1 NLEA serving)08550Cereals ready-to-eat, QUAKER, HONEY GRAHAM OHIS27.00.75 cup (1 NLEA serving)08471Cereals ready-to-eat, QUAKER, KING VITAMAN31.01.5 cup (1 NLEA serving)08220Cereals ready-to-eat, QUAKER, KUNG VITAMAN31.01.5 cup (1 NLEA serving)08220Cereals ready-t	43393	Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	59.0	1.25 cup (1 NLEA serving)	0.64
N8148Ccreals ready-to-eat, POST, Shredded Wheat, original spoon-size49.01.0 cup (1 NLEA serving)08305Ccreals ready-to-eat, Post, Waffle Crisp30.01.0 cup (1 NLEA serving)08685Ccreals ready-to-eat, QUAKER WHOLE HEARTS oat cereal28.00.75 cup (1 NLEA serving)08054Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey48.00.5 cup (1 NLEA serving)08010Cereals ready-to-eat, QUAKER, CAP'N CRUNCH27.00.75 cup (1 NLEA serving)08011Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES26.00.75 cup (1 NLEA serving)08025Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S Halloween Crunch26.00.75 cup (1 NLEA serving)08026Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S Halloween Crunch26.00.75 cup (1 NLEA serving)08021Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH27.00.75 cup (1 NLEA serving)08022Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH27.00.75 cup (1 NLEA serving)0812Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH27.00.75 cup (1 NLEA serving)08550Cereals ready-to-eat, QUAKER, Christmas Crunch26.00.75 cup (1 NLEA serving)08211Cereals ready-to-eat, QUAKER, KING VITAMAN27.00.75 cup (1 NLEA serving)08474Cereals ready-to-eat, QUAKER, KING VITAMAN31.01.5 cup (1 NLEA serving)08420Cereals ready-to-eat, QUAKER, KING VITAMAN35.00.6666 cup (1 NLEA serving)08421Cereals ready-	08191	Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	52.0	1.0 cup (1 NLEA serving)	0.17
08305Cereals ready-to-eat, Post, Waffle Crisp30.01.0 cup (1 NLEA serving)08685Cereals ready-to-eat, QUAKER WHOLE HEARTS oat cereal28.00.75 cup (1 NLEA serving)08054Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey48.00.5 cup (1 NLEA serving)08010Cereals ready-to-eat, QUAKER, CAPN CRUNCH27.00.75 cup (1 NLEA serving)08011Cereals ready-to-eat, QUAKER, CAPN CRUNCH with CRUNCHBERRIES26.00.75 cup (1 NLEA serving)08625Cereals ready-to-eat, QUAKER, CAPN CRUNCH'S Halloween Crunch26.00.75 cup (1 NLEA serving)08629Cereals ready-to-eat, QUAKER, Cap'n Crunch's OOPS! All Berries Cereal32.01.0 cup (1 NLEA serving)08012Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH27.00.75 cup (1 NLEA serving)08550Cereals ready-to-eat, QUAKER, Christmas Crunch26.00.75 cup (1 NLEA serving)08550Cereals ready-to-eat, QUAKER, Christmas Crunch27.00.75 cup (1 NLEA serving)08211Cereals ready-to-eat, QUAKER, KING VITAMAN27.00.75 cup (1 NLEA serving)08047Cereals ready-to-eat, QUAKER, KING VITAMAN31.01.5 cup (1 NLEA serving)08220Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins55.00.666 cup (1 NLEA serving)	08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	47.0	2.0 biscuits (1 NLEA serving)	0.00
08685Cereals ready-to-eat, QUAKER WHOLE HEARTS oat cereal28.00.75 cup (1 NLEA serving)08054Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey48.00.5 cup (1 NLEA serving)08010Cereals ready-to-eat, QUAKER, CAPN CRUNCH27.00.75 cup (1 NLEA serving)08011Cereals ready-to-eat, QUAKER, CAPN CRUNCH with CRUNCHBERRIES26.00.75 cup (1 NLEA serving)08625Cereals ready-to-eat, QUAKER, CAPN CRUNCH'S Halloween Crunch26.00.75 cup (1 NLEA serving)08629Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH27.00.75 cup (1 NLEA serving)08012Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH27.00.75 cup (1 NLEA serving)08550Cereals ready-to-eat, QUAKER, Christmas Crunch26.00.75 cup (1 NLEA serving)08511Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH27.00.75 cup (1 NLEA serving)08520Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S27.00.75 cup (1 NLEA serving)08047Cereals ready-to-eat, QUAKER, KING VITAMAN31.01.5 cup (1 NLEA serving)08220Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins55.00.6666 cup (1 NLEA serving)	08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	49.0	1.0 cup (1 NLEA serving)	0.32
08054Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey48.00.5 cup (1 NLEA serving)08010Cereals ready-to-eat, QUAKER, CAP'N CRUNCH27.00.75 cup (1 NLEA serving)08011Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES26.00.75 cup (1 NLEA serving)08625Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S Halloween Crunch26.00.75 cup (1 NLEA serving)08629Cereals ready-to-eat, QUAKER, Cap'n CRUNCH'S PEANUT BUTTER CRUNCH27.00.75 cup (1 NLEA serving)08012Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH27.00.75 cup (1 NLEA serving)08550Cereals ready-to-eat, QUAKER, Christmas Crunch26.00.75 cup (1 NLEA serving)08211Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S27.00.75 cup (1 NLEA serving)08047Cereals ready-to-eat, QUAKER, KING VITAMAN31.01.5 cup (1 NLEA serving)08220Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins55.00.666 cup (1 NLEA serving)	08305	Cereals ready-to-eat, Post, Waffle Crisp	30.0	1.0 cup (1 NLEA serving)	0.12
08010Cereals ready-to-eat, QUAKER, CAP'N CRUNCH27.00.75 cup (1 NLEA serving)08011Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES26.00.75 cup (1 NLEA serving)08625Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S Halloween Crunch26.00.75 cup (1 NLEA serving)08629Cereals ready-to-eat, QUAKER, Cap'n Crunch's OOPS! All Berries Cereal32.01.0 cup (1 NLEA serving)08012Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH27.00.75 cup (1 NLEA serving)08550Cereals ready-to-eat, QUAKER, Christmas Crunch26.00.75 cup (1 NLEA serving)08211Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S27.00.75 cup (1 NLEA serving)08047Cereals ready-to-eat, QUAKER, KING VITAMAN31.01.5 cup (1 NLEA serving)08220Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins55.00.666 cup (1 NLEA serving)	08685	Cereals ready-to-eat, QUAKER WHOLE HEARTS oat cereal	28.0	0.75 cup (1 NLEA serving)	1.56
08011Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES26.00.75 cup (1 NLEA serving)08625Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S Halloween Crunch26.00.75 cup (1 NLEA serving)08629Cereals ready-to-eat, QUAKER, Cap'n Crunch's OOPS! All Berries Cereal32.01.0 cup (1 NLEA serving)08012Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH27.00.75 cup (1 NLEA serving)08550Cereals ready-to-eat, QUAKER, Christmas Crunch26.00.75 cup (1 NLEA serving)08211Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S27.00.75 cup (1 NLEA serving)08047Cereals ready-to-eat, QUAKER, KING VITAMAN31.01.5 cup (1 NLEA serving)08220Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins55.00.666 cup (1 NLEA serving)	08054	Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey	48.0	0.5 cup (1 NLEA serving)	0.62
08625Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S Halloween Crunch26.00.75 cup (1 NLEA serving)08629Cereals ready-to-eat, QUAKER, Cap'n Crunch's OOPS! All Berries Cereal32.01.0 cup (1 NLEA serving)08012Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH27.00.75 cup (1 NLEA serving)08550Cereals ready-to-eat, QUAKER, Christmas Crunch26.00.75 cup (1 NLEA serving)08211Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S27.00.75 cup (1 NLEA serving)08047Cereals ready-to-eat, QUAKER, KING VITAMAN31.01.5 cup (1 NLEA serving)08220Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins55.00.666 cup (1 NLEA serving)	08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27.0	0.75 cup (1 NLEA serving)	0.17
08629Cereals ready-to-eat, QUAKER, Cap'n Crunch's OOPS! All Berries Cereal32.01.0 cup (1 NLEA serving)08012Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH27.00.75 cup (1 NLEA serving)08550Cereals ready-to-eat, QUAKER, Christmas Crunch26.00.75 cup (1 NLEA serving)08211Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S27.00.75 cup (1 NLEA serving)08047Cereals ready-to-eat, QUAKER, KING VITAMAN31.01.5 cup (1 NLEA serving)08220Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins55.00.666 cup (1 NLEA serving)	08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26.0	0.75 cup (1 NLEA serving)	0.16
08012Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH27.00.75 cup (1 NLEA serving)08550Cereals ready-to-eat, QUAKER, Christmas Crunch26.00.75 cup (1 NLEA serving)08211Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S27.00.75 cup (1 NLEA serving)08047Cereals ready-to-eat, QUAKER, KING VITAMAN31.01.5 cup (1 NLEA serving)08220Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins55.00.666 cup (1 NLEA serving)	08625	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S Halloween Crunch	26.0	0.75 cup (1 NLEA serving)	0.11
08550Cereals ready-to-eat, QUAKER, Christmas Crunch26.00.75 cup (1 NLEA serving)08211Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S27.00.75 cup (1 NLEA serving)08047Cereals ready-to-eat, QUAKER, KING VITAMAN31.01.5 cup (1 NLEA serving)08220Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins55.00.666 cup (1 NLEA serving)	08629	Cereals ready-to-eat, QUAKER, Cap'n Crunch's OOPS! All Berries Cereal	32.0	1.0 cup (1 NLEA serving)	0.20
08211Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S27.00.75 cup (1 NLEA serving)08047Cereals ready-to-eat, QUAKER, KING VITAMAN31.01.5 cup (1 NLEA serving)08220Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins55.00.666 cup (1 NLEA serving)	08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27.0	0.75 cup (1 NLEA serving)	0.16
08047Cereals ready-to-eat, QUAKER, KING VITAMAN31.01.5 cup (1 NLEA serving)08220Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins55.00.666 cup (1 NLEA serving)	08550	Cereals ready-to-eat, QUAKER, Christmas Crunch	26.0	0.75 cup (1 NLEA serving)	0.11
08220 Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins 55.0 0.666 cup (1 NLEA serving)	08211	Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	27.0	0.75 cup (1 NLEA serving)	1.46
	08047	Cereals ready-to-eat, QUAKER, KING VITAMAN	31.0	1.5 cup (1 NLEA serving)	1.41
	08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	55.0	0.666 cup (1 NLEA serving)	0.59
08628Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal32.00.75 cup (1 NLEA serving)	08628	Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	32.0	0.75 cup (1 NLEA serving)	0.18
08353Cereals ready-to-eat, QUAKER, MOTHER'S Cinnamon Oat Crunch60.01.0 cup (1 NLEA serving)	08353	Cereals ready-to-eat, QUAKER, MOTHER'S Cinnamon Oat Crunch	60.0	1.0 cup (1 NLEA serving)	2.72
08355Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS33.01.0 cup (1 NLEA serving)	08355	Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS	33.0	1.0 cup (1 NLEA serving)	0.86

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NDB_No	Description	Weight(g)	Measure ^{(alph}	Vitamin E a-tocopherol)(mg)
				Per Measure
08354	Cereals ready-to-eat, QUAKER, MOTHER'S GRAHAM BUMPERS	28.0	0.75 cup (1 NLEA serving)	0.70
08351	Cereals ready-to-eat, QUAKER, MOTHER'S PEANUT BUTTER BUMPERS Cereal	33.0	1.0 cup (1 NLEA serving)	1.22
08352	Cereals ready-to-eat, QUAKER, MOTHER'S Toasted Oat Bran cereal	32.0	0.75 cup (1 NLEA serving)	1.44
08627	Cereals ready-to-eat, QUAKER, Natural Granola Apple Cranberry Almond	49.0	0.5 cup (1 NLEA serving)	0.80
08214	Cereals ready-to-eat, QUAKER, Oatmeal Squares	56.0	1.0 cup (1 NLEA serving)	2.72
08215	Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon	56.0	1.0 cup (1 NLEA serving)	1.81
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	51.0	0.5 cup (1 NLEA serving)	0.59
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	27.0	0.75 cup (1 NLEA serving)	0.18
08549	Cereals ready-to-eat, QUAKER, QUAKER Honey Graham LIFE Cereal	32.0	0.75 cup (1 NLEA serving)	0.18
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32.0	0.75 cup (1 NLEA serving)	0.18
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32.0	0.75 cup (1 NLEA serving)	0.20
08066	Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	14.0	0.75 cup (1 NLEA serving)	0.01
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	15.0	1.0 cup (1 NLEA serving)	0.00
08365	Cereals ready-to-eat, QUAKER, Shredded Wheat, bagged cereal	63.0	3.0 biscuits (1 NLEA serving)	0.00
08059	Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	27.0	1.0 cup (1 NLEA serving)	0.20
08216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	57.0	1.25 cup (1 NLEA serving)	1.77
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	30.0	1.0 cup (NLEA serving)	0.03
08506	Cereals ready-to-eat, RALSTON Corn Flakes	28.0	1.0 cup (1 NLEA serving)	0.01
08025	Cereals ready-to-eat, RALSTON CRISP RICE	33.0	1.25 cup (1 NLEA serving)	0.02
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	29.0	1.0 cup (1 NLEA serving)	0.01
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	29.0	1.0 serving (NLEA serving size = 0.75 cup)	23.33
08074	Cereals ready-to-eat, RALSTON TASTEEOS	28.0	1.0 cup (1 NLEA serving)	0.12
08085	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ	14.0	2.0 tbsp (1 NLEA serving)	2.70
08366	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Wheat Germ, Regular	14.0	2.0 tbsp (1 NLEA serving)	2.70
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	55.0	0.75 cup (1 NLEA serving)	0.50
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	29.0	1.0 cup	0.02
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	28.0	1.0 cup (1 NLEA serving)	0.02
42237	Cereals ready-to-eat, WEETABIX whole grain cereal	35.0	2.0 biscuits (1 NLEA serving)	0.34
43245	Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	55.0	1.0 cup (1 NLEA serving)	1.28
08084	Cereals ready-to-eat, wheat germ, toasted, plain	28.35	1.0 oz	4.53
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	0.08
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	0.08
08090	Cereals, corn grits, white, regular and quick, enriched, dry	9.7	1.0 tbsp	0.02
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	0.05

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NDB_No	Description	Weight(g)	Measure (alph	Vitamin E na-tocopherol)(mg)
				Per Measure
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	170.0	1.0 cup	0.27
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	233.0	1.0 cup	0.05
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	0.05
08101	Cereals, CREAM OF RICE, cooked with water, without salt	244.0	1.0 cup	0.05
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	0.05
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	237.0	1.0 cup	0.09
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	245.0	1.0 cup	0.07
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	33.0	3.0 tablespoon (1 serving)	0.10
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	231.0	1.0 cup	0.14
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	244.0	1.0 cup	0.10
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	33.0	3.0 tablespoon (1 NLEA serving)	0.12
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	0.01
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	0.05
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	251.0	1.0 cup (1 serving)	0.05
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251.0	1.0 cup (1 serving)	0.05
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	10.6	1.0 tbsp	0.01
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	240.0	1.0 cup	0.10
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	11.0	1.0 tbsp	0.04
08173	Cereals, farina, enriched, cooked with water, with salt	233.0	1.0 cup	0.09
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	0.10
08172	Cereals, farina, unenriched, dry	10.9	1.0 tbsp	0.01
08702	Cereals, KELLOGG'S SPECIAL K NOURISH, Cinnamon Raisin Pecan, dry	52.0	1.0 Container (1 NLEA serving)	1.35
08703	Cereals, KELLOGG'S SPECIAL K NOURISH, Cranberry Almond, dry	52.0	1.0 Container (1 NLEA serving)	1.35
08704	Cereals, KELLOGG'S SPECIAL K NOURISH, Maple Brown Sugar Crunch, dry	52.0	1.0 Container (1 NLEA serving)	1.35
08177	Cereals, MALT-O-MEAL, chocolate, dry	35.0	3.0 tbsp (1 NLEA serving)	0.72
08512	Cereals, MALT-O-MEAL, chocolate, prepared with water, without salt	268.0	1.0 serving (3 T dry cereal plus 1 cup water)	0.72
08488	Cereals, MALT-O-MEAL, Farina Hot Wheat Cereal, dry	35.0	3.0 tbsp (1 NLEA serving)	0.00
08489	Cereals, MALT-O-MEAL, Maple & amp; Brown Sugar Hot Wheat Cereal, dry	45.0	0.25 cup (1 NLEA serving)	0.01
08116	Cereals, MALT-O-MEAL, original, plain, dry	35.0	3.0 tbsp (1 NLEA serving)	0.04
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)	0.03
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	43.0	1.0 packet	0.22
08122	Cereals, oats, instant, fortified, plain, dry	28.0	1.0 packet	0.14
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	234.0	1.0 cup, cooked	0.16

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NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	45.0	1.0 packet	0.22
08129	Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	240.0	1.0 cup	0.29
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	44.0	1.0 packet	0.18
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	240.0	1.0 cup	0.22
08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	234.0	1.0 cup	0.19
08120	Cereals, oats, regular and quick, not fortified, dry	81.0	1.0 cup	0.34
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234.0	1.0 cup	0.19
08094	Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.03
08092	Cereals, QUAKER, corn grits, instant, plain, dry	29.0	1.0 packet	0.01
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	219.0	1.0 cup	0.02
08314	Cereals, QUAKER, hominy grits, white, quick, dry	37.0	0.25 cup	0.04
08316	Cereals, QUAKER, hominy grits, white, regular, dry	41.0	0.25 cup (1 NLEA serving)	0.05
08449	Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.03
08221	Cereals, QUAKER, Instant Grits, Butter flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.05
08096	Cereals, QUAKER, Instant Grits, Country Bacon flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.03
08450	Cereals, QUAKER, Instant Grits, Ham 'n' Cheese flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.03
08444	Cereals, QUAKER, Instant Grits, Redeye Gravy & amp; Country Ham flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.03
08640	Cereals, QUAKER, Instant Oatmeal Organic, Regular	41.0	1.0 packet	0.19
08642	Cereals, QUAKER, Instant Oatmeal, Apple and Cinnamon, reduced sugar	31.0	1.0 packet (1 NLEA serving)	0.15
08124	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry	43.0	1.0 packet (1 NLEA serving)	0.18
08417	Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry	41.0	1.0 packet (1 NLEA serving)	0.18
08639	Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar	34.0	1.0 packet (1 NLEA serving)	0.19
08688	Cereals, QUAKER, Instant Oatmeal, Cinnamon Swirl, high fiber	45.0	1.0 packet (1 NLEA serving)	0.19
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	43.0	1.0 packet (1 NLEA serving)	0.22
08411	Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry	50.0	1.0 packet (1 NLEA serving)	0.22
08225	Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	35.0	1.0 packet	0.16
08641	Cereals, QUAKER, Instant Oatmeal, fruit and cream, variety of flavors, reduced sugar	33.0	1.0 packet	0.21
08130	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	43.0	1.0 packet	0.19
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	43.0	1.0 packet (1 NLEA serving)	0.17
08228	Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry	37.0	1.0 packet	0.20
08694	Cereals, QUAKER, Instant Oatmeal, weight control, cinnamon	45.0	1.0 packet (1 NLEA serving)	0.25
08690	Cereals, QUAKER, oatmeal, REAL MEDLEYS, apple walnut, dry	75.0	1.0 package (1 NLEA serving)	0.27
08689	Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry	70.0	1.0 package (1 NLEA serving)	0.32

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NDB_No	Description	Weight(g)	Measure ^{(alpha-}	Vitamin E tocopherol)(mg)
				Per Measure
08693	Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry	73.0	1.0 package (1 NLEA serving)	0.36
08692	Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry	75.0	1.0 package (1 NLEA serving)	1.84
08691	Cereals, QUAKER, oatmeal, REAL MEDLEYS, summer berry, dry	70.0	1.0 package (1 NLEA serving)	0.33
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	40.0	0.5 cup (1 NLEA serving)	0.26
08451	Cereals, QUAKER, Quick Oats with Iron, Dry	40.0	0.5 cup	0.26
08402	Cereals, QUAKER, Quick Oats, Dry	40.0	0.5 cup	0.17
08687	Cereals, QUAKER, Weight Control Instant Oatmeal, banana bread	45.0	1.0 packet (1 NLEA serving)	0.25
08686	Cereals, QUAKER, Weight Control Instant Oatmeal, maple and brown sugar	45.0	1.0 packet (1 NLEA serving)	0.25
08452	Cereals, QUAKER, Whole Wheat Natural Cereal, dry	40.0	0.5 cup	0.38
08673	Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	0.37
08182	Cereals, WHEATENA, cooked with water, with salt	243.0	1.0 cup	1.29
08142	Cereals, WHEATENA, dry	40.0	0.33 cup (1 NLEA serving)	1.38
08183	Cereals, whole wheat hot natural cereal, cooked with water, with salt	242.0	1.0 cup	0.58
08145	Cereals, whole wheat hot natural cereal, cooked with water, without salt	242.0	1.0 cup	0.58
08144	Cereals, whole wheat hot natural cereal, dry	94.0	1.0 cup	1.23
11765	Chard, swiss, cooked, boiled, drained, with salt	175.0	1.0 cup, chopped	3.31
11148	Chard, swiss, cooked, boiled, drained, without salt	175.0	1.0 cup, chopped	3.31
11147	Chard, swiss, raw	36.0	1.0 cup	0.68
11766	Chayote, fruit, cooked, boiled, drained, with salt	160.0	1.0 cup (1" pieces)	0.22
11150	Chayote, fruit, cooked, boiled, drained, without salt	160.0	1.0 cup (1" pieces)	0.22
11149	Chayote, fruit, raw	132.0	1.0 cup (1" pieces)	0.16
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	28.35	1.0 oz	0.61
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	0.71
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	0.71
01215	Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	21.0	1.0 slice 3/4 oz	0.06
01252	Cheese product, pasteurized process, American, vitamin D fortified	19.0	1.0 slice (2/3 oz)	0.16
42258	Cheese product, pasteurized process, cheddar, reduced fat	28.0	1.0 slice 1 oz	0.08
19434	Cheese puffs and twists, corn based, baked, low fat	28.35	1.0 oz	1.20
01164	Cheese sauce, prepared from recipe	30.0	2.0 tbsp	0.03
01259	Cheese spread, American or Cheddar cheese base, reduced fat	21.0	1.0 piece	0.10
43276	Cheese spread, cream cheese base	28.35	1.0 oz	0.22
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	0.27
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	0.12
43278	Cheese, american cheddar, imitation	21.0	1.0 slice	0.06

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01270Cheese, cheldar, sharp, skied19.01.0 skie (23 oz)0.01501011Cheese, colby13201.0 cup, diced0.03701012Cheese, coltag, creaned, urb fruit11304.0 oz0.00501013Cheese, contag, carened, urb fruit11304.0 oz0.00102325Cheese, cottag, lowfat, 1% milkfat, actose redued11304.0 oz0.00102325Cheese, cottag, lowfat, 1% milkfat, nactose redued11304.0 oz0.00102325Cheese, cottag, lowfat, 1% milkfat, nactose redued11304.0 oz0.00103305Cheese, cottag, lowfat, 1% milkfat, nactose redued11304.0 oz0.00104336Cheese, cottag, lowfat, 1% milkfat, nactose redued11304.0 oz0.00101014Cheese, cottag, lowfat, 1% milkfat, nactose redued11304.0 oz0.00101014Cheese, cottag, norfat, uncreaned, dy, large or small curd11304.0 oz0.00101014Cheese, cottag, norfat, uncreaned, dy, large or small curd11304.0 oz0.00101017Cheese, crean, far free11301.0 dz og0.00101018Cheese, crean, far free11301.0 dz og0.0010118Cheese, crean, far free12301.0 dz og0.0010119Cheese, fontina1.0 dz1.0 dz og0.00101010Cheese, fontina, quaso sco12301.0 dz og0.0010115Cheese, fontina, quaso freedo12301.0 dz og0.001 <td< td=""><td>01265</td><td>Cheese, cheddar, nonfat or fat free</td><td></td><td>1.0 serving</td><td></td></td<>	01265	Cheese, cheddar, nonfat or fat free		1.0 serving	
0101Cheese, collage, creamed, large or small card11201.0 cup, diced0.0 3701012Cheese, cottage, creamed, large or small card11304.0 or0.00901016Cheese, cottage, lowfat, 1% milkfar11304.0 or0.00142325Cheese, cottage, lowfat, 1% milkfar, horsour added11304.0 or0.00143396Cheese, cottage, lowfat, 1% milkfar, no softm added11304.0 or0.00143397Cheese, cottage, lowfat, 1% milkfar, unity expethloes11304.0 or0.00143396Cheese, cottage, lowfat, 1% milkfar, unity expethloes11304.0 or0.00101015Cheese, cottage, lowfat, 1% milkfar, unity expethloes11304.0 or0.00101014Cheese, cottage, lowfat, 1% milkfar, unity expethloes11304.0 or0.00101015Cheese, cottage, lowfat, 1% milkfar, unity expethloes11304.0 or0.00101016Cheese, cottage, lowfat, 1% milkfar, unity expethloes11304.0 or0.00101017Cheese, cottage, lowfat, 1% milkfar, unity expethloes11304.0 or0.00101014Cheese, cottage, lowfat, uncreamed, dry, large or small card11304.0 or0.0010115Cheese, cottage, lowfat, uncreamed, dry, large or small card11301.0 or0.0010126Cheese, cottage, lowfat, uncreamed, dry, large or small card11301.0 or0.0010137Cheese, cottage, lowfat, uncreamed, dry, large or small card1.0 or0.0010.001013	01260	Cheese, cheddar, reduced fat	21.0		0.10
01012Chees, creamed, large or small card113.04.0.000.0000103Chees, creamed, with fruit113.04.0.000.0000104Chees, creamed, with fruit fraction enderd113.04.0.000.00102350Chees, created, large indicata lease reduced113.04.0.000.00103360Chees, created, large indicata lease reduced113.04.0.000.00103370Chees, created, large indicata lease reduced113.04.0.000.00103380Chees, created, large indicata lease reduced113.04.0.000.00103390Chees, created, large indicata lease reduced113.04.0.000.00103390Chees, created, large indicata lease reduced113.04.0.000.00103400Chees, created, large indicata lease reduced113.04.0.000.00103410Chees, created, large indicata lease reduced113.04.0.000.00103411Chees, created, large indicata lease reduced113.04.0.000.0.00103411Chees, created, large indicata lease reduced113.0110.0000.0.00103411Chees, created, large indicata lease reduced113.0110.0000.0.00103411Chees, cre		-			
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01016Cheese, cottage, lowfat, 1% milkfat0113.00.000.0042325Cheese, cottage, lowfat, 1% milkfat, lactose reduced113.00.000.0043352Cheese, cottage, lowfat, 1% milkfat, actose reduced113.00.000.0043354Cheese, cottage, lowfat, 1% milkfat, with vegetables113.00.000.0001015Cheese, cottage, lowfat, 2% milkfat113.00.000.0001014Cheese, cottage, lowfat, 2% milkfat113.00.000.0001015Cheese, cottage, lowfat, 1% milkfat, with vegetables113.00.000.0001014Cheese, cottage, lowfat, 2% milkfat0.010.000.0001014Cheese, cottage, lowfat, 1% milkfat, with vegetables113.00.000.0001015Cheese, cottage, lowfat, 1% milkfat, with vegetables113.00.000.0001014Cheese, cottage, lowfat, 1% milkfat, with vegetables113.00.000.0001014Cheese, cottage, lowfat, 1% milkfat, with vegetables113.00.000.0001015Cheese, cottage, lowfat, 1% milkfat, with vegetables113.00.000.0001015Cheese, cottage, lowfat, 1% milkfat, low milkfat, lower method, lower method113.00.000.000118Cheese, cottage, low fat, low fat, low fat, lower method113.00.000.0001015Cheese, feta1.010.000.000.000115Cheese, foxin fortope12.01.010.000.000115 <td< td=""><td>01012</td><td></td><td></td><td>4.0 oz</td><td>0.09</td></td<>	01012			4.0 oz	0.09
4225Cheese, cortage, lowfat, 1% millfaft, lactose reduced113040 or 0043352Cheese, cottage, lowfat, 1% millfaft, with vegetables113040 or 0043360Cheese, cottage, lowfat, 1% millfaft, with vegetables113040 or 0001014Cheese, cottage, nonfat, uncreamed, dry, large or small card113040 or 0001014Cheese, cottage, with vegetables113040 or 0001014Cheese, cottage, with vegetables113010 cup (not packed)01014Cheese, cottage, with vegetables113040 or 0001017Cheese, cottage, with vegetables113040 or 0001018Cheese, cream, fat free113040 or 0001019Cheese, cream, fat free113010 ot 000119Cheese, draw fat and company11010 ot 000119Cheese, chan11010 ot 000119Cheese, fresh, queso fresco11010 ot 000119Cheese, fresh, queso fresco11010 ot 0001210Cheese, fresh, queso fresco12010 ot 00012210Cheese, goat, seninoft type283510 ot 0001350Cheese, goat, seninoft type283510 ot 0001360Cheese, goat, seninoft type283510 ot 0001370Cheese, goat, seninoft type283510 ot 0001360Cheese, goat, seninoft type283510 ot 0001370Cheese, goat, seninoft type283510 ot 0001370Cheese, goat, seninoft type	01013	Cheese, cottage, creamed, with fruit		4.0 oz	0.05
4352Cheese, cottage, lowfat, 1% milkfat, no softum added11304.0 or00043396Cheese, cottage, lowfat, 1% milkfat, with vegetables11304.0 or00001015Cheese, cottage, lowfat, 2% milkfat113.04.0 or0.0001014Cheese, cottage, nonfat, uncreamed, dry, large or small curd114.51.0 cup (not packed)0.0143273Cheese, cottage, with vegetables113.04.0 or0.0001017Cheese, cottage, with vegetables113.04.0 or0.0001018Cheese, cream, fat free18.01.0 tubp0.0001270Cheese, cream, fat free10.01.0 tup grated0.0001271Cheese, cheam, fat free15.01.0 tup grated0.0001280Cheese, feat1.0 tup grated0.020.0001090Cheese, fesh, queso fresco115.01.0 cup, crumbled0.0201019Cheese, fesh, queso fresco115.01.0 cup, crumbled0.0201020Cheese, goat, snirsioft type28.351.0 or0.0001156Cheese, goat, snirsioft type28.351.0 or0.0001157Cheese, goat, snirsioft type28.351.0 or0.0701020Cheese, goat, snirsioft type28.351.0 or0.0701156Cheese, goat, snirsioft type28.351.0 or0.0701157Cheese, goat, snirsioft type28.351.0 or0.0701020Cheese, goat, snirsioft type28.351.0 or0	01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	0.01
43396Cheese, routage, lowfat, 1% milkfat, with vegetables1130113040.00000101015Cheese, cottage, lowfat, 2% milkfat1130113040.02000901014Cheese, cottage, nonfat, uncreamed, dry, large or small curd1145113010.0 cup (not packed)0.0142273Cheese, cottage, with vegetables113010.0 cup (not packed)0.0001017Cheese, cream, fat free113010.0 clp0.0001018Cheese, cream, fat free118010.0 clp0.0013274Cheese, cream, low fat115010.0 clp0.0010277Cheese, deam0.010.0 cup0.0001080Cheese, feta10.0 cup, grated0.0201090Cheese, fresh, queso fresco11301.0 cup, curumbled0.0201280Cheese, grat, sertifype28.351.0 oz0.0001150Cheese, grat, sertifype	42235	Cheese, cottage, lowfat, 1% milkfat, lactose reduced	113.0	4.0 oz	0.01
01015Cheese, cottage, lowfat, 2% milkfat11304.0 oz0.0001014Cheese, cottage, nonfat, uncreamed, dry, large or small curd14501.0 cup (not packed)0.0043273Cheese, cottage, with vegetables11304.0 oz0.0001017Cheese, cream1.1 d.1.0 d.0.0001186Cheese, cream, far free1.8.01.0 d.0.0043274Cheese, cream, low fat1.0 d.1.0 d.0.0043274Cheese, dry white, queso seco97.01.0 cup grated0.4801180Cheese, edam0.001.0 cup, cumbled0.0101190Cheese, freah, queso fresco1.0 d.1.0 cup, cumbled0.02010100Cheese, freah, queso fresco1.201.0 cup, cumbled0.0201190Cheese, freah, queso fresco1.201.0 cup, cumbled0.0501190Cheese, freah, queso fresco1.201.0 cup, cumbled0.0501190Cheese, freah, queso fresco1.201.0 cup, cumbled0.0501150Cheese, grath, and type2.8351.0 oz0.0001150Cheese, grath, and type2.8351.0 oz0.0701150Cheese, grath, and type2.	43352	Cheese, cottage, lowfat, 1% milkfat, no sodium added	113.0	4.0 oz	0.01
01014Cheese, cotage, nonfat, uncreamed, dry, large or small curd14501.0 cup (not packed)0.0143273Cheese, cotage, with vegetables113.04.0 cz0.0601017Cheese, cream1.0 thesp0.0101186Cheese, cream, fat free18.01.0 thesp0.0043274Cheese, cream, low fat1.0 thesp0.0043274Cheese, dry white, queso seco97.01.0 cup grated0.4801180Cheese, edam28.350.0 the grated0.0701090Cheese, feta1.0 cup, crumbled0.27010200Cheese, fresh, queso fresco132.01.0 cup, crumbled0.27012300Cheese, fresh, queso fresco132.01.0 cup, crumbled0.07011500Cheese, goat, senfirsco28.350.0 cup0.00011570Cheese, goat, senfirsto frep28.351.0 cup0.00011570Cheese, goat, senfirsto frep28.351.0 cup0.00011590Cheese, goat, senfirsto frep28.351.0 cup0.00011570Cheese, goat, senfirsto frep28.351.0 cup0.00011570Cheese, goat, senfirsto frep28.351.0 cup0.00011590Cheese, goat, senfirsto frep28.351.0 cup0.00011590Cheese, goat, senfirsto frep28.351.0 cup0.00011590Cheese, goat, senfirsto frep28.351.0 cup0.00012010Cheese, goat, senfirsto frep28.351.0 cup </td <td>43396</td> <td>Cheese, cottage, lowfat, 1% milkfat, with vegetables</td> <td>113.0</td> <td>4.0 oz</td> <td>0.01</td>	43396	Cheese, cottage, lowfat, 1% milkfat, with vegetables	113.0	4.0 oz	0.01
4273 Cheese, cotage, with vegetables 113.0 4.0 oz 0.06 01017 Cheese, cream 114.5 1.0 tbsp 0.12 01186 Cheese, cream, fat free 18.0 1.0 tbsp 0.00 4274 Cheese, cream, low fat 10.0 1.0 tbsp 0.00 4274 Cheese, cream, low fat 10.0 1.0 tbsp 0.00 4274 Cheese, dream, low fat 0.01 1.0 tbsp 0.00 01227 Cheese, dram, low fat 0.02 0.0 0.0 0.0 01280 Cheese, dram 0.03 1.0 cup, crumbled 0.07 01019 Cheese, fresh, queso fresco 10.0 0.0 0.0 0.0 01280 Cheese, fresh, queso fresco 1.02 1.0 cup, crumbled 0.03 01504 Cheese, grat, sertist prep 28.35 1.0 oz 0.00 0157 Cheese, grat, sertist prep 28.35 1.0 oz 0.00 0159 Cheese, grat, soft type 28.35 1.0 oz 0.00 01502 Cheese, grat, soft type 28.35 1.0 oz 0.07	01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	0.09
01017Cheese, ream, fare14.51.0 tbsp0.1201186Cheese, ream, fare18.01.0 tbsp0.0043274Cheese, cream, low fat15.01.0 tbsp0.0401227Cheese, dry white, queso seco97.01.0 cup grated0.4801018Cheese, dram28.351.0 cup0.0701019Cheese, feta150.01.0 cup, crumbled0.2701020Cheese, feta, queso fresco112.01.0 cup, crumbled0.3601228Cheese, goat, hard type28.351.0 cup0.0501150Cheese, goat, soft type28.351.0 cup0.0701151Cheese, goada12.01.0 cup0.0701152Cheese, goada, soft type28.351.0 cup0.0701153Cheese, goada28.351.0 cup0.0501154Cheese, goada28.351.0 cup0.0501155Cheese, goada28.351.0 cup0.0501154Cheese, goada28.351.0 cup0.0501155Cheese, goada28.351.0 cup0.0501124Cheese, gouda28.351.0 cup0.0701023Cheese, gruyere28.351.0 cup0.0501024Cheese, limburger134.01.0 cup0.05	01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	0.01
1186Cheese, cream, fat free18.01.0 thy0.0043274Cheese, cream, low fat15.01.0 thy0.0401227Cheese, dry white, queso seco97.01.0 cup grated0.4801010Cheese, edam28.350.000.0701019Cheese, feta15.01.0 cup, crumbled0.2701020Cheese, fresh, queso fresco132.01.0 cup, crumbled0.3601238Cheese, fresh, queso fresco122.01.0 cup, crumbled0.4801550Cheese, goat, hard type28.350.10 cup0.0701570Cheese, goat, semisoft type28.350.10 cup0.0701524Cheese, goada28.350.10 cup0.0701525Cheese, goada28.350.10 cup0.0701526Cheese, goada28.350.10 cup0.0501527Cheese, goada28.350.10 cup0.050153Cheese, goada28.350.10 cup0.050154Cheese, goada28.350.10 cup0.050155Cheese, goada28.350.10 cup0.050162Cheese, gruyere28.350.10 cup0.0501024Cheese, gruyere28.350.10 cup0.0501024Cheese, iniburger134.01.0 cup0.31	43273	Cheese, cottage, with vegetables	113.0	4.0 oz	0.06
43274Cheese, cream, low fat1.101.0 thesp0.0401227Cheese, day white, queso seco97.01.0 cup grated0.4801018Cheese, edam28.352.0.070.00701019Cheese, feta150.01.0 cup, crumbled0.2701020Cheese, fontina1.0 cup, crumbled0.360.3601228Cheese, fresh, queso fresco122.01.0 cup, crumbled0.450156Cheese, goat, hard type28.350.10 cup0.090157Cheese, goat, semisoft type28.350.10 cup0.0701020Cheese, goad, soft type28.350.10 cup0.0501021Cheese, gouda28.350.10 cup0.0501022Cheese, gouda28.350.10 cup0.0501023Cheese, gnuter28.350.10 cup0.0501024Cheese, gnuter28.350.10 cup0.0501025Cheese, gnuter28.350.10 cup0.0501024Cheese, gnuter0.10 cup0.050.0501025Cheese, gnuter0.10 cup0.050.0501024Cheese, iniburger0.10 cup0.050.0501024Cheese, iniburger0.10 cup0.050.0501024Cheese, iniburger0.10 cup0.050.0501024Cheese, iniburger0.10 cup0.050.05	01017	Cheese, cream	14.5	1.0 tbsp	0.12
01227Cheese, dry white, queso seco97.01.0 cup grated0.4801018Cheese, edam28.3528.350.0 or0.0 or01019Cheese, feta150.01.0 cup, crumbled0.2701020Cheese, fontina132.01.0 cup, crumbled0.3601228Cheese, fresh, queso fresco122.01.0 cup, crumbled0.480156Cheese, goat, hard type28.351.0 cup0.0001157Cheese, goat, semisoft type28.351.0 cup0.0001159Cheese, gouda28.351.0 cup0.0001020Cheese, gouda28.351.0 cup0.0001021Cheese, gouda28.351.0 cup0.0001022Cheese, gouda28.351.0 cup0.0001023Cheese, gouda28.351.0 cup0.0001024Cheese, gouda28.351.0 cup0.0001025Cheese, gouda28.351.0 cup0.0001024Cheese, imburger134.01.0 cup0.01	01186	Cheese, cream, fat free	18.0	1.0 tbsp	0.00
1018Cheese, edam28.351.0 oz0.070109Cheese, feta150.01.0 cup, crumbled0.2701020Cheese, fontina132.01.0 cup, crumbled0.360128Cheese, fresh, queso fresco122.01.0 cup, crumbled0.4501156Cheese, goat, hard type28.351.0 oz0.0901157Cheese, goat, semisoft type28.351.0 oz0.0901159Cheese, goad, soft type28.351.0 oz0.0501022Cheese, gouda28.351.0 oz0.0701023Cheese, gouda28.351.0 oz0.0701024Cheese, grupere28.351.0 oz0.0701024Cheese, limburger134.01.0 cup0.31	43274	Cheese, cream, low fat	15.0	1.0 tbsp	0.04
01019Cheese, feta150.01.0 cup, crumbled0.2701020Cheese, fontina132.01.0 cup, crumbled0.3601228Cheese, fresh, queso fresco122.01.0 cup, crumbled0.4501150Cheese, goat, hard type28.351.0 oz0.0901157Cheese, goat, soft type28.351.0 oz0.0501122Cheese, goad, soft type28.351.0 oz0.0501023Cheese, goada28.351.0 oz0.0701024Cheese, gruyere28.351.0 oz0.0701024Cheese, finburger134.01.0 cup0.31	01227	Cheese, dry white, queso seco	97.0	1.0 cup grated	0.48
01020Cheese, fontina132.01.0 cup, diced0.3601228Cheese, fresh, queso fresco122.01.0 cup, crumbled0.4501156Cheese, goat, hard type28.351.0 oz0.0901157Cheese, goat, semisoft type28.351.0 oz0.0701159Cheese, goat, soft type28.351.0 oz0.0501022Cheese, goada28.351.0 oz0.0501023Cheese, gruyere28.351.0 oz0.0701024Cheese, imburger134.01.0 cup0.31	01018	Cheese, edam	28.35	1.0 oz	0.07
01228Cheese, fresh, queso fresco122.01.0 cup, crumbled0.4501156Cheese, goat, hard type28.351.0 oz0.0901157Cheese, goat, semisoft type28.351.0 oz0.0701159Cheese, goad, soft type28.351.0 oz0.0501022Cheese, goada28.351.0 oz0.0701023Cheese, gruyere28.351.0 oz0.0701024Cheese, imburger134.01.0 cup0.31	01019	Cheese, feta	150.0	1.0 cup, crumbled	0.27
01156Cheese, goat, hard type28.351.0 oz0.0901157Cheese, goat, semisoft type28.351.0 oz0.0701159Cheese, goat, soft type28.351.0 oz0.0501022Cheese, gouda28.351.0 oz0.0701023Cheese, gruyere28.351.0 oz0.0801024Cheese, limburger134.01.0 cup0.31	01020	Cheese, fontina	132.0	1.0 cup, diced	0.36
01157Cheese, goat, semisoft type28.351.0 oz0.0701159Cheese, goat, soft type28.351.0 oz0.0501020Cheese, gouda28.351.0 oz0.0701023Cheese, gruyere28.351.0 oz0.0801024Cheese, limburger134.01.0 cup0.31	01228	Cheese, fresh, queso fresco	122.0	1.0 cup, crumbled	0.45
01159 Cheese, goat, soft type 28.35 1.0 oz 0.05 01022 Cheese, gouda 28.35 1.0 oz 0.07 01023 Cheese, gruyere 28.35 1.0 oz 0.08 01024 Cheese, limburger 134.0 1.0 cup 0.31	01156	Cheese, goat, hard type	28.35	1.0 oz	0.09
01022 Cheese, gouda 28.35 1.0 oz 0.07 01023 Cheese, gruyere 28.35 1.0 oz 0.08 01024 Cheese, limburger 134.0 1.0 cup 0.31	01157	Cheese, goat, semisoft type	28.35	1.0 oz	0.07
01023 Cheese, gruyere 28.35 1.0 oz 0.08 01024 Cheese, limburger 134.0 1.0 cup 0.31	01159	Cheese, goat, soft type	28.35	1.0 oz	0.05
01024 Cheese, limburger 134.0 1.0 cup 0.31	01022	Cheese, gouda	28.35	1.0 oz	0.07
	01023	Cheese, gruyere	28.35	1.0 oz	0.08
01168 Cheese, low fat, cheddar or colby 132.0 1.0 cup, diced 0.08	01024	Cheese, limburger	134.0	1.0 cup	0.31
	01168	Cheese, low fat, cheddar or colby	132.0	1.0 cup, diced	0.08

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NDB_No	Description	Weight(g)	Measure	Vitamin E alpha-tocopherol)(mg)
				Per Measure
01169	Cheese, low-sodium, cheddar or colby	132.0	1.0 cup, diced	0.37
01251	Cheese, Mexican blend	28.0	0.25 cup shredded	0.07
01209	Cheese, Mexican, blend, reduced fat	28.35	1.0 oz	0.05
01165	Cheese, mexican, queso anejo	132.0	1.0 cup, crumbled	0.34
01166	Cheese, mexican, queso asadero	132.0	1.0 cup, diced	0.32
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	0.34
01267	Cheese, mexican, queso cotija	5.0	2.0 tsp	0.01
01025	Cheese, monterey	132.0	1.0 cup, diced	0.34
42155	Cheese, monterey, low fat	132.0	1.0 cup, diced	0.25
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	0.66
01271	Cheese, mozzarella, low moisture, part-skim, shredded	86.0	1.0 cup	0.42
43597	Cheese, mozzarella, low sodium	132.0	1.0 cup, diced	0.20
42304	Cheese, mozzarella, nonfat	113.0	1.0 cup, shredded	0.16
01028	Cheese, mozzarella, part skim milk	28.35	1.0 oz	0.04
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	0.21
01027	Cheese, mozzarella, whole milk, low moisture	28.35	1.0 oz	0.06
01030	Cheese, muenster	132.0	1.0 cup, diced	0.34
42303	Cheese, muenster, low fat	113.0	1.0 cup, shredded	0.17
01031	Cheese, neufchatel	28.35	1.0 oz	0.11
01204	Cheese, parmesan, dry grated, reduced fat	100.0	1.0 cup	0.17
01032	Cheese, parmesan, grated	100.0	1.0 cup	0.53
01033	Cheese, parmesan, hard	28.35	1.0 oz	0.06
43340	Cheese, parmesan, low sodium	100.0	1.0 cup, grated	0.27
01146	Cheese, parmesan, shredded	5.0	1.0 tbsp	0.01
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	0.23
43275	Cheese, pasteurized process, American, low fat	140.0	1.0 cup, diced	0.38
01253	Cheese, pasteurized process, American, without added vitamin D	28.35	1.0 oz	0.23
42205	Cheese, pasteurized process, cheddar or American, fat-free	16.0	1.0 cubic inch	0.04
43398	Cheese, pasteurized process, cheddar or American, low sodium	140.0	1.0 cup, diced	0.38
01043	Cheese, pasteurized process, pimento	140.0	1.0 cup, diced	0.41
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	0.48
43379	Cheese, pasteurized process, swiss, low fat	140.0	1.0 cup, diced	0.10
01034	Cheese, port de salut	132.0	1.0 cup, diced	0.32
01035	Cheese, provolone	132.0	1.0 cup, diced	0.30

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0108Gees, notang unik1120.0 and0.0 and0109Gees, notang unik24.30.0 and0.0 and0109Gees, notang unik24.30.0 and0.0 and0109Gees, notang unik10.0 and0.0 and0.0 and0.0 and0109Gees, notang unik0.0 and0.0 and0.0 and0.0 and0109Gening unitGening unit0.0 and0.0 and0.0 and0109 <th>NDB_No</th> <th>Description</th> <th>Weight(g)</th> <th>Measure</th> <th>Vitamin E alpha-tocopherol)(mg)</th>	NDB_No	Description	Weight(g)	Measure	Vitamin E alpha-tocopherol)(mg)
00137(hexa, nixuta, part skin milk(1240)(0.5 cm)(0.019)01038(hexa, nixuta, shole milk(1.20)(0.010)(0					Per Measure
01036Check, ricott, while milk124.00.5 cm0.1401088Check, ricott, while milk0.231.0 cm0.0713389Check, rounal13.21.0 cm, cddd0.0213390Cheek, svisk, low adam1.0 km0.020.0214305Cheek, svisk, low adam2.801.0 km0.0214405Cheek, svisk, low adam0.020.020.020.0201260Cheek, svisk, low adam0.031.0 km0.0201270Cheek, svisk, adam of in free0.000.031.0 km0.0201471Cheeke swisk, park, park, park0.000.031.0 cm0.0201470Cheeke swisk, park, park, solid and liquids0.000.010.010.010.0201481Cherries, sour, red, camed, water park, solid and liquids0.050.010.010.020.0201492Cherries, sour, red, camed, water park, solid and liquids0.050.020.020.020.020.0201493Cherries, sour, red, camed, water park, solids and liquids0.050.020.020.020.020.0201494Cherries, sour, red, camed, juter park, solids and liquids0.020.020.020.020.020.0201495Cherries, sour, red, camed, juter park, solids and liquids0.030.020.020.020.0201495Cherries, sour, red, camed, juter park, solids and liquids0.030.020.020.0201495Cherries, s	01208	Cheese, provolone, reduced fat	132.0	1.0 cup, diced	0.20
0018Cheese, numano28.581.0 org0.00700100Cheese, numano1.0 org, numano0.007010100Cheese, numano2.801.0 org, numano0.001010260Cheese, numano2.801.0 state0.010010260Cheese, numano2.801.0 state0.010010260Cheese, numano1.1 state0.0100.010010260Cheese, numano1.1 state0.0100.010010270Cheese, numano1.1 state0.0100.010010270Cheese, numano1.0 state0.0230.016010280Chernicon, numano1.0 state0.0230.016010400Chernicon, numano1.0 state0.0230.016010500Chernicon, numano1.0 state0.0230.016010501Chernicon, numano, nucle, nuc	01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	0.09
01040Cheese, wisks1132.01.0 cup, cliedd0.7543585Cheese, wisks, low fat28.01.0 slice (tot)0.000126Cheese, wisks, sondiar of a free28.01.0 slice0.000126Cheese, wisk, exp sondiar of a free28.01.0 slice0.000127Cheese, wisk, exp sondiar of a free0.000.010.010128Cheese, wisk, exp sondiar of a free0.000.010.010129Cheese, wisk, exp sondiar of a free0.000.23 slick0.020160Cheese furk, exp sondiar of a free0.000.23 slick0.020160Cheese, new, exp sondiar of a free0.000.010.010160Cheese, new, exp sondiar of a free0.000.010.010160Chernies, sour, red, canned, ware pack, solids and liquids0.020.010.020.010160Chernies, sour, red, furzen, unswerend0.050.010.010.010172Chernies, sour, red, furzen, unswerend0.050.010.020.030174Chernies, sour, red, named, juigh and liquids0.2500.010.010.050175Chernies, sour, red, named, juigh and liquids0.2500.010.020.050176Chernies, soure, canned, juiter, bary soury pack, solids and liquids0.2500.010.010.050176Chernies, soure, canned, juiter, bary soury pack, solids and liquids0.020.010.010.010176Chernies, soure,	01036	Cheese, ricotta, whole milk	124.0	0.5 cup	0.14
13389Cheese, swiss, low fat10 slice (1 or)0.02843405Cheese, swiss, low sodium28.01.0 slice (1 or)0.01001266Cheese, Swiss, oon fat of fare0.020.020.020.020.020.021279Cheese, swiss, oon fat of fare0.020.020.020.020.020.0218447Cheese shuise, ueuso blauco0.02<	01038	Cheese, romano	28.35	1.0 oz	0.07
4365Cheese, swiss, how sodium1.0 since0.1001266Cheese, swiss, how sodium for fire0.281.0 serving0.02501229Cheese, white, quexo blanco118.01.0 cup, cumbled0.5501410Cheese somercially prepared0.28.31.0 cup, cumbled0.6107016Cheeser, how somercially prepared100.00.0 cup, pices0.6107016Cheeser, sour, red, camed, heavy syrup pack, solids and liquids2501.0 cup, pices0.6507064Cherries, sour, red, camed, water pack, solids and liquids250.01.0 cup, sinthag0.0507085Cherries, sour, red, trave155.01.0 cup, sinthag0.0107086Cherries, sour, red, trave, nuweetend155.01.0 cup, sinthag0.0107071Cherries, sweet, camed, liquids yrup pack, solids and liquids250.01.0 cup, sinthag0.0507073Cherries, sweet, camed, liquids, prepack, solids and liquids250.01.0 cup, sinthag0.0507074Cherries, sweet, camed, liquids, prepack, solids and liquids250.01.0 cup, sinthag0.0507075Cherries, sweet, camed, liquids, prepack, solids and liquids250.01.0 cup, sinthag0.0507076Cherries, sweet, anned, liquids, prepack, solids and liquids250.01.0 cup, sinthag0.0507076Cherries, sweet, anned, heavy syrup, arking all ginds250.01.0 cup, sinthag0.0507076Cherries, sweet, anned, heavy syrup, arking all ginds250.01.0 cup, sinthag0.0	01040	Cheese, swiss	132.0	1.0 cup, diced	0.79
01266Cheese, Swiss, nonfat or fat free0.0001229Cheese, shive, quesc blaco118.01.0 cup, cruubled0.0518147Cheese, cold commercially prepared28.351.0 cup0.160016Cheese smoke, conf, be of10002.33 filks0.2409062Cherrines, your, red, canned, heary syrup pack, solids and liquids25.001.0 cup0.0509044Cherrines, sour, red, canned, water pack, solids and liquids25.001.0 cup, unthaved0.0509053Cherries, sour, red, canned, heary syrup pack, solids and liquids25.001.0 cup, unthaved0.0509064Cherries, sour, red, raw15.501.0 cup, unthaved0.0509065Cherries, sour, red, raw15.501.0 cup, unthaved0.0509076Cherries, sweet, canned, juice pack, solids and liquids25.001.0 cup, pitted0.5509077Cherries, sweet, canned, juice pack, solids and liquids25.001.0 cup, pitted0.5709076Cherries, sweet, canned, juice pack, solids and liquids24.001.0 cup, pitted0.5709076Cherries, sweet, canned, juice pack, solids and liquids24.001.0 cup, pitted0.5709076Cherries, sweet, canned, juice pack, solids and liquids24.001.0 cup, pitted0.5709076Cherries, sweet, canned, juice pack, solids and liquids24.001.0 cup, pitted0.5709076Cherries, sweet, canned, juice pack, solids and liquids24.001.0 cup, pitted0.5709076<	43589	Cheese, swiss, low fat	28.0	1.0 slice (1 oz)	0.02
0129Cheese, while, queso blanco118.01.0 cup, crunbled0.051847Cheese carace commercially prepared028.31.0 or0.01007016Cheese structe, park, beef01000.2.33 ints0.0207062Cherrinsy, sour, red, canaed, heavy syrup pack, solids and liquids25600.10 cup, bitod0.0507064Cherries, sour, red, canaed, water pack, solids and liquids25600.10 cup, without park0.0507064Cherries, sour, red, craned, water pack, solids and liquids15500.0 cup, without park0.0507065Cherries, sour, red, frozen, unsweetened15501.0 cup, without park0.0507066Cherries, sweet, canaed, juiter pack, solids and liquids25001.0 cup, pitued0.0507070Cherries, sweet, canaed, pitter, heavy syrup pack, solids and liquids25001.0 cup, pitued0.05070710Cherries, sweet, canaed, pitter, heavy syrup, draind25001.0 cup, pitued0.05070710Cherries, sweet, canaed, pitter, heavy syrup, draind24801.0 cup, pitued0.05070710Cherries, sweet, canaed, pitter, heavy syrup, draind24801.0 cup, pitued0.07070710Cherries, sweet, canaed, pitter, heavy syrup, draind24801.0 cup, pitued0.07070711Cherries, sweet, manee, pitter, heavy syrup, draind24001.0 cup, pitued0.07070712Cherries, sweet, frozen, sweetened3.01.0 cup, pitued0.010.01070713Cherries, sweet, frozen, swe	43405	Cheese, swiss, low sodium	28.0	1.0 slice	0.10
18147Cheese continuercially prepared28.351.0 or0.01607016Cheese stroke, pork, beef10002.33 links0.2409062Cherrinoy, araw106001.0 cup, pieces0.4309065Cherries, sour, red, canned, water y syrup pack, solids and liquids25500.10 cup0.6509064Cherries, sour, red, canned, water pack, solids and liquids15501.0 cup, without pis0.6609063Cherries, sour, red, raned, water pack, solids and liquids15501.0 cup, without pis0.6109063Cherries, sour, red, raned, juice pack, solids and liquids25001.0 cup, without pis0.6109074Cherries, sweet, canned, juice pack, solids and liquids25301.0 cup, pitted0.5809074Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids25301.0 cup, pitted0.5809074Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids25301.0 cup, pitted0.5709074Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids25301.0 cup, pitted0.5709076Cherries, sweet, canned, water pack, solids and liquids248.01.0 cup, pitted0.5709076Cherries, sweet, canned, water pack, solids and liquids248.01.0 cup, pitted0.5709076Cherries, sweet, anned, water pack, solids and liquids248.01.0 cup, pitted0.5709076Cherries, sweet, anned, water pack, solids and liquids2501.0 cup, pitted0.5709076 <td>01266</td> <td>Cheese, Swiss, nonfat or fat free</td> <td>28.0</td> <td>1.0 serving</td> <td>0.02</td>	01266	Cheese, Swiss, nonfat or fat free	28.0	1.0 serving	0.02
07016Cheese furter, cheese smokie, pork, beef10002.33 link02409062Cherries, sour, red, camed, heavy syrup pack, solids and liquids25601.0 cup, pieces0.4309064Cherries, sour, red, camed, water pack, solids and liquids (includes USDA commodity red tart cherries, camed)24401.0 cup, unhawed0.0509068Cherries, sour, red, rozen, unsweetened15501.0 cup, unhawed0.0609069Cherries, sour, red, rozen, unsweetened15501.0 cup, unhawed0.08090703Cherries, sour, ced, neud, ligticy stryup pack, solids and liquids25001.0 cup, pitted0.5809074Cherries, sweet, camed, ligte syrup pack, solids and liquids25001.0 cup, pitted0.5809074Cherries, sweet, camed, pitted, heavy syrup pack, solids and liquids25001.0 cup, pitted0.5809074Cherries, sweet, camed, vitted, heavy syrup pack, solids and liquids25001.0 cup, pitted0.5809074Cherries, sweet, camed, vitted, heavy syrup pack, solids and liquids25001.0 cup, pitted0.5709076Cherries, sweet, frozen, sweetened1.0 sup1.0 cup0.0109070Cherries, sweet, frozen, sweetened1.381.0 cup, with pits, yields0.0109071Cherries, sweet, frozen, sweetened1.381.0 cup, with pits, yields0.0109072Cherries, sweet, frozen, sweetened1.381.0 cup, with pits, yields0.0109074Cherries, sweet, frozen, sweetened1.01.0 site0.01<	01229	Cheese, white, queso blanco	118.0	1.0 cup, crumbled	0.55
D9062Chernicy, raw16001.0 cup, pieces0.43309064Cherries, sour, red, canned, kavy syrup pack, solids and liquids (includes USDA commodity red tart cherries, canned)25601.0 cup0.50909064Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)24.401.0 cup, unthaved0.00809068Cherries, sour, red, frozen, unsweetened15501.0 cup, unthaved0.00809073Cherries, sweet, canned, juice pack, solids and liquids25001.0 cup, unthaved0.0809074Cherries, sweet, canned, juice pack, solids and liquids25001.0 cup, pitted0.5809075Cherries, sweet, canned, juice pack, solids and liquids25001.0 cup, pitted0.5809076Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids25001.0 cup, pitted0.5909076Cherries, sweet, canned, vater pack, solids and liquids24801.0 cup, vitta J0.5709076Cherries, sweet, canned, vater pack, solids and liquids24801.0 cup, vitta J0.5709076Cherries, sweet, anned, vater pack, solids and liquids24801.0 cup, vitta J0.5709076Cherries, sweet, and, vater pack, solids and liquids24801.0 cup, vitta J0.5709076Cherries, sweet, and, vater pack, solids and liquids24801.0 cup, vitta J0.5709076Cherries, sweet, and, vater pack, solids and liquids24801.0 cup, vitta J0.5709076Cherries, sweet,	18147	Cheesecake commercially prepared	28.35	1.0 oz	0.16
0966Cherries, sour, red, canned, heavy syrup pack, solids and liquids256.01.0 cup0.590964Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)244.01.0 cup0.5609068Cherries, sour, red, fozen, unsweetened155.01.0 cup, without pits0.0109070Cherries, sour, red, raw105.01.0 cup, without pits0.6109071Cherries, sweet, canned, juice pack, solids and liquids250.01.0 cup, pitted0.5809072Cherries, sweet, canned, juice pack, solids and liquids253.01.0 cup, pitted0.5809073Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids248.01.0 cup, pitted0.3009074Cherries, sweet, canned, pitted, heavy syrup, adv, solids and liquids248.01.0 cup, pitted0.5709076Cherries, sweet, raned, water pack, solids and liquids248.01.0 cup, pitted0.5709076Cherries, sweet, raw138.01.0 cup, pitted0.5109076Cherries, sweet, raw3.001.0 cup, with pits, yields0.0109076Cherries, sweet, raw3.001.0 cup, with pits, yields0.0119163Chewing gun, sugartess3.001.0 stice	07016	Cheesefurter, cheese smokie, pork, beef	100.0	2.33 links	0.24
Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned) 244.0 1.0 cup 0.05 09064 Cherries, sour, red, frozen, unsweetened 155.0 1.0 cup, unthawed 0.08 09063 Cherries, sour, red, frozen, unsweetened 155.0 1.0 cup, unthawed 0.08 09072 Cherries, sour, red, raw 250.0 1.0 cup, pitted 0.58 09073 Cherries, sweet, canned, light syrup pack, solids and liquids 250.0 1.0 cup, pitted 0.58 09074 Cherries, sweet, canned, juited, heavy syrup pack, solids and liquids 253.0 1.0 cup, pitted 0.58 09071 Cherries, sweet, canned, water pack, solids and liquids 254.0 1.0 cup, pitted 0.57 09076 Cherries, sweet, frozen, sweetened 138.0 1.0 cup, thined 0.57 09070 Cherries, sweet, rozen, sweetened 30.0 1.0 cup, thined 0.50 09076 Cherries, sweet, rozen, sweetened 30.0 1.0 cup, thined 0.57 09076 Cherries, sweet, rozen, sweetened 30.0 1.0 cup, thined 0.50 19	09062	Cherimoya, raw	160.0	1.0 cup, pieces	0.43
09044 anned) 1.0 cup 1.0 cup 0.0 cup 09068 Cherries, sour, red, frozen, unsweetened 1550 1.0 cup, unthawed 0.0 kt 09068 Cherries, sour, red, raw 1550 1.0 cup, unthawed 0.0 kt 09072 Cherries, sweet, canned, juice pack, solids and liquids 250.0 1.0 cup, unthawed 0.5 kt 09073 Cherries, sweet, canned, juite pack, solids and liquids 250.0 1.0 cup, pitted 0.5 kt 09074 Cherries, sweet, canned, pitted, heavy symp pack, solids and liquids 253.0 1.0 cup, pitted 0.5 kt 09075 Cherries, sweet, canned, pitted, heavy symp pack, solids and liquids 253.0 1.0 cup, pitted 0.5 kt 09076 Cherries, sweet, canned, pitted, heavy symp pack, solids and liquids 248.0 1.0 cup, hithawed 0.5 kt 09076 Cherries, sweet, raw 0.0 cle pitted 1.0 cup, hithawed 0.5 kt 09076 Cherries, sweet, raw 0.0 cle pitted 0.0 cle pitted <t< td=""><td>09066</td><td>Cherries, sour, red, canned, heavy syrup pack, solids and liquids</td><td>256.0</td><td>1.0 cup</td><td>0.59</td></t<>	09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	256.0	1.0 cup	0.59
09063Cherries, sour, red, raw155.01.0 cup, without pits0.1109072Cherries, sweet, canned, juice pack, solids and liquids250.01.0 cup, pitted0.5809073Cherries, sweet, canned, light syrup pack, solids and liquids253.01.0 cup, pitted0.5809074Cherries, sweet, canned, pitted, heavy syrup, dx, solids and liquids253.01.0 cup, pitted0.4309367Cherries, sweet, canned, pitted, heavy syrup, dx, solids and liquids253.01.0 cup, pitted0.3009071Cherries, sweet, canned, water pack, solids and liquids248.01.0 cup, pitted0.5709076Cherries, sweet, frozen, sweetened259.01.0 cup, with pits, yield0.1609070Cherries, sweet, raw3.01.0 cup, with pits, yield0.1009071Cherries, sweet, raw3.01.0 cup, with pits, yield0.0009070Cherries, sweet, raw3.01.0 sup, with pits, yield0.0019163Chewing gum, sugartess3.01.0 sup0.0019164Cherries, surd, dried, sweetened3.01.0 sup0.0019163Chewing gum, sugartess5.51.0 piece0.0021143CHICK-FIL-A, Chick-n-Strips5.51.0 piece0.0101532Chicken breast tenders, breaded, cooked, microwared15.01.0 piece0.0105324Chicken breast tenders, breaded, uncooked15.01.0 piece0.0105324Chicken party, frozen, cooked12.00.0 strip0.01	09064		244.0	1.0 cup	0.56
09072Cherries, sweet, canned, juice pack, solids and liquids250.01.0 cup, pitted0.5809073Cherries, sweet, canned, light syrup pack, solids and liquids253.01.0 cup, pitted0.5809074Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids253.01.0 cup, pitted0.4309367Cherries, sweet, canned, pitted, heavy syrup, pack, solids and liquids253.01.0 cup, pitted0.3009071Cherries, sweet, canned, water pack, solids and liquids248.01.0 cup, pitted0.5709076Cherries, sweet, frozen, sweetened259.01.0 cup, with pits, yields0.1809070Cherries, sweet, raw138.01.0 cup, with pits, yields0.1009074Cherries, sweet, raw3.01.0 stick0.0009075Chewing gum3.01.0 stick0.0019163Chewing gum, sugaress5.01.0 stick0.0021144CHICK-FIL-A, Chick-n-Strips5.01.0 stick0.0005326Chicken breast tenders, breaded, cocked, microwaved15.01.0 stick0.0005327Chicken breast tenders, breaded, uncooked15.01.0 stick0.0005324Chicken breast, deli, rotisserie seasoned, sliced, prepackaged12.01.0 stick0.0005324Chicken preast, deli, rotisserie seasoned, sliced, prepackaged12.01.0 stick0.0005324Chicken preast, deli, rotisserie seasoned, sliced, prepackaged12.01.0 stick0.0005324Chicken patt	09068	Cherries, sour, red, frozen, unsweetened	155.0	1.0 cup, unthawed	0.08
09073 Cherries, sweet, canned, light syrup pack, solids and liquids 252.0 1.0 cup, pitted 0.88 09074 Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids 253.0 1.0 cup, pitted 0.43 09367 Cherries, sweet, canned, pitted, heavy syrup, drained 179.0 1.0 cup, pitted 0.30 09071 Cherries, sweet, canned, water pack, solids and liquids 248.0 1.0 cup, pitted 0.57 09076 Cherries, sweet, frozen, sweetened 259.0 1.0 cup, with pits, yields 0.18 09070 Cherries, sweet, raw 138.0 1.0 cup, with pits, yields 0.10 09074 Cherries, tart, dried, sweetened 40.0 0.25 cup 0.07 19163 Chewing gum 3.0 1.0 strick 0.00 43060 Chewing gum, sugarless 0.00 1.0 strick 0.00 21143 CHICK-FIL-A, Chick-n-Strips 5.0 1.0 strick 0.00 21144 CHICK-FIL-A, hash browns 5.5 1.0 piece 0.06 05326 Chicken breast tenders, breaded, uncooked 15.0 1.0 str	09063	Cherries, sour, red, raw	155.0	1.0 cup, without pits	0.11
09074Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids253.01.0 cup0.4309367Cherries, sweet, canned, pitted, heavy syrup, drained179.01.0 cup, pitted0.3009071Cherries, sweet, canned, water pack, solids and liquids248.01.0 cup, pitted0.5709076Cherries, sweet, frozen, sweetened259.01.0 cup, nithed, pitted, heavy syrup, drained0.1809070Cherries, sweet, raw138.01.0 cup, with pits, yields0.1009044Cherries, tart, dried, sweetened440.00.25 cup0.0719163Chewing gum3.01.0 stick0.0021143CHICK-FIL-A, Chick-n-Strips5.01.0 stick0.0021144CHICK-FIL-A, hash browns5.51.0 piece0.0605326Chicken breast tenders, breaded, cooked, microwaved15.01.0 piece0.0605327Chicken breast, deli, rotisserie seasoned, sliced, prepackaged12.01.0 slice0.0105324Chicken preast, deli, rotisserie seasoned, sliced, prepackaged12.01.0 slice0.0405324Chicken preast, deli, rotisserie seasoned, sliced, prepackaged12.01.0 piece0.0405324Chicken preast, deli, rotisserie seasoned, sliced, prepackaged12.01.0 piece0.0405324Chicken preast, deli, rotisserie seasoned, sliced, prepackaged12.01.0 piece0.0405324Chicken preast, deli, rotisserie seasoned, sliced, prepackaged12.01.0 piece0.04 <tr <td=""><</tr>	09072	Cherries, sweet, canned, juice pack, solids and liquids	250.0	1.0 cup, pitted	0.58
D9367Cherries, sweet, canned, pitted, heavy syrup, drained179.01.0 cup0.0 cup09071Cherries, sweet, canned, water pack, solids and liquids248.01.0 cup, pitted0.5709076Cherries, sweet, frozen, sweetened259.01.0 cup, thawed0.1809070Cherries, sweet, raw138.01.0 cup, with pits, yields0.1009044Cherries, tart, dried, sweetened440.00.25 cup0.0719163Chewing gum3.01.0 stick0.0021143CHICK-FIL-A, Chick-n-Strips3.01.0 stick0.0021144CHICK-FIL-A, hash browns5.51.0 piece0.0605326Chicken breast tenders, breaded, ocoked, microwaved15.01.0 piece0.0605327Chicken breast tenders, breaded, sliced, prepackaged15.01.0 piece0.0107961Chicken breast, deli, rotisserie seasoned, sliced, prepackaged12.01.0 piece0.0105324Chicken patty, frozen, cooked60.01.0 piece0.04	09073	Cherries, sweet, canned, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	0.58
09071Cherries, sweet, canned, water pack, solids and liquids248.01.0 cup, pitted0.5709076Cherries, sweet, frozen, sweetened259.01.0 cup, nithed0.1809070Cherries, sweet, raw138.01.0 cup, with pits, yields0.1009044Cherries, tart, dried, sweetened40.00.25 cup0.0719163Chewing gum3.01.0 stick0.0043060Chewing gum, sugarless3.01.0 stick0.0021143CHICK-FIL-A, Chick-n-Strips50.01.0 stick0.0721144CHICK-FIL-A, hash browns5.51.0 piece0.0605326Chicken breast tenders, breaded, nucooked15.01.0 piece0.0605327Chicken breast, deli, rotisserie seasoned, sliced, prepackaged12.01.0 stick0.0105324Chicken patty, frozen, cooked12.01.0 piace0.01	09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	253.0	1.0 cup	0.43
09076Cherries, sweet, frozen, sweetned259.01.0 cup, hawed0.1809070Cherries, sweet, raw138.01.0 cup, with pits, yields0.1009044Cherries, tart, dried, sweetned40.040.00.025 cup0.0719163Chewing gum3.01.0 strik0.0043060Chewing gum, sugarless2.01.0 strik0.0021143CHICK-FIL-A, Chick-n-Strips5.01.0 strik0.7821144CHICK-FIL-A, hash browns5.51.0 piece0.0605326Chicken breast tenders, breaded, uncooked15.01.0 piece0.0005327Chicken breast, deli, rotisserie seasoned, sliced, prepackaged12.01.0 strike0.0405324Chicken patty, frozen, cooked60.01.0 piece0.04	09367	Cherries, sweet, canned, pitted, heavy syrup, drained	179.0	1.0 cup	0.30
09070Cherries, sweet, raw138.01.0 cup, with pits, yields0.10090440Cherries, tart, dried, sweetened40.00.000.0719163Chewing gum3.01.0 stick0.0043060Chewing gum, sugarless3.01.0 optice0.0021143CHICK-FIL-A, Chick-n-Strips50.01.0 strip0.7821144CHICK-FIL-A, hash browns5.51.0 optice0.0105326Chicken breast tenders, breaded, cooked, microwaved15.01.0 piece0.0005327Chicken breast tenders, breaded, uncooked15.01.0 piece0.0107961Chicken preast, deli, rotisserie seasoned, sliced, prepackaged12.01.0 piece0.0405324Chicken patty, frozen, cooked60.01.0 piety0.77	09071	Cherries, sweet, canned, water pack, solids and liquids	248.0	1.0 cup, pitted	0.57
09044Cherries, tart, dried, sweetened0.025 cup0.0719163Chewing gum3.01.0 stick0.0043060Chewing gum, sugarless2.01.0 piece0.0021143CHICK-FIL-A, Chick-n-Strips50.01.0 strip0.7821144CHICK-FIL-A, hash browns5.51.0 piece0.0605326Chicken breast tenders, breaded, nicrowaved15.01.0 piece0.0605327Chicken breast tenders, breaded, uncooked15.01.0 piece0.0107961Chicken preast, deli, rotisserie seasoned, sliced, prepackaged12.01.0 stice0.0405324Chicken patty, frozen, cooked60.01.0 patty0.77	09076	Cherries, sweet, frozen, sweetened	259.0	1.0 cup, thawed	0.18
19163Chewing gum3.01.0 stick0.0043060Chewing gum, sugarless2.01.0 piece0.0021143CHICK-FIL-A, Chick-n-Strips50.01.0 strip0.7821144CHICK-FIL-A, hash browns5.51.0 piece0.0605326Chicken breast tenders, breaded, cooked, microwaved15.01.0 piece0.0605327Chicken breast tenders, breaded, uncooked15.01.0 piece0.0107961Chicken breast, deli, rotisserie seasoned, sliced, prepackaged12.01.0 slice0.0405324Chicken patty, frozen, cooked60.01.0 patty0.77	09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	0.10
43060Chewing gum, sugarless2.01.0 piece0.0021143CHICK-FIL-A, Chick-n-Strips50.01.0 strip0.7821144CHICK-FIL-A, hash browns5.51.0 piece0.1605326Chicken breast tenders, breaded, cooked, microwaved15.01.0 piece0.0605327Chicken breast tenders, breaded, uncooked15.01.0 piece0.0107961Chicken breast, deli, rotisserie seasoned, sliced, prepackaged12.01.0 slice0.0405324Chicken patty, frozen, cooked60.01.0 patty0.77	09044	Cherries, tart, dried, sweetened	40.0	0.25 cup	0.07
21143CHICK-FIL-A, Chick-n-Strips50.01.0 strip0.7821144CHICK-FIL-A, hash browns5.51.0 piece0.1605326Chicken breast tenders, breaded, cooked, microwaved15.01.0 piece0.0605327Chicken breast tenders, breaded, uncooked15.01.0 piece0.0107961Chicken preast, deli, rotisserie seasoned, sliced, prepackaged12.01.0 slice0.0405324Chicken patty, frozen, cooked60.01.0 patty0.77	19163	Chewing gum	3.0	1.0 stick	0.00
21144CHICK-FIL-A, hash browns5.51.0 piece0.1605326Chicken breast tenders, breaded, cooked, microwaved15.01.0 piece0.0605327Chicken breast tenders, breaded, uncooked15.01.0 piece0.0107961Chicken breast, deli, rotisserie seasoned, sliced, prepackaged12.01.0 slice0.0405324Chicken patty, frozen, cooked60.01.0 patty0.77	43060	Chewing gum, sugarless	2.0	1.0 piece	0.00
05326Chicken breast tenders, breaded, cooked, microwaved15.01.0 piece0.0605327Chicken breast tenders, breaded, uncooked15.01.0 piece0.0107961Chicken breast, deli, rotisserie seasoned, sliced, prepackaged12.01.0 slice0.0405324Chicken patty, frozen, cooked60.01.0 patty0.77	21143	CHICK-FIL-A, Chick-n-Strips	50.0	1.0 strip	0.78
05327Chicken breast tenders, breaded, uncooked15.01.0 piece0.0107961Chicken breast, deli, rotisserie seasoned, sliced, prepackaged12.01.0 slice0.0405324Chicken patty, frozen, cooked60.01.0 patty0.77	21144	CHICK-FIL-A, hash browns	5.5	1.0 piece	0.16
07961Chicken breast, deli, rotisserie seasoned, sliced, prepackaged12.01.0 slice0.0405324Chicken patty, frozen, cooked60.01.0 patty0.77	05326	Chicken breast tenders, breaded, cooked, microwaved	15.0	1.0 piece	0.06
05324Chicken patty, frozen, cooked60.01.0 patty0.77	05327	Chicken breast tenders, breaded, uncooked	15.0	1.0 piece	0.01
	07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	12.0	1.0 slice	0.04
	05324	Chicken patty, frozen, cooked	60.0	1.0 patty	0.77
	05323	Chicken patty, frozen, uncooked	60.0		0.71

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NDB_No	Description	Weight(g)	Measure ^{(a}	Vitamin E alpha-tocopherol)(mg)
				Per Measure
22906	Chicken pot pie, frozen entree, prepared	302.0	1.0 pie	1.60
22978	Chicken tenders, breaded, frozen, prepared	21.0	1.0 piece	0.47
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	85.0	3.0 oz	0.28
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	85.0	3.0 oz	0.46
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	85.0	3.0 oz	0.48
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	85.0	3.0 oz	0.36
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	85.0	3.0 oz	0.28
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	0.22
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	0.20
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	85.0	3.0 oz	0.28
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	85.0	3.0 oz	0.27
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	71.0	1.0 drumstick	0.36
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	71.0	1.0 drumstick	0.38
05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	0.28
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	95.0	1.0 thigh	0.44
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	95.0	1.0 thigh	0.46
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	51.0	1.0 wing	0.06
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	51.0	1.0 wing	0.19
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	32.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.09
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	102.0	1.0 back	0.29
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	85.0	3.0 oz	0.23
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.22
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	0.21
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	26.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.07
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.07
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	84.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.89
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.38
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	0.17
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.38
05057	Chicken, broilers or fryers, breast, meat and skin, raw	87.0	0.5 breast, bone removed (yield from 1 lb ready-to-cook chicken)	0.23
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.22
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.38
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	85.0	3.0 oz	0.28

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NDB_No	Description	Weight(g)	Measure ^{(a}	Vitamin E lpha-tocopherol)(mg)
				Per Measure
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.38
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	85.0	3.0 oz	0.16
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	95.0	1.0 drumstick without skin	0.16
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	95.0	1.0 drumstick without skin	0.16
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	96.0	1.0 drumstick without skin	0.17
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	130.0	1.0 drumstick with skin	0.23
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	85.0	3.0 oz	0.26
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.38
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.38
05043	Chicken, broilers or fryers, dark meat, meat only, raw	109.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.23
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	111.0	1.0 thigh without skin	0.19
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	111.0	1.0 thigh without skin	0.19
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	149.0	1.0 thigh without skin	0.27
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	105.0	1.0 drumstick with skin (yield from 1 lb ready-to-cook chicken)	0.20
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.16
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.38
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	133.0	1.0 drumstick with skin	0.25
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.16
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	85.0	3.0 oz	0.23
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145.0	1.0 cup chopped or dice	0.67
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	0.16
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.38
05075	Chicken, broilers or fryers, leg, meat and skin, raw	85.0	3.0 oz	0.19
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	85.0	3.0 oz	0.14
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	85.0	3.0 oz	0.23
05080	Chicken, broilers or fryers, leg, meat only, raw	85.0	3.0 oz	0.15
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	78.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.44
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	116.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.31
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.38
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.38
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.19
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	85.0	3.0 oz	0.28
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	85.0	3.0 oz	1.05

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NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	0.54
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.38
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.38
05006	Chicken, broilers or fryers, meat and skin, raw	85.0	3.0 oz	0.26
05012	Chicken, broilers or fryers, meat only, cooked, fried	140.0	1.0 cup, chopped or diced	0.64
05011	Chicken, broilers or fryers, meat only, raw	85.0	3.0 oz	0.18
05013	Chicken, broilers or fryers, meat only, roasted	140.0	1.0 cup, chopped or diced	0.38
05014	Chicken, broilers or fryers, meat only, stewed	140.0	1.0 cup, chopped or diced	0.38
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.03
05084	Chicken, broilers or fryers, neck, meat and skin, raw	15.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.04
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	0.35
05018	Chicken, broilers or fryers, skin only, cooked, roasted	34.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.14
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	0.10
05015	Chicken, broilers or fryers, skin only, raw	47.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.00
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	137.0	1.0 thigh with skin	0.26
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0.24
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	41.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.11
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	193.0	1.0 thigh with skin	0.41
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	116.0	1.0 thigh without skin	0.21
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0.22
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.38
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	85.0	1.0 piece	0.59
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.16
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.38
05100	Chicken, broilers or fryers, wing, meat and skin, raw	107.0	1.0 piece	0.68
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	13.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.04
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.15
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.38
05105	Chicken, broilers or fryers, wing, meat only, raw	17.0	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	0.02
05277	Chicken, canned, meat only, with broth	142.0	1.0 can (5 oz)	0.37
05311	Chicken, canned, no broth	28.0	1.0 oz	0.09
05135	Chicken, capons, meat and skin, raw	85.0	3.0 oz	0.27
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	85.0	3.0 oz	0.31

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NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
05307	Chicken, cornish game hens, meat and skin, raw	85.0	3.0 oz	0.24
05310	Chicken, cornish game hens, meat only, cooked, roasted	85.0	3.0 oz	0.20
05309	Chicken, cornish game hens, meat only, raw	85.0	3.0 oz	0.18
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	106.0	1.0 drumstick with skin	0.18
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	129.0	1.0 drumstick with skin	0.34
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	143.0	1.0 drumstick with skin	0.57
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	95.0	1.0 drumstick without skin	0.16
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	91.0	1.0 drumstick without skin	0.21
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	143.0	1.0 drumstick with skin	0.57
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	85.0	3.0 oz	0.20
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	130.0	1.0 thigh with skin	0.49
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	85.0	3.0 oz	0.27
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	85.0	3.0 oz	0.20
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	130.0	1.0 thigh with skin	0.47
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	0.22
05335	Chicken, feet, boiled	28.35	1.0 oz	0.08
05024	Chicken, gizzard, all classes, cooked, simmered	145.0	1.0 cup chopped or dice	0.29
05023	Chicken, gizzard, all classes, raw	28.35	1.0 oz	0.09
05333	Chicken, ground, crumbles, cooked, pan-browned	85.0	3.0 oz crumbled	0.33
05332	Chicken, ground, raw	112.0	4.0 oz crumbled	0.30
05661	Chicken, liver, all classes, cooked, pan-fried	44.0	1.0 liver	0.34
05028	Chicken, liver, all classes, cooked, simmered	44.0	1.0 liver	0.36
05027	Chicken, liver, all classes, raw	44.0	1.0 liver	0.31
43128	Chicken, meatless	168.0	1.0 cup	4.50
43410	Chicken, meatless, breaded, fried	130.0	1.0 cup, diced	2.54
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	87.0	1.0 serving	1.03
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	82.0	1.0 serving	0.97
05119	Chicken, roasting, dark meat, meat only, raw	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.24
05118	Chicken, roasting, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.38
05117	Chicken, roasting, light meat, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.22
05113	Chicken, roasting, meat only, raw	85.0	3.0 oz	0.19
05673	Chicken, skin (drumsticks and thighs), cooked, braised	28.35	1.0 oz	0.05
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	28.35	1.0 oz	0.07
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	0.08

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NDB_No	Description	Weight(g)	Measure (alpl	Vitamin E ha-tocopherol)(mg)
				Per Measure
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	28.35	1.0 oz	0.05
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	28.35	1.0 oz	0.13
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	28.35	1.0 oz	0.12
05131	Chicken, stewing, dark meat, meat only, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.25
05129	Chicken, stewing, light meat, meat only, raw	89.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.20
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	0.24
05123	Chicken, stewing, meat and skin, raw	85.0	3.0 oz	0.28
05126	Chicken, stewing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.42
05125	Chicken, stewing, meat only, raw	85.0	3.0 oz	0.20
32020	Chicken, thighs, frozen, breaded, reheated	133.0	1.0 thigh with bone and breading	1.58
05312	Chicken, wing, frozen, glazed, barbecue flavored	29.0	1.0 piece	0.10
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	96.0	1.0 serving	0.42
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	74.0	1.0 serving	0.28
16157	Chickpea flour (besan)	92.0	1.0 cup	0.76
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	253.0	1.0 can drained	0.73
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	254.0	1.0 can drained, rinsed	0.74
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0.46
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	164.0	1.0 cup	0.57
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164.0	1.0 cup	0.57
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	200.0	1.0 cup	1.64
11152	Chicory greens, raw	29.0	1.0 cup, chopped	0.66
03860	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed	31.0	1.0 fl oz	0.45
03870	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber	31.0	1.0 fl oz	0.45
03819	Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted	9.4	1.0 scoop	0.92
03820	Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder	31.0	1.0 fl oz	0.62
22904	Chili con carne with beans, canned entree	242.0	1.0 cup	1.21
16059	Chili with beans, canned	256.0	1.0 cup	1.33
22969	Chili with beans, microwavable bowls	244.0	1.0 cup	1.56
22911	Chili, no beans, canned entree	240.0	1.0 cup	1.42
11156	Chives, raw	3.0	1.0 tbsp chopped	0.01
19902	Chocolate, dark, 45- 59% cacao solids	28.35	1.0 oz	0.15
19903	Chocolate, dark, 60-69% cacao solids	28.35	1.0 oz	0.17
19904	Chocolate, dark, 70-85% cacao solids	28.35	1.0 oz	0.17
19125	Chocolate-flavored hazelnut spread	37.0	1.0 serving 2 TBSP	1.84

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NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
35204	Chokecherries, raw, pitted (Northern Plains Indians)	154.0	1.0 cup	0.54
07019	Chorizo, pork and beef	28.35	1.0 oz	0.06
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	100.0	1.0 cup (1" pieces)	2.50
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	100.0	1.0 cup (1" pieces)	2.50
18964	Cinnamon buns, frosted (includes honey buns)	65.0	1.0 bun	0.75
09433	Clementines, raw	74.0	1.0 fruit	0.15
19859	Cocoa, dry powder, hi-fat or breakfast, plain	5.4	1.0 tbsp	0.00
19860	Cocoa, dry powder, hi-fat or breakfast, processed with alkali	6.0	1.0 tablespoon Ghirardelli label 2011	0.01
19165	Cocoa, dry powder, unsweetened	86.0	1.0 cup	0.09
19166	Cocoa, dry powder, unsweetened, processed with alkali	86.0	1.0 cup	0.09
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	0.03
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	0.06
11768	Collards, cooked, boiled, drained, with salt	190.0	1.0 cup, chopped	1.67
11162	Collards, cooked, boiled, drained, without salt	190.0	1.0 cup, chopped	1.67
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	170.0	1.0 cup, chopped	2.12
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.0	1.0 cup, chopped	2.12
11161	Collards, raw	36.0	1.0 cup, chopped	0.81
28293	Cookie, butter or sugar, with chocolate icing or filling	31.0	3.0 cookies	0.56
28294	Cookie, chocolate, with icing or coating	32.0	4.0 cookies	0.89
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	29.0	2.0 cookies	0.70
28290	Cookie, with peanut butter filling, chocolate-coated	25.0	2.0 cookies	1.08
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	28.35	1.0 oz	0.03
28291	Cookies, animal, with frosting or icing	31.0	8.0 cookies 1 serving	0.29
18151	Cookies, brownies, commercially prepared	28.35	1.0 oz	0.04
28298	Cookies, brownies, commercially prepared, reduced fat, with added fiber	36.0	1.0 brownie 1 serving	0.21
18155	Cookies, butter, commercially prepared, enriched	28.35	1.0 oz	0.16
28328	Cookies, chocolate chip sandwich, with creme filling	34.0	1.0 cookie	0.63
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	0.26
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	0.50
18160	Cookies, chocolate chip, commercially prepared, soft-type	14.2	1.0 cookie	0.22
18198	Cookies, chocolate chip, commercially prepared, special dietary	28.35	1.0 oz	0.30
28350	Cookies, chocolate cream covered biscuit sticks	40.0	1.0 serving	3.55
28299	Cookies, chocolate sandwich, with creme filling, reduced fat	34.0	1.0 serving	0.57
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	0.89

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NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	28.35	1.0 oz	0.45
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	0.46
18168	Cookies, chocolate sandwich, with extra creme filling	28.35	1.0 oz	0.54
18157	Cookies, chocolate wafers	28.35	1.0 oz	0.20
28329	Cookies, chocolate, made with rice cereal	62.0	1.0 cookie	1.22
28309	Cookies, coconut macaroon	36.0	2.0 cookie 1 serving	0.07
18170	Cookies, fig bars	28.35	1.0 oz	0.18
18171	Cookies, fortune	28.35	1.0 oz	0.01
18172	Cookies, gingersnaps	28.35	1.0 oz	0.27
28332	Cookies, gluten-free, chocolate sandwich, with creme filling	44.0	3.0 cookies	1.02
28334	Cookies, gluten-free, lemon wafer	30.0	3.0 cookies	0.94
18174	Cookies, graham crackers, chocolate-coated	27.0	3.0 pieces	0.27
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	28.35	1.0 oz	0.43
28302	Cookies, graham crackers, plain or honey, lowfat	35.0	1.0 serving	0.30
18175	Cookies, ladyfingers, with lemon juice and rind	28.35	1.0 oz	0.18
28351	Cookies, Marie biscuit	28.0	5.0 cookie	0.13
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	28.35	1.0 oz	0.04
28330	Cookies, marshmallow, with rice cereal and chocolate chips	22.0	1.0 bar	0.16
18177	Cookies, molasses	28.35	1.0 oz	0.03
28300	Cookies, oatmeal sandwich, with creme filling	38.0	1.0 cookie 1 serving	0.84
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	0.07
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	0.43
28349	Cookies, oatmeal, reduced fat	25.0	1.0 cookie	0.28
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	0.53
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	1.00
28301	Cookies, peanut butter, commercially prepared, sugar free	29.0	1.0 serving 3 cookies	1.02
18191	Cookies, raisin, soft-type	28.35	1.0 oz	0.63
18192	Cookies, shortbread, commercially prepared, plain	28.35	1.0 oz	0.69
28310	Cookies, shortbread, reduced fat	11.8	1.0 cookie	0.29
28311	Cookies, sugar wafer, chocolate-covered	29.0	3.0 cookie	0.63
18202	Cookies, sugar wafer, with creme filling, sugar free	28.35	1.0 oz	0.87
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	0.90
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	0.87
18208	Cookies, sugar, prepared from recipe, made with margarine	28.35	1.0 oz	0.73

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1210Gaisangar (migrand daph bale)A30A100A1001210Gaisangar (migrand daph bale)A213A100A1011211Gaisangar (migrand daph bale)A101A101A1011212Gaisangar (migrand daph bale)A101A101A1011213Gaisangar (migrand daph bale)A101A101A1011214Gaisangar (migrand daph bale)A111A101A1011214Gaisangar (migrand daph bale)A112A101A1011214Gaisangar (migrand daph bale)A111A101A1011214Gaisangar (migrand daph bale)A111A101A1011214Gaisangar (migrand daph bale)A112A101A1011214Gaisangar (migrand daph bale)A111A101	NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
No. Cookies, squit, entripented dough, baked 28.35 10.000 18100 Cookies, squith sandwich with coren filling. 28.35 10.000 0.005 18212 Cookies, varilla sandwich with coren filling, indued fau 84.05 10.000 0.005 18213 Cookies, varilla waters, higher fat 20.00 8.0 waters 0.005 18214 Cookies, varilla waters, lower fat 20.01 0.025 0.000 8.0 waters 0.002 20055 Coren fore, reser, new 4.0 0.025 core 0.010 0.025 20076 Coren fore, reser, new 114.0 10.0 core 0.010 20078 Coren fore, wate, weich, white 114.0 10.0 core 0.010 20079 Coren fore, weich, white 114.0 10.0 core 0.010 0.010 2008 Coren fore, weich, white 116.0 10.0 core 0.010 0.010 0.010 0.010 0.010 0.010 0.010 0.010 0.010 0.010 0.010 0.010 0.010 0.010 0.010 0					Per Measure
N210Cookis, vanil is andwich with erene filling, reduced far28.35Cookis, vanil as andwich with erene filling, reduced far28.36Cookis, vanil vas and wich with erene filling, reduced far60.0618.12Cookis, vanil vas and, higher far0.000.000.0018.14Cookis, vanil vas and, higher far0.000.000.0018.15Cookis, vanil vas and, higher far0.000.000.0018.16Consider, clantony leaves, naw0.000.000.0020.07Con door, sans, enriched, white0.0100.000.0120.01Con flour, sans, enriched, white0.1100.000.0120.01Con flour, sans, enriched, white0.1100.000.0120.01Con flour, was downiched, white0.1100.000.0120.01Con flour, was downiched, white0.1100.000.0120.01Con flour, whole-grain, white0.1100.000.0120.01Con flour, whole-grain, white0.0100.010.0120.01Con flour, whole-grain, white0.0100.010.0120.01Con flour, whole-grain, selfada0.020.010.0120.01Con specific float0.0100.010.010.0120.01Con specific float0.0100.010.010.0120.01Con floar, whole-grain specific float0.010.010.0120.01Con floar, whole-grain specific float0.010.010.0120.01 <t< td=""><td>18205</td><td>Cookies, sugar, refrigerated dough</td><td>33.0</td><td>1.0 serving</td><td>0.06</td></t<>	18205	Cookies, sugar, refrigerated dough	33.0	1.0 serving	0.06
2832 Cookies, vanili sandwich with erem filling, educed fat 48.0 1.0 serving cookie 0.68 18213 Cookies, vanili wafers, hoger fat 20.0 20.00 0.007 1016 Corinder (charrol leaver, raw 4.0 0.025 cp 0.007 2007 Com bran, crede 7.0 4.0 0.027 cp 0.010 2007 Com four, nase, interided, white 114.0 1.0 cp 0.017 2007 Com four, nase, interided, white 114.0 1.0 cp 0.019 2007 Com four, nase, interided, white 114.0 1.0 cp 0.019 2016 Com four, shole-grain, white 117.0 1.0 cp 0.019 2016 Com four, shole-grain, white 117.0 1.0 cp 0.019 2016 Com four, shole-grain, white 250.0 1.0 cp 0.019 2016 Com four, shole-grain, shite 250.0 1.0 cp 0.011 2016 Com four, shole-grain, shite 250.0 1.0 cp 0.011 2017 Com, sweet, white, coneal, crean wite, no shita kidel <td>18206</td> <td>Cookies, sugar, refrigerated dough, baked</td> <td>28.35</td> <td>1.0 oz</td> <td>0.06</td>	18206	Cookies, sugar, refrigerated dough, baked	28.35	1.0 oz	0.06
1813Cookies, vanili warder, higher fat3008.0 warder0.0818212Cookies, vanili warder, hower fat20.070.00718105Coraiser (claintro) leves, raw4.00.023 cp20010Corn dag, fractor, neepared76.01.0 corn dag20171Corn dag, fractor, neepared76.01.0 corn dag20172Corn dag, fractor, neepared71.01.0 corn dag20173Corn four, mass, unenticled, white114.01.0 corn dag20184Corn four, mass, unenticled, white114.01.0 corn dag20185Corn four, whole-grain, white114.01.0 corn dag20184Corn four, shole-grain, schie1.0 corn0.0120185Corn four, shole-grain, schie1.0 corn0.0120186Corn four, schiev, devide, greend, unenticled1.0 corn0.0120186Corn four, schiev, devide, schiev, devide1.0 corn0.0120186Corn schiev, schiev, devide, damined, schiev, devide2.8 corn1.0 corn20186Corn, schiev, schiev, condit, datind, schiev, damined, sch	18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	0.45
18212Cookies, vanila wafes, bower fat10001000011165Corinader (inlattro) kaves, raw4.00.025 cm0.01020015Corn bran, crude76.01.0 contage0.0322017Corn four, masa, encified, white76.01.0 contage0.0142017Corn four, masa, encified, white114.01.0 contage0.0142018Corn four, masa, encified, white117.01.0 contage0.0142016Corn four, white, grain, white117.01.0 contage0.0192016Corn four, whole grain, white117.01.0 contage0.0192018Corn four, stole grain, white117.01.0 contage0.0192018Corn four, stole grain, white117.01.0 contage0.0192018Corn four, stole grain, stolew117.01.0 contage0.0192018Corn four, stole grain, stolew117.01.0 contage0.0192014Corn grain, sellow117.01.0 contage0.0192014Corn grain, sellow126.01.0 contage0.0182014Corn grain, sellow, degreed, unerriched256.01.0 contage0.0122018Corn, sweet, white, canned, crean style, rogala pack165.01.0 cont stole 1.0 contage0.0122019Corn, sweet, white, canned, whote stard165.01.0 contage0.0122019Corn, sweet, white, canned, whote stard, whith stal165.01.0 contage0.0122019Corn, sweet, white, forzen, kernels	28352	Cookies, vanilla sandwich with creme filling, reduced fat	48.0	1.0 serving cookie	0.63
11161Corinder (illantro) leaves, raw	18213	Cookies, vanilla wafers, higher fat	30.0	8.0 wafers	0.68
2001sCom han, endé1601.0 eury0.3222973Com hog, firzer, prepared78.01.0 eury0.472017Com flour, mas, encield, white141.01.0 eury0.142019Com flour, mas, encield, white141.01.0 eury0.142016Com flour, whole-grain, white117.01.0 eury0.042018Com flour, whole-grain, yellow117.01.0 eury0.042014Com flour, whole-grain, yellow166.01.0 eury0.012014Com flour, whole-grain, yellow28.31.0 eury0.012014Com grain, yellow, ensed, ense style, no sat addef28.31.0 eury0.012016Com, sweet, white, canned, ense style, no sat addef28.31.0 eury0.0111905Corn, sweet, white, canned, ense style, no sat addef28.01.0 eury0.0111906Corn, sweet, white, canned, drain style, no sat addef28.01.0 eury0.0111907Corn, sweet, white, canned, drain style, no sat addef28.01.0 eury0.0111904Corn, sweet, white, conked, holied, drained, with satt89.01.0 eur, small (5.12' to 6.12' to 0.12' to 0.12'0.0111912Corn, sweet, white, conked, holied, drained, with satt165.01.0 eury0.0211914Corn, sweet, white, conked, holied, drained, with satt165.01.0 eury0.0111914Corn, sweet, white, conked, holied, drained, with satt25.01.0 eury0.0111914Corn, sweet	18212	Cookies, vanilla wafers, lower fat	28.35	1.0 oz	0.07
2973Con days, frozen, prepared78.01.0 corndog0.472007Corn flour, mass, uncinched, white114.01.0 cup0.142019Corn flour, mass, uncinched, white114.01.0 cup0.142016Corn flour, whole-grain, white117.01.0 cup0.492016Corn flour, whole-grain, white117.01.0 cup0.492018Corn flour, whole-grain, white126.01.0 cup0.492018Corn flour, whole-grain, white126.01.0 cup0.492018Corn flour, whole-grain, white2001.0 cup0.492018Corn flour, whole-grain, white126.01.0 cup0.492018Corn flour, whole-grain, white2001.0 cup0.492018Corn flour, whole-grain, white2001.0 cup0.412019Corn grain, white, cup methy201820191.0 cup0.412014Corn grain, white, cup methy201820192019201920192015Corn grain, white, cup methy201920192019201920192016Corn grain, white, cup methy201020192019201920192017Corn, sever, white, canned, cup and shided20102010201920192018Corn, sever, white, canned, cup and shided shined, whith shit20101.0 cup201920192019Corn, sever, white, forzen, kernels cut off cub holed, drained, whith shit20101.0 cup20	11165	Coriander (cilantro) leaves, raw	4.0	0.25 cup	0.10
2007Corn four, masa, miched, while114.01.0 cup0.142019Corn four, masa, unenriched, while114.01.0 cup0.1420316Corn four, whole-grain, while117.01.0 cup0.492016Corn four, whole-grain, yellow117.00.0 cup0.492016Corn four, yellow, dogermed, unenriched126.01.0 cup0.192014Corn pudding, home prepared166.01.0 cup0.6182015Corn quiding, home prepared250.01.0 cup0.6181185Corn, dried, yellow (Northern Plinis Indians)28.351.0 cup0.1511907Corn, sweet, white, canned, cream style, no salt added256.01.0 cup0.1811905Corn, sweet, white, canned, drained solids164.01.0 cup0.1111906Corn, sweet, white, canned, drained solids89.01.0 ear, small (5-12° to 6-12° long)0.0811902Corn, sweet, white, conked, boiled, drained, with salt89.01.0 ear, small (5-12° to 6-12° long)0.0811911Corn, sweet, white, conked, boiled, drained, withsalt165.01.0 cup0.1111911Corn, sweet, sellow, canned, hrine pask, regular pack, solids and liquids256.01.0 cup0.0111911Corn, sweet, sellow, canned, hrine pask, regular pack, solids and liquids165.01.0 cup0.0111911Corn, sweet, sellow, canned, hrine pask, regular pack, solids and liquids256.01.0 cup0.0111912Corn, sweet, sellow, canned, sequal pack	20015	Corn bran, crude	76.0	1.0 cup	0.32
2019Con flour, masa, unenriched, while11401.0 cup0.14 tup2036Com flour, whole-grain, while0.11700.1.0 cup0.4.920016Com flour, whole-grain, yellow0.100.1.0 cup0.4.920018Com flour, whole-grain, yellow1.6.0 cup0.1.0 cup0.1.0 cup20140Com grain, yellow1.6.0 cup0.6.1.0 cup0.6.1.0 cup11550Com, soure, while, canned, cream style, no salt added25.00.0.0 cup0.6.1.0 cup11907Com, sweet, while, canned, curean style, regular pack25.00.1.0 cup0.1.1.0 cup11910Com, sweet, while, canned, whole kernel, drained solids16.0 cup0.1.0 cup0.1.1.0 cup11910Com, sweet, while, conded, bolied, drained, with salt89.01.0 cur, small (5-12" to 6-1/2" tong)0.0.0011911Com, sweet, while, conded, bolied, drained, with salt16.050.0.0 cup0.0.1.0 cup11912Com, sweet, while, forzen, kernels cut off cob, bolied, drained, with salt16.050.0.0 cup0.0.0 cup11910Com, sweet, while, forzen, kernels cut off cob, bolied, drained, with salt16.0 cup0.0.0 cup11911Com, sweet, while, forzen, kernels cut off cob, bolied, drained, with salt16.0 cup0.0.0 cup11912Com, sweet, while, forzen, kernels cut off cob, bolied, drained, with salt16.0 cup0.0.0 cup11914Com, sweet, while, conzel, horizen, salt added25.01.0 cup0.0.0 cup11915Com, sweet, while, conzel, horizen, salt added <td< td=""><td>22973</td><td>Corn dogs, frozen, prepared</td><td>78.0</td><td>1.0 corndog</td><td>0.47</td></td<>	22973	Corn dogs, frozen, prepared	78.0	1.0 corndog	0.47
20316Corn flour, whole-grain, white00<	20017	Corn flour, masa, enriched, white	114.0	1.0 cup	0.14
2016Con flour, whole-grain, yellow117.01.0 cup0.0 cup20018Corn flour, yellow, degerned, unenriched126.01.0 cup0.0 fup20014Corn grain, yellow1.0 cup0.0 fup0.0 fup20015Corn grain, yellow (Northern Plains Indians)28.0 fup2.0 fup0.0 fup11907Corn, sweet, white, canned, cream style, no salt added25.0 fup1.0 cup0.0 fup11907Corn, sweet, white, canned, tream style, no salt added25.6 fup1.0 cup0.1 fup11907Corn, sweet, white, canned, vende kernet, drained solids28.6 fup1.0 cup0.1 fup11908Corn, sweet, white, cannet, whole kernet, drained solids89.0 fup ear, small (5-1/2" to 6-1/2" tog)0.0 fup11909Corn, sweet, white, cooked, boiled, drained, with salt89.0 fup ear, small (5-1/2" to 6-1/2" tog)0.0 fup11910Corn, sweet, white, forzen, kernels cut off cob, boiled, drained, with salt165.0 fup ear, small (5-1/2" to 6-1/2" tog)0.0 fup11910Corn, sweet, white, forzen, kernels cut off cob, boiled, drained, with salt165.0 fup ear, small (5-1/2" to 6-1/2" tog)0.0 fup11911Corn, sweet, yellow, canned, brine pack, regular pack256.0 fup ear, small (5-1/2" to 6-1/2" tog)0.0 fup11910Corn, sweet, yellow, canned, near style, no salt added256.0 fup ear0.0 fup11911Corn, sweet, yellow, canned, cream style, no salt added256.0 fup ear0.0 fup11912Corn, sweet, yellow, canned, near style, no salt added256.0 fup ear0.0 fup <td>20019</td> <td>Corn flour, masa, unenriched, white</td> <td>114.0</td> <td>1.0 cup</td> <td>0.14</td>	20019	Corn flour, masa, unenriched, white	114.0	1.0 cup	0.14
2018Com flour, yellow, degerned, unenriched116.01.0 cup0.1920014Com grain, yellow166.01.0 cup0.8111656Com pudding, home prepared250.01.0 cup0.6835183Com, dired, yellow (Northern Plains Indians)28.351.0 oz0.1211907Corn, sweet, white, canned, cream style, no salt added256.01.0 cup0.1811905Corn, sweet, white, canned, whole kernet, drained solids164.01.0 cup0.1111905Corn, sweet, white, cooked, boiled, drained, with salt89.01.0 car, small (5-1/2" to 61/2" long)0.0811904Corn, sweet, white, cooked, boiled, drained, with salt89.01.0 car, small (5-1/2" to 61/2" long)0.0811912Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt165.01.0 cup0.1011914Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt165.01.0 cup0.0111910Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt165.01.0 cup0.0111910Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt165.01.0 cup0.0111914Corn, sweet, white, coaned, oream style, negular pack256.01.0 cup0.0111915Corn, sweet, yellow, canned, oream style, negular pack256.01.0 cup0.0811916Corn, sweet, yellow, canned, oream style, negular pack256.01.0 cup0.0811917Corn, sweet, yellow, canned, o	20316	Corn flour, whole-grain, white	117.0	1.0 cup	0.49
2014Corn grain, yellow16601.0 corp0.8111656Corn pudding, home prepared25001.0 corp0.6831513Corn, dried, yellow (Northern Plains Indians)28.351.0 corp0.1211907Corn, sweet, white, canned, cream style, no salt added25601.0 corp0.1511905Corn, sweet, white, canned, cream style, regular pack256.01.0 corp0.1111902Corn, sweet, white, conked, chained solids164.01.0 corp0.0111903Corn, sweet, white, conked, boiled, drained, with salt89.01.0 ear, small (5-1/2" to 6-1/2" long)0.0811914Corn, sweet, white, conked, boiled, drained, with salt165.01.0 corp0.0111915Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt165.01.0 car, small (5-1/2" to 6-1/2" long)0.0811914Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt165.01.0 car, small (5-1/2" to 6-1/2" long)0.0211914Corn, sweet, white, rozen, kernels cut off cob, boiled, drained, with salt256.01.0 corp0.0211915Corn, sweet, yellow, canned, brinn pack, regular pack, solids and liquids256.01.0 corp0.0211914Corn, sweet, yellow, canned, no salt added256.01.0 corp0.0211714Corn, sweet, yellow, canned, solid adding liquids256.01.0 corp0.0211714Corn, sweet, yellow, canned, solid adding liquids256.01.0 corp0.0211714Corn, s	20016	Corn flour, whole-grain, yellow	117.0	1.0 cup	0.49
11656Corn padding, home prepared25001.0 cup0.0835183Corn, dried, yellow (Northern Plains Indians)28.351.0 oz0.1211907Corn, sweet, white, canned, cream style, no salt added25.601.0 cup0.1511906Corn, sweet, white, canned, dream style, regular pack25.601.0 cup0.1811905Corn, sweet, white, canned, whole kernel, drained solids164.01.0 car, small (5-1/2" to 6-1/2" loop)0.0811904Corn, sweet, white, cooked, boiled, drained, with salt89.01.0 ear, small (5-1/2" to 6-1/2" loop)0.0811912Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt165.00.0 cup0.1211910Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt165.00.0 cup0.0211910Corn, sweet, white, raw73.01.0 ear, small (5-1/2" to 6-1/2" loop)0.081172Corn, sweet, white, raw73.01.0 ear, small (5-1/2" to 6-1/2" loop)0.081174Corn, sweet, yellow, canned, cream style, no salt added256.01.0 cup0.081174Corn, sweet, yellow, canned, ream style, no salt added256.01.0 cup0.081174Corn, sweet, yellow, canned, no salt added256.0 <td>20018</td> <td>Corn flour, yellow, degermed, unenriched</td> <td>126.0</td> <td>1.0 cup</td> <td>0.19</td>	20018	Corn flour, yellow, degermed, unenriched	126.0	1.0 cup	0.19
35183 Corn, dried, yellow (Northem Plains Indians) 28.35 1.0 oz 0.12 11907 Corn, sweet, white, canned, cream style, no salt added 256.0 1.0 cup 0.15 11906 Corn, sweet, white, canned, cream style, regular pack 256.0 1.0 cup 0.13 11905 Corn, sweet, white, canned, tream style, regular pack 256.0 1.0 cup 0.11 11902 Corn, sweet, white, canned, whole kernel, drained solids 1164.0 1.0 car, small (5-1/2" to 6-1/2" long) 0.08 11911 Corn, sweet, white, forzen, kernels cut off cob, boiled, drained, with salt 165.0 1.0 car, small (5-1/2" to 6-1/2" long) 0.02 11912 Corn, sweet, white, forzen, kernels cut off cob, boiled, drained, with salt 165.0 1.0 car, small (5-1/2" to 6-1/2" long) 0.05 11910 Corn, sweet, white, raw 73.0 1.0 ear, small (5-1/2" to 6-1/2" long) 0.05 1170 Corn, sweet, yellow, canned, near style, no salt added 256.0 1.0 cur 0.18 11714 Corn, sweet, yellow, canned, oream style, no salt added 256.0 1.0 cup 0.18 11771 Corn, sweet, yellow, canned, no salt	20014	Corn grain, yellow	166.0	1.0 cup	0.81
11907Corn, sweet, white, canned, cream style, no salt added256.01.0 cup0.1511906Corn, sweet, white, canned, cream style, regular pack256.01.0 cup0.1811905Corn, sweet, white, canned, whole kernel, drained solids164.01.0 cur, sweet, sweet, white, canned, whole kernel, drained, solids164.00.0 cup0.0111902Corn, sweet, white, cooked, boiled, drained, with salt89.01.0 ear, small (5-1/2" to 6-1/2" long)0.0811901Corn, sweet, white, cooked, boiled, drained, with salt165.01.0 cup0.1211912Corn, sweet, white, forzen, kernels cut off cob, boiled, drained, with salt165.01.0 cup0.1211914Corn, sweet, white, raw73.01.0 ear, small (5-1/2" to 6-1/2" long)0.0811704Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids256.01.0 cup0.0811714Corn, sweet, yellow, canned, cream style, no salt added256.01.0 cup0.1811714Corn, sweet, yellow, canned, cream style, no salt added256.01.0 cup0.1811714Corn, sweet, yellow, canned, no salt added, solids and liquids256.01.0 cup0.0811715Corn, sweet, yellow, canned, no salt added, solids and liquids256.01.0 cup0.0811714Corn, sweet, yellow, canned, no salt added, solids and liquids256.01.0 cup0.0811715Corn, sweet, yellow, canned, no salt added, solids and liquids256.01.0 cup0.0811714Corn, sweet, yel	11656	Corn pudding, home prepared	250.0	1.0 cup	0.68
1906Corn, sweet, while, canned, cream style, regular pack256.01.0 cup0.181905Corn, sweet, while, canned, whole kernel, drained solids164.01.0 cur, small (5-1/2° to 6-1/2° long)0.081902Corn, sweet, while, cooked, boiled, drained, with salt89.01.0 ear, small (5-1/2° to 6-1/2° long)0.081901Corn, sweet, white, cooked, boiled, drained, without salt165.01.0 cur, small (5-1/2° to 6-1/2° long)0.021912Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt165.01.0 cur, small (5-1/2° to 6-1/2° long)0.0121910Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt165.01.0 cur, small (5-1/2° to 6-1/2° long)0.051917Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids256.01.0 cur0.081972Corn, sweet, yellow, canned, cream style, no salt added256.01.0 cur0.181974Corn, sweet, yellow, canned, no salt added, solids and liquids256.01.0 cur0.081973Corn, sweet, yellow, canned, no salt added, solids and liquids256.01.0 cur0.081974Corn, sweet, yellow, canned, no salt added, solids and liquids256.01.0 cur0.081973Corn, sweet, yellow, canned, no salt added, solids and liquids256.01.0 cur0.081974Corn, sweet, yellow, canned, whole kernel, drained solids210.01.0 cur0.081975Corn, sweet, yellow, canned, whole kernel, drained solids210.01.0 cur <td>35183</td> <td>Corn, dried, yellow (Northern Plains Indians)</td> <td>28.35</td> <td>1.0 oz</td> <td>0.12</td>	35183	Corn, dried, yellow (Northern Plains Indians)	28.35	1.0 oz	0.12
11905 Corn, sweet, white, canned, whole kernel, drained solids 164.0 1.0 cup 0.11 11902 Corn, sweet, white, cooked, boiled, drained, with salt 89.0 1.0 ear, small (5-1/2" to 6-1/2" long) 0.08 11901 Corn, sweet, white, cooked, boiled, drained, with salt 89.0 1.0 ear, small (5-1/2" to 6-1/2" long) 0.08 11912 Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt 165.0 1.0 cur, small (5-1/2" to 6-1/2" long) 0.12 11911 Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt 165.0 1.0 cur, small (5-1/2" to 6-1/2" long) 0.02 11900 Corn, sweet, white, raw 73.0 1.0 ear, small (5-1/2" to 6-1/2" long) 0.05 11700 Corn, sweet, yellow, canned, cream style, no salt added 256.0 1.0 cup 0.18 11772 Corn, sweet, yellow, canned, cream style, regular pack 256.0 1.0 cup 0.08 11774 Corn, sweet, yellow, canned, no salt added, solids and liquids 256.0 1.0 cup 0.08 11773 Corn, sweet, yellow, canned, vacuum pack, no salt added 210.0 1.0 cup 0.08 1176 <td>11907</td> <td>Corn, sweet, white, canned, cream style, no salt added</td> <td>256.0</td> <td>1.0 cup</td> <td>0.15</td>	11907	Corn, sweet, white, canned, cream style, no salt added	256.0	1.0 cup	0.15
11902Corn, sweet, white, cooked, boiled, drained, with salt89.01.0 ear, small (5-1/2" to 6-1/2" long)0.0811901Corn, sweet, white, cooked, boiled, drained, without salt89.01.0 ear, small (5-1/2" to 6-1/2" long)0.0811912Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt165.01.0 ear, small (5-1/2" to 6-1/2" long)0.1211914Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt165.01.0 ear, small (5-1/2" to 6-1/2" long)0.1211900Corn, sweet, white, raw73.01.0 ear, small (5-1/2" to 6-1/2" long)0.0511704Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids256.01.0 curp0.1811714Corn, sweet, yellow, canned, cream style, no salt added256.01.0 curp0.0811714Corn, sweet, yellow, canned, no salt added, solids and liquids256.01.0 curp0.0811714Corn, sweet, yellow, canned, no salt added, solids and liquids256.01.0 curp0.0811715Corn, sweet, yellow, canned, no salt added, solids and liquids256.01.0 curp0.0811714Corn, sweet, yellow, canned, vacuum pack, negular pack210.01.0 curp0.0811715Corn, sweet, yellow, canned, whole kernel, drained solids210.01.0 curp0.081172Corn, sweet, yellow, canned, whole kernel, drained solids164.01.0 curp0.081172Corn, sweet, yellow, cooked, boiled, drained, with salt89.01.0 ear small (5-1/2" to 6-1/2" long<	11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	0.18
11901Corn, sweet, white, cooked, boiled, drained, without salt89.01.0 ear, small (5-1/2" to 6-1/2" long)0.0811912Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt165.01.0 curp0.1211911Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt165.01.0 ear, small (5-1/2" to 6-1/2" long)0.1211900Corn, sweet, white, raw73.01.0 ear, small (5-1/2" to 6-1/2" long)0.051170Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids256.01.0 curp0.1811714Corn, sweet, yellow, canned, or salt added256.01.0 curp0.1811715Corn, sweet, yellow, canned, no salt added, solids and liquids256.01.0 curp0.0811771Corn, sweet, yellow, canned, no salt added, solids and liquids256.01.0 curp0.0811773Corn, sweet, yellow, canned, no salt added, solids and liquids256.01.0 curp0.0811774Corn, sweet, yellow, canned, no salt added, solids and liquids256.01.0 curp0.0811775Corn, sweet, yellow, canned, no salt added, solids and liquids256.01.0 curp0.0811774Corn, sweet, yellow, canned, no salt added210.00.080.0811775Corn, sweet, yellow, canned, vacuum pack, regular pack210.00.081176Corn, sweet, yellow, canned, whole kernel, drained solids164.01.0 curp0.081172Corn, sweet, yellow, conked, boiled, drained, with salt89.0	11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	0.11
11912 Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt 165.0 1.0 cup 0.12 11911 Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt 165.0 1.0 cup 0.12 11900 Corn, sweet, white, raw 73.0 1.0 ear, small (5-1/2" to 6-1/2" long) 0.05 11700 Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids 256.0 1.0 cup 0.18 11712 Corn, sweet, yellow, canned, cream style, no salt added 256.0 1.0 cup 0.18 11714 Corn, sweet, yellow, canned, no salt added, solids and liquids 256.0 1.0 cup 0.08 11715 Corn, sweet, yellow, canned, no salt added, solids and liquids 256.0 1.0 cup 0.08 11714 Corn, sweet, yellow, canned, no salt added, solids and liquids 256.0 1.0 cup 0.08 11773 Corn, sweet, yellow, canned, vacuum pack, no salt added 210.0 1.0 cup 0.08 1176 Corn, sweet, yellow, canned, vacuum pack, regular pack 210.0 1.0 cup 0.08 1176 Corn, sweet, yellow, canned, whole kernel, drained solids 1164.0 1.0 cup 0.15 1177	11902	Corn, sweet, white, cooked, boiled, drained, with salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.08
11911Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt165.01.0 cup0.0211900Corn, sweet, white, raw73.01.0 ear, small (5-1/2" to 6-1/2" long)0.0511170Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids256.01.0 cup0.081172Corn, sweet, yellow, canned, cream style, no salt added256.01.0 cup0.181174Corn, sweet, yellow, canned, no salt added, solids and liquids256.00.0 cup0.081177Corn, sweet, yellow, canned, no salt added, solids and liquids256.00.0 cup0.081177Corn, sweet, yellow, canned, no salt added, solids and liquids256.00.0 cup0.081173Corn, sweet, yellow, canned, no salt added, solids and liquids256.00.0 cup0.081174Corn, sweet, yellow, canned, vacuum pack, regular pack210.00.0 cup0.081175Corn, sweet, yellow, canned, vacuum pack, regular pack210.00.0 cup0.081176Corn, sweet, yellow, canned, vacuum pack, regular pack210.00.0 cup0.081172Corn, sweet, yellow, canned, whole kernel, drained solids0.640.0 cup0.051172Corn, sweet, yellow, canned, whole kernel, drained solids0.640.0 cup0.051172Corn, sweet, yellow, cooked, boiled, drained, with salt89.01.0 car small (5-1/2" to 6-1/2" long)0.08	11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.08
11900Corn, sweet, white, raw73.01.0 ear, small (5-1/2" to 6-1/2" long)0.0511170Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids256.01.0 cup0.081172Corn, sweet, yellow, canned, cream style, no salt added256.01.0 cup0.181174Corn, sweet, yellow, canned, no salt added, solids and liquids256.01.0 cup0.181177.1Corn, sweet, yellow, canned, no salt added, solids and liquids256.01.0 cup0.081177.3Corn, sweet, yellow, canned, no salt added210.01.0 cup0.081176Corn, sweet, yellow, canned, vacuum pack, regular pack210.01.0 cup0.081177.4Corn, sweet, yellow, canned, vacuum pack, regular pack210.01.0 cup0.081176Corn, sweet, yellow, canned, whole kernel, drained solids1164.01.0 cup0.081177.4Corn, sweet, yellow, coked, boiled, drained, with salt89.01.0 ear small (5-1/2" to 6-1/2" long)0.08	11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.12
11170 Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids 256.0 1.0 cup 0.08 11772 Corn, sweet, yellow, canned, cream style, no salt added 256.0 1.0 cup 0.18 11174 Corn, sweet, yellow, canned, cream style, regular pack 256.0 1.0 cup 0.18 11774 Corn, sweet, yellow, canned, no salt added, solids and liquids 256.0 1.0 cup 0.18 11771 Corn, sweet, yellow, canned, no salt added, solids and liquids 256.0 1.0 cup 0.08 11773 Corn, sweet, yellow, canned, no salt added 210.0 1.0 cup 0.08 1176 Corn, sweet, yellow, canned, vacuum pack, regular pack 210.0 1.0 cup 0.08 1176 Corn, sweet, yellow, canned, whole kernel, drained solids 1164.0 1.0 cup 0.08 1177 Corn, sweet, yellow, canned, whole kernel, drained solids 164.0 1.0 cup 0.15 1170 Corn, sweet, yellow, cooked, boiled, drained, with salt 89.0 1.0 car small (5-1/2" to 6-1/2" tor) 0.08	11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.12
11772Corn, sweet, yellow, canned, cream style, no salt added256.01.0 cup0.181174Corn, sweet, yellow, canned, cream style, regular pack256.01.0 cup0.181177Corn, sweet, yellow, canned, no salt added, solids and liquids256.01.0 cup0.0811773Corn, sweet, yellow, canned, vacuum pack, no salt added210.01.0 cup0.081176Corn, sweet, yellow, canned, vacuum pack, regular pack210.01.0 cup0.081177Corn, sweet, yellow, canned, vacuum pack, regular pack210.01.0 cup0.081176Corn, sweet, yellow, canned, whole kernel, drained solids164.01.0 cup0.151170Corn, sweet, yellow, cooked, boiled, drained, with salt89.01.0 ear small (5-1/2" to 6-1/2" long)0.08	11900	Corn, sweet, white, raw	73.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.05
11174Corn, sweet, yellow, canned, cream style, regular pack256.01.0 cup0.1811771Corn, sweet, yellow, canned, no salt added, solids and liquids256.01.0 cup0.0811773Corn, sweet, yellow, canned, vacuum pack, no salt added210.01.0 cup0.081176Corn, sweet, yellow, canned, vacuum pack, regular pack210.01.0 cup0.081172Corn, sweet, yellow, canned, whole kernel, drained solids164.01.0 cup0.081179Corn, sweet, yellow, canned, whole kernel, drained solids164.01.0 cup0.081170Corn, sweet, yellow, cooked, boiled, drained, with salt89.01.0 ear small (5-1/2" to 6-1/2" long)0.08	11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	0.08
11771Corn, sweet, yellow, canned, no salt added, solids and liquids256.01.0 cup0.0811773Corn, sweet, yellow, canned, vacuum pack, no salt added210.01.0 cup0.0811176Corn, sweet, yellow, canned, vacuum pack, regular pack210.01.0 cup0.0811172Corn, sweet, yellow, canned, whole kernel, drained solids164.01.0 cup0.1511770Corn, sweet, yellow, cooked, boiled, drained, with salt89.01.0 ear small (5-1/2" to 6-1/2" long)0.08	11772	Corn, sweet, yellow, canned, cream style, no salt added	256.0	1.0 cup	0.18
11773Corn, sweet, yellow, canned, vacuum pack, no salt added210.01.0 cup0.0811176Corn, sweet, yellow, canned, vacuum pack, regular pack210.01.0 cup0.0811172Corn, sweet, yellow, canned, whole kernel, drained solids164.01.0 cup0.1511770Corn, sweet, yellow, cooked, boiled, drained, with salt89.01.0 ear small (5-1/2" to 6-1/2" long)0.08	11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	0.18
11176Corn, sweet, yellow, canned, vacuum pack, regular pack210.01.0 cup0.0811172Corn, sweet, yellow, canned, whole kernel, drained solids164.01.0 cup0.1511770Corn, sweet, yellow, cooked, boiled, drained, with salt89.01.0 ear small (5-1/2" to 6-1/2" long)0.08	11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	0.08
11172 Corn, sweet, yellow, canned, whole kernel, drained solids 164.0 1.0 cup 0.15 11770 Corn, sweet, yellow, cooked, boiled, drained, with salt 89.0 1.0 ear small (5-1/2" to 6-1/2" long) 0.08	11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	210.0	1.0 cup	0.08
11770 Corn, sweet, yellow, cooked, boiled, drained, with salt 89.0 $1.0 \text{ ear small } (5-1/2" \text{ to } 6-1/2" \text{ long})$ 0.08	11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	0.08
	11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	0.15
11168Corn, sweet, yellow, cooked, boiled, drained, without salt89.01.0 ear small (5-1/2" to 6-1/2" long)0.08	11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.08
	11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.08

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1178Gasweed, solide, and cold, solide, durind, with andG163G163G1631178Gasweed, solide, and cold, colde, durind, with andG163G163G1631179Gasweed, solide, manne, watch and cold, anime, with a solidG163G163G1631170Gasweed, solide, manne, watch and cold, anime, with a solidG163G163G1631171Gasweed, solide, manne, watch and cold, anime, with a solidG163G163G1631172Gasweed, solide, main colspaceG163G163G163G1631173Gasweed, solide, anime, watch and cold cold cold cold cold cold cold col	NDB_No	Description	Weight(g)	Measure (alpha-	Vitamin E tocopherol)(mg)
11178Cura, weest, yellow, frizen, kernels out of Colo, impregared11501150110 cur, weest, yellow, frizen, kernels on cub, cubald, hinkel, drained, with salt11650110 curp kernels0.11111715Cura, weest, yellow, frizen, kernels on cubal, hinkel, drained, with salt11650110 cup kernels0.11511714Corn, weest, yellow, frizen, kernels on cubal, drained, drained, with salt11650110 cup0.01011714Corn, weest, yellow, frizen, kernels, out of cub, blied, drained, with salt11650110 cup0.01011715Corn, weet, yellow, frizen, kernels, out of cub, blied, drained, with salt1150110 cup0.01011715Corn, weet, yellow, frizen, kernels, run tervoared11410110 cup0.01011715Cornmeal, dgemend, curniched, yellow1570110 cup0.0192022Cornmeal, dgemend, curniched, yellow157010 cup0.0192022Cornmeal, dyende, run tervoared1220110 cup0.0192022Cornmeal, dyende, run tervoared122010 cup0.0192022Cornmeal, dyende, run tervoared122010 cup0.0192022Cornmeal, dyende, run tervoared, cooked, bield, drained, with salt157010 cup, cooked0.0202023Cornmeal, dyende, run tervoared, cooked, bield, drained, with salt157010 cup, cooked0.0202024Cornmeal, dyende, run tervoare, cooked, bield, drained, with salt157010 cup, cooked0.0202027Cornseal, foure, cubelle, foured, run tervoare, c					Per Measure
1175Corn, weet, yellow, frozm, kernels on cole, cooked, boiled, drained, withou sait16501.0 cup kernels0.131188Corn, weet, yellow, frozm, kernels on cole, cooked, boiled, drained, withou sait16501.0 cup kernels0.161174Corn, weet, yellow, frozm, kernels, cut off cole, boiled, drained, with salt16501.0 cup kernels0.161174Corn, weet, yellow, frozm, kernels, cut off cole, boiled, drained, with salt16501.0 cup0.0 cup1182Corn, weet, yellow, frozm, kernels, cut off cole, boiled, drained, with salt16501.0 cup0.0 cup2022Cornmeal, degermend, frizmen, incovare, wardou141010 cup0.0 cup2022Cornmeal, degermend, incident, gullow16701.0 cup0.0 cup2022Cornmeal, degermend, incident, gullow16701.0 cup0.0 cup2024Cornmeal, duole-grain, white16701.0 cup0.0 cup2025Cornmeal, duole-grain, white16201.0 cup0.0 cup2026Cornmeal, duole-grain, white16201.0 cup0.0 cup2027Cornmeal, duole-grain, white16201.0 cup0.0 cup2028Cornmeal, duole-grain, white16201.0 cup0.0 cup2029Cornweal, whole-grain, white16301.0 cup0.0 cup2020Cornweal, whole-grain, white16301.0 cup0.0 cup2021Cornweal, whole-grain, white1.0 cup0.0 cup0.0 cup2022Cornweal, whole-grain, white1.0 cup <td< td=""><td>11179</td><td>Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt</td><td>165.0</td><td>1.0 cup</td><td>0.12</td></td<>	11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.12
11181Corn, sveet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt16501.0 cup kernels0.1311180Corn, sveet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt16501.0 cup kernels0.101174Corn, sveet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt16501.0 cup0.011182Corn, yellow, shoke kernel, frozen, microwawal14101.0 cup0.012022Cornneal, degerned, uncriched, white15701.0 cup0.0192022Cornneal, degerned, uncriched, yellow15701.0 cup0.0192022Cornneal, degerned, uncriched, yellow15701.0 cup0.0192022Cornneal, degerned, uncriched, yellow12201.0 cup0.0512020Cornneal, degerned, uncriched, yellow12201.0 cup0.0512020Cornneal, whole-grain, white12201.0 cup0.0512020Cornneal, whole-grain, white12301.0 cup0.0512020Cornneal, whole-grain, white15701.0 cup0.0512020Cornneal, whole-grain, white15701.0 cup0.0512021Cornsacrt16501.0 cup0.0512022Cornsacrt16501.0 cup0.0512023Cornsacrt16501.0 cup0.0512024Coropeas, (backeys), immature seeds, cooked, boiled, drained, without salt17001.0 cup2025Coropeas, connon (blackeys, curoder, suttern), mature seeds, cooked, boiled, dra	11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	0.11
11180Corn, sweet, yellow, frozen, kernels on coh, unprepared16501.0 cop kernels0.151177Corn, sweet, yellow, frozen, kernels, ent of coh, binled, drained, with sait16501.0 cop0.021178Corn, sweet, yellow, shole kernel, frozen, microwaved14401.0 cop0.011182Corn, weet, yellow, whole kernel, frozen, microwaved14501.0 cop0.012022Cornmeal, degerned, enriched, white15701.0 cop0.012022Cornmeal, degerned, unerriched, white15701.0 cop0.032042Cornmeal, degerned, unerriched, white15701.0 cop0.032042Cornmeal, degerned, unerriched, white12001.0 cop0.032042Cornmeal, whole-grain, yellow12201.0 cop0.032042Cornmeal, whole-grain, yellow12201.0 cop0.052047Cornstarch12801.0 cop0.052047Cornstarch1.0 cop0.051.0 cop2049Couroes, cooked, bolled, drained, with salt16501.0 cop0.052047Cornspace (backeys), inmature seeds, cooked, bolled, drained, with salt17001.0 cop0.052048Coropeas (backeys), inmature seeds, cooked, bolled, drained, with salt17001.0 cop0.052049Coropeas (backeys), inmature seeds, frozen, cooked, bolled, drained, with salt17101.0 cop0.052040Coropeas (backeys), inmature seeds, frozen, cooked, bolled, drained, without salt17001.0 cop	11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	0.13
1174Com, sweet, yellow, frozen, kernels, eut off coh, holled, dnined, with salt166.01.0 eup0.1211167Com, sweet, yellow, raw145.01.0 eup0.0111182Com, yellow, whole kernel, forzen, microwaved141.01.0 eup0.0192022Commeal, degermed, enriched, white157.01.0 eup0.0192022Commeal, degermed, unenriched, yellow157.01.0 eup0.0192022Commeal, degermed, unenriched, yellow157.01.0 eup0.0192022Commeal, degermed, unenriched, yellow157.01.0 eup0.0192023Commeal, degrmed, unenriched, yellow157.01.0 eup0.0192024Commeal, whole-grain, yellow122.01.0 eup0.0512025Commael, whole-grain, yellow122.01.0 eup0.0512020Commeal, whole-grain, yellow125.01.0 eup0.0512020Commeal, whole-grain, yellow125.01.0 eup0.0512027Comstach126.01.0 eup0.0512029Comeac, enoked1.0 eup, enoked0.0200.0000.0 eup2029Comstach, forzen, conked, holled, drined, with salt175.01.0 eup0.0512036Cowpeac, dinackyes, inmature seeds, forzen, conked, holled, drined, with salt171.01.0 eup0.0512036Cowpeac, duncon (blackyes, conwell-soulter), instart seeds, cooked, holled, without salt171.01.0 eup0.0512036Cowpeac, common (blackyes, conwell-soulter),	11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	0.13
11167Corn, sevet, yellow, raw145.01.0 cup0.0 tup11182Corn, yelkow, whole kernel, frazen, microwared141.01.0 cup0.1012022Cornmeal, degrmed, enriched, white157.01.0 cup0.012022Cornmeal, degrmed, enriched, white157.01.0 cup0.012022Cornmeal, degrmed, unenriched, white157.01.0 cup0.012022Cornmeal, degrmed, unenriched, white157.01.0 cup0.012022Cornmeal, whole-grain, white128.01.0 cup0.012020Cornmeal, whole-grain, white128.01.0 cup0.012020Cornmeal, whole-grain, white128.01.0 cup0.012020Consecons, cooked1.0 cup0.020.022020Consecons, cooked1.0 cup0.020.022021Consecons, cooked, boiled, drianed, with salt165.01.0 cup0.021177Cowpeas (blackeys), inmature seeds, cooked, boiled, drianed, with salt165.01.0 cup0.051186Cowpeas (blackeys), inmature seeds, forzen, cooked, boiled, drianed, with salt170.01.0 cup0.051186Cowpeas (blackeys), inmature seeds, forzen, cooked, boiled, drianed, with salt170.01.0 cup0.041186Cowpeas (outmon, blackeys, crowder, southern), mature seeds, cooked, boiled, with salt170.01.0 cup0.041083Cowpeas, connon (blackeys, crowder, southern), mature seeds, cooked, boiled, with salt170.01.0 cup0.04<	11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	0.15
11182Corn, yellow, whole kernel, frozen, microwaved141014101.0 up0.14120322Cornmeal, degermed, unriched, white15701.0 up0.1920022Cornmeal, degermed, uneriched, wile15701.0 up0.1920422Cornmeal, degermed, uneriched, white15701.0 up0.1920422Cornmeal, whole-grain, white15701.0 up0.1920420Cornmeal, whole-grain, white12001.0 up0.1920300Cornmeal, whole-grain, white12001.0 up0.0120020Cornmeal, whole-grain, white12001.0 up0.0120020Cornmeal, whole-grain, white12001.0 up0.0120020Cornmeal, whole-grain, waltow12001.0 up0.0020020Cornmeal, whole-grain, waltow12001.0 up0.0020020Cornmeal, whole-grain, waltow16501.0 up0.0020020Cornmeal, whole-grain, waltow sels, cocked, boiled, drained, without salt17001.0 up0.3620171Coropeas, (backeyse), inmature seeds, cocked, boiled, drained, without salt17101.0 up0.3620182Coropeas, connon (blackeyse, conder, southern), mature seeds, cocked, boiled, drained, without salt17101.0 up0.462033Coropeas, connon (blackeyse, conder, southern), mature seeds, cocked, boiled, without salt17101.0 up0.462034Coropeas, connon (blackeyse, conder, southern), mature seeds, cocked, boiled, without salt17101.0 up </td <td>11774</td> <td>Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt</td> <td>165.0</td> <td>1.0 cup</td> <td>0.12</td>	11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.12
2032Commeal, degermed, enriched, while157.01.0 e.gr0.172032Commeal, degermed, enriched, yellow157.01.0 e.gr0.192052Commeal, degermed, unenriched, while157.01.0 e.gr0.1920422Commeal, degermed, unenriched, while157.01.0 e.gr0.1020320Commeal, degermed, unenriched, while122.01.0 e.gr0.5120320Commeal, whole-grain, yellow122.01.0 e.gr0.5120320Commeal, whole-grain, yellow128.01.0 e.gr0.5120321Conscons, conked1.0 e.gr0.020.0220322Conscons, conked1.0 e.gr0.030.0220323Conscons, conkedConscons, conked0.020.0320324Conscons, conkedConscons, conked0.020.0320325Conscons, conkedConscons, conked0.020.0320326Conscons, conkedConscons, conked, boiled, drained, withsaft165.01.0 e.gr0.0320335Conscons, conked, conked, boiled, drained, withsaft171.01.0 e.gr0.042034Cospeas, Conscons, conked, conked, boiled, drained, withsaft171.01.0 e.gr0.042035Cospeas, conscons, conker, southern, mature seeds, cooked, boiled, withsaft171.01.0 e.gr0.042034Cospeas, conscons, conker, southern, mature seeds, cooked, boiled, withsaft171.01.0 e.gr0.042035Cospeas, conscons, conker, southern, mature seeds, cooked, boiled, dra	11167	Corn, sweet, yellow, raw	145.0	1.0 cup	0.10
2002Commeal, degermed, enriched, yellow115701.0 cup0.192052Cummeal, degermed, unenriched, yellow15701.0 cup0.192042Commeal, degermed, unenriched, yellow15701.0 cup0.512030Commeal, whole-grain, white12201.0 cup0.5120020Commeal, whole-grain, yellow12201.0 cup0.5120027Comscoak, cooked1.0 cup0.510.0 cup0.0020028Couscoak, cooked, boiled, drained, with slt16501.0 cup0.0311770Coopeas (blackeyes), inmature seeds, cooked, boiled, drained, with slt16501.0 cup0.3611780Coopeas (blackeyes), inmature seeds, cooked, boiled, drained, with slt17001.0 cup0.3611780Coopeas (blackeyes), inmature seeds, forzen, cooked, boiled, drained, with slt17101.0 cup0.4511863Coopeas, connon (blackeyes, crowder, southern), mature seeds, cooked, boiled, with slt171.01.0 cup0.4511864Coopeas, connon (blackeyes, crowder, southern), mature seeds, cooked, boiled, with slt171.01.0 cup0.4511865Coopeas, connon (blackeyes, crowder, southern), mature seeds, cooked, boiled, with slt171.01.0 cup0.4511865Coopeas, connon (blackeyes, crowder, southern), mature seeds, cooked, boiled, with slt171.01.0 cup0.4511865Coopeas, connon (blackeyes, crowder, southern), mature seeds, cooked, boiled, with slt171.01.0 cup0.4511865Coopeas, connon (11182	Corn, yellow, whole kernel, frozen, microwaved	141.0	1.0 cup	0.14
20522Corumeal, degermed, unerriched, while157010.0 cm01.920424Corumeal, degermed, unerriched, yellow157015700.0 cm0.0 cm20320Corumeal, whole-grain, while0.2 cm10.0 cm0.0 cm20320Corumeal, whole-grain, yellow12200.0 cm0.0 cm20320Corumeal, whole-grain, yellow12801.0 cm0.0 cm20320Corumeal, whole-grain, yellow1.0 cm0.0 cm0.0 cm20320Consauch1.0 cm0.0 cm0.0 cm20320Conseas, (backeyes), immature seeds, cooked, boiled, drained, with salt16501.0 cm0.0 cm20321Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt16001.0 cm0.0 cm20332Cowpeas, (blackeyes), immature seeds, forzen, cooked, boiled, drained, without salt17101.0 cm0.0 cm20343Cowpeas, (blackeyes), immature seeds, forzen, cooked, boiled, drained, without salt17101.0 cm0.0 cm20344Cowpeas, (comone, blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt17101.0 cm0.0 cm20345Caypeas, common, blackeyes, crowder, southern, mature seeds, cooked, boiled, with salt17101.0 cm0.0 cm20345Caypeas, common, blackeyes, crowder, southern, mature seeds, cooked, boiled, with salt17101.0 cm0.0 cm20346Caypeas, common, blackeyes, crowder, southern, mature seeds, cooked, boiled, with salt17101.0 cm0.0 cm20346Caypeas, common,	20322	Cornmeal, degermed, enriched, white	157.0	1.0 cup	0.19
2012Commeal, degemed, unenriched, yellow157.010.0 cm0.0 fm20320Commeal, whole-grain, white122.010.0 cm0.5120020Commeal, whole-grain, yellow122.010.0 cm0.5120020Conscous, cooked122.010.0 cm0.0020020Conscous, cooked157.010.0 cm, cooked0.0011770Cowpeas (blackeys), inmature seeds, cooked, boiled, drained, with salt165.010.0 cm0.001178Cowpeas (blackeys), inmature seeds, cooked, boiled, drained, with salt170.010.0 cm0.051178Cowpeas (blackeys), inmature seeds, cooked, boiled, drained, without salt170.010.0 cm0.051178Cowpeas (blackeys), inmature seeds, cooked, boiled, drained, without salt171.010.0 cm0.051178Cowpeas (blackeys), inmature seeds, cooked, boiled, drained, without salt171.010.0 cm0.051178Cowpeas, colackeys, inmature seeds, cooked, boiled, drained, without salt171.010.0 cm0.051186Cowpeas, common (blackeys, crowder, southern), mature seeds, cooked, boiled, drained, without salt171.010.0 cm0.051197Cowpeas, common (blackeys, crowder, southern), mature seeds, cooked, boiled, drained, without salt171.010.0 cm0.051197Cowpeas, common (blackeys, crowder, southern), mature seeds, cooked, boiled, drained, without salt171.010.0 cm0.051197Cowpeas, common (blackeys, crowder, southern), mature seeds, cooked, boiled, drained, without salt171.0	20022	Cornmeal, degermed, enriched, yellow	157.0	1.0 cup	0.19
20320Cornmeal, whole-grain, white122.01.0 cup0.5 l20020Cornmeal, whole-grain, yellow122.01.0 cup0.5 l20027Cornsterk128.01.0 cup0.0 cup20028Couscous, cooked1.0 cup, cooked0.0 cup20029Couscous, cooked, boiled, drained, with salt165.01.0 cup, cooked0.3 cooked11720Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with out salt165.01.0 cup0.3 cooked11781Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with out salt170.01.0 cup0.5 cooked11784Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with out salt170.01.0 cup0.0 cooked11863Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt171.01.0 cup0.4 cooked16663Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt171.01.0 cup0.4 cooked16663Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt171.01.0 cup0.4 cooked16663Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt171.01.0 cup0.4 cooked16663Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt171.01.0 cup0.4 cooked16664Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt167.01.0 cup0.4 cooked16665Cowpeas, common (blacke	20522	Cornmeal, degermed, unenriched, white	157.0	1.0 cup	0.19
2002Cornneal, whole-grain, yellow122.01.0 cup0.6 li2002Constarch128.01.0 cup, cooked0.002002Couscous, cooked1.0 cup, cooked0.000.002002Couscous, cooked1.0 cup, cooked0.000.001177Cowpeas (blackeyes), inmature seeds, cooked, boiled, drained, with salt165.01.0 cup0.0511178Cowpeas (blackeyes), inmature seeds, frozen, cooked, boiled, drained, with salt170.01.0 cup0.0511178Cowpeas (blackeyes), inmature seeds, frozen, cooked, boiled, drained, with salt171.01.0 cup0.05116363Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt171.01.0 cup0.04816654Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt171.01.0 cup0.4816654Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt171.01.0 cup0.4816665Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw167.01.0 cup0.4616664Cowpeas, common (blackeyes, raw167.01.0 serving1.1216665Cowpeas, common (blackeyes, raw167.01.0 serving1.6216664Cowpeas, common (blackeyes, raw167.01.0 serving1.6216665CRACKER BAREL, chicken tenderloin plater, fried, from kid's menu163.01.0 serving1.6216605CRACKER BARREL, sountry fried shring plater164.0<	20422	Cornmeal, degermed, unenriched, yellow	157.0	1.0 cup	0.19
2027Constarch128.01.0 cup0.0020029Couscous, cooked1.0 cup, cooked0.201177Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt165.01.0 cup0.361178Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt165.01.0 cup0.361178Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt170.01.0 cup0.511178Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt170.01.0 cup0.5116363Cowpeas, common (blackeyes), immature seeds, cooked, boiled, drained, without salt171.01.0 cup0.4816063Cowpeas, common (blackeyes, insumer, southern), mature seeds, cooked, boiled, with salt171.01.0 cup0.4816064Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt171.01.0 cup0.4816062Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt171.01.0 cup0.4816062Cowpeas, common (blackeyes, insumer, southern), mature seeds, raw167.01.0 cup0.4616064CRACKER BARREL, chicken tenderloin platter, fried175.01.0 cup0.4616064CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu103.01.0 serving1.6216065CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu167.01.0 serving1.2816065CRACKER BARREL, macaroni 'cheese11.101.0 servin	20320	Cornmeal, whole-grain, white	122.0	1.0 cup	0.51
20029Couscoux, cooked11770Lo cup, cooked0.02011777Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt165.01.0 cup0.3611192Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt165.01.0 cup0.3611778Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt170.01.0 cup0.511196Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt170.01.0 cup0.5116363Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt171.01.0 cup0.4816062Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt171.01.0 cup0.6511970Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw167.01.0 cup0.6511971Cowpeas, young pods with seeds, raw167.01.0 cup0.6511972Cowpeas, young pods with seeds, raw167.01.0 cup0.6511974Cowpeas, young pods with seeds, raw167.01.0 cup0.6511975CRACKER BARELL, chicken tenderloin platter, fried175.01.0 serving1.3136024CRACKER BARELL, chicken tenderloin platter, fried, from kid's menu163.01.0 serving1.6236050CRACKER BARELL, county fried shrimp platter149.01.0 serving2.8036040CRACKER BARELL, nacaroni n' cheese plate, from kid's menu257.01.0 serving1.2836040 </td <td>20020</td> <td>Cornmeal, whole-grain, yellow</td> <td>122.0</td> <td>1.0 cup</td> <td>0.51</td>	20020	Cornmeal, whole-grain, yellow	122.0	1.0 cup	0.51
11777Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt165.01.0 cup0.3611192Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt165.01.0 cup0.3611778Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt170.01.0 cup0.5111196Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt171.01.0 cup0.5116363Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt171.01.0 cup0.4816063Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt171.01.0 cup0.4816062Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt171.01.0 cup0.4816062Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw167.01.0 cup0.4816062Cowpeas, soung pods with seeds, raw167.01.0 cup0.4616063CRACKER BARREL, chicken tenderloin platter, fried175.01.0 serving1.3136024CRACKER BARREL, coleslaw167.01.0 serving1.6236605CRACKER BARREL, coleslaw167.01.0 serving1.6236605CRACKER BARREL, coleslaw151.01.0 serving1.6236605CRACKER BARREL, coleslaw151.01.0 serving1.2836605CRACKER BARREL, macaroni n' cheese plate, from kid's menu257.01.0 serving1.98366	20027	Cornstarch	128.0	1.0 cup	0.00
11192Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt165.00.0 cup0.3611778Cowpeas (blackeyes), immature seeds, forzen, cooked, boiled, drained, without salt170.01.0 cup0.5111196Cowpeas (blackeyes), immature seeds, forzen, cooked, boiled, drained, without salt170.01.0 cup0.5116363Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt171.01.0 cup0.4816063Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt171.01.0 cup0.4816062Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw167.01.0 cup0.4516062Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw167.01.0 cup0.4616062Cowpeas, young pods with seeds, raw167.01.0 cup0.4636024CRACKER BARREL, chicken tenderloin platter, fried175.01.0 serving2.1236604CRACKER BARREL, coleslaw167.01.0 serving1.6236605CRACKER BARREL, coleslaw167.01.0 serving2.8036605CRACKER BARREL, county fried sirinin platter111.01.0 serving2.8036604CRACKER BARREL, macaroni n' cheese1151.01.0 serving1.2836605CRACKER BARREL, macaroni n' cheese plate, from kid's menu257.01.0 serving1.9336026CRACKER BARREL, nacaroni n' cheese plate, from kid's menu257.01.0 serving3.42360607<	20029	Couscous, cooked	157.0	1.0 cup, cooked	0.20
11778Cowpeas (black-yes), inmature seeds, frozen, cooked, boiled, drained, with salt170.01.0 cup0.511196Cowpeas (black-yes), inmature seeds, frozen, cooked, boiled, drained, without salt170.01.0 cup0.8116363Cowpeas, common (black-yes, crowder, southern), mature seeds, cooked, boiled, with salt171.01.0 cup0.4816063Cowpeas, common (black-yes, crowder, southern), mature seeds, cooked, boiled, without salt171.01.0 cup0.4816062Cowpeas, common (black-yes, crowder, southern), mature seeds, raw167.01.0 cup0.6511197Cowpeas, young pods with seeds, raw167.01.0 cup0.4636024CRACKER BARREL, chicken tenderloin platter, fried175.01.0 serving2.1236604CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu167.01.0 serving1.6236055CRACKER BARREL, coleslaw167.01.0 serving2.8036064CRACKER BARREL, coleslaw151.01.0 sterving2.8036064CRACKER BARREL, macaroni n' cheese1.75.01.0 sterving1.9336069CRACKER BARREL, macaroni n' cheese plate, from kid's menu257.01.0 serving1.9336026CRACKER BARREL, noiar ning, thick-cut261.01.0 serving3.4236027CRACKER BARREL, noiar ning, thick-cut261.01.0 serving3.4236028CRACKER BARREL, macaroni n' cheese plate, from kid's menu257.01.0 serving3.4236029CRACKER BARREL, noiar ning, th	11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	165.0	1.0 cup	0.36
11196Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt170.01.0 cup0.5116363Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt171.01.0 cup0.4816063Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt171.01.0 cup0.4816062Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw167.01.0 cup0.6511197Cowpeas, young pods with seeds, raw94.01.0 cup0.6536024CRACKER BARREL, chicken tenderloin platter, fried175.01.0 serving2.1236604CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu103.01.0 serving1.6236605CRACKER BARREL, coleslaw167.01.0 serving2.8036604CRACKER BARREL, country fried shrimp platter149.01.0 serving2.8036604CRACKER BARREL, grilled sirloin steak151.01.0 steak0.6936604CRACKER BARREL, macaroni n' cheese plate, from kid's menu257.01.0 serving1.9336026CRACKER BARREL, nonion rings, thick-cut261.01.0 serving3.4236607CRACKER BARREL, norion rings, thick-cut261.01.0 serving3.4236607CRACKER BARREL, steak fries198.01.0 serving3.42	11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	0.36
16363Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt171.01.0 cup0.4816063Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt171.01.0 cup0.4816062Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw167.01.0 cup0.6511197Cowpeas, young pods with seeds, raw167.01.0 cup0.4636024CRACKER BARREL, chicken tenderloin platter, fried175.01.0 serving2.1236604CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu103.01.0 serving1.3136025CRACKER BARREL, coleslaw167.01.0 serving2.8036604CRACKER BARREL, grilled sirloin steak151.01.0 serving2.8036605CRACKER BARREL, grilled sirloin steak151.01.0 serving1.2836609CRACKER BARREL, macaroni n' cheese plate, from kid's menu257.01.0 serving1.9336026CRACKER BARREL, noin rings, thick-cut261.01.0 serving3.423607CRACKER BARREL, noin rings, thick-cut261.01.0 serving3.423607CRACKER BARREL, seak fries198.01.0 serving3.42	11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	0.51
16063Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt171.01.0 cup0.4816062Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw167.01.0 cup0.6511197Cowpeas, young pods with seeds, raw94.01.0 cup0.4636024CRACKER BARREL, chicken tenderloin platter, fried175.01.0 serving2.1236604CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu103.01.0 serving1.3136025CRACKER BARREL, coleslaw167.01.0 serving1.6236605CRACKER BARREL, country fried shrimp platter149.01.0 serving2.8036608CRACKER BARREL, grilled sirloin steak151.01.0 serving1.2836609CRACKER BARREL, macaroni n' cheese plate, from kid's menu257.01.0 serving1.9336026CRACKER BARREL, noion rings, thick-cut261.01.0 serving3.4236607CRACKER BARREL, steak fries198.01.0 serving3.42	11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0.51
16062Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw167.01.0 cup0.6511197Cowpeas, young pods with seeds, raw94.01.0 cup0.4636024CRACKER BARREL, chicken tenderloin platter, fried175.01.0 serving2.123604CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu103.01.0 serving1.3136025CRACKER BARREL, coleslaw167.01.0 serving1.6236605CRACKER BARREL, country fried shrimp platter149.01.0 serving2.8036608CRACKER BARREL, grilled sirloin steak151.01.0 steak0.6936040CRACKER BARREL, macaroni n' cheese175.01.0 serving1.2836050CRACKER BARREL, macaroni n' cheese plate, from kid's menu257.01.0 serving1.9336026CRACKER BARREL, nonor nings, thick-cut261.01.0 serving3.423607CRACKER BARREL, steak fries198.01.0 serving3.42	16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.48
11197Cowpeas, young pods with seeds, raw94.01.0 cup0.4636024CRACKER BARREL, chicken tenderloin platter, fried175.01.0 serving2.1236604CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu103.01.0 serving1.3136025CRACKER BARREL, coleslaw167.01.0 serving1.6236604CRACKER BARREL, country fried shrimp platter149.01.0 serving2.8036605CRACKER BARREL, grilled sirloin steak151.01.0 serving2.8036608CRACKER BARREL, macaroni n' cheese175.01.0 serving1.2836609CRACKER BARREL, macaroni n' cheese plate, from kid's menu257.01.0 serving1.9336026CRACKER BARREL, nonion rings, thick-cut261.01.0 serving3.423607CRACKER BARREL, steak fries198.01.0 serving2.65	16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.48
36024CRACKER BARREL, chicken tenderloin platter, fried175.01.0 serving2.123604CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu103.01.0 serving1.3136025CRACKER BARREL, coleslaw167.01.0 serving1.623605CRACKER BARREL, country fried shrimp platter149.01.0 serving2.803608CRACKER BARREL, grilled sirloin steak151.01.0 sterving2.8036040CRACKER BARREL, macaroni n' cheese175.01.0 sterving1.283609CRACKER BARREL, macaroni n' cheese plate, from kid's menu257.01.0 serving1.9336026CRACKER BARREL, onion rings, thick-cut261.01.0 serving3.423607CRACKER BARREL, steak fries198.01.0 serving2.65	16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	167.0	1.0 cup	0.65
36604CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu103.01.0 serving1.3136025CRACKER BARREL, coleslaw167.01.0 serving1.623605CRACKER BARREL, country fried shrimp platter149.01.0 serving2.803608CRACKER BARREL, grilled sirloin steak151.01.0 steak0.6936040CRACKER BARREL, macaroni n' cheese175.01.0 serving1.283609CRACKER BARREL, macaroni n' cheese plate, from kid's menu257.01.0 serving1.9336026CRACKER BARREL, onion rings, thick-cut261.01.0 serving3.423607CRACKER BARREL, steak fries198.01.0 serving2.65	11197	Cowpeas, young pods with seeds, raw	94.0	1.0 cup	0.46
36025CRACKER BARREL, coleslaw167.01.0 serving1.623605CRACKER BARREL, country fried shrimp platter149.01.0 serving2.803608CRACKER BARREL, grilled sirloin steak151.01.0 steak0.6936040CRACKER BARREL, macaroni n' cheese175.01.0 serving1.283609CRACKER BARREL, macaroni n' cheese plate, from kid's menu257.01.0 serving1.9336026CRACKER BARREL, onion rings, thick-cut261.01.0 serving3.423607CRACKER BARREL, steak fries198.01.0 serving2.65	36024	CRACKER BARREL, chicken tenderloin platter, fried	175.0	1.0 serving	2.12
36605CRACKER BARREL, country fried shrimp platter149.01.0 serving2.8036608CRACKER BARREL, grilled sirloin steak151.01.0 steak0.6936040CRACKER BARREL, macaroni n' cheese175.01.0 serving1.2836609CRACKER BARREL, macaroni n' cheese plate, from kid's menu257.01.0 serving1.9336026CRACKER BARREL, onion rings, thick-cut261.01.0 serving3.423607CRACKER BARREL, steak fries198.01.0 serving2.65	36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	103.0	1.0 serving	1.31
3608CRACKER BARREL, grilled sirloin steak151.01.0 steak0.6936040CRACKER BARREL, macaroni n' cheese175.01.0 serving1.283609CRACKER BARREL, macaroni n' cheese plate, from kid's menu257.01.0 serving1.9336026CRACKER BARREL, onion rings, thick-cut261.01.0 serving3.423607CRACKER BARREL, steak fries1.98.01.0 serving2.65	36025	CRACKER BARREL, coleslaw	167.0	1.0 serving	1.62
36040CRACKER BARREL, macaroni n' cheese1.0 serving1.283609CRACKER BARREL, macaroni n' cheese plate, from kid's menu257.01.0 serving1.9336026CRACKER BARREL, onion rings, thick-cut261.01.0 serving3.423607CRACKER BARREL, steak fries198.01.0 serving2.65	36605	CRACKER BARREL, country fried shrimp platter	149.0	1.0 serving	2.80
36609CRACKER BARREL, macaroni n' cheese plate, from kid's menu257.01.0 serving1.9336026CRACKER BARREL, onion rings, thick-cut261.01.0 serving3.423607CRACKER BARREL, steak fries198.01.0 serving2.65	36608	CRACKER BARREL, grilled sirloin steak	151.0	1.0 steak	0.69
36026CRACKER BARREL, onion rings, thick-cut261.01.0 serving3.4236607CRACKER BARREL, steak fries198.01.0 serving2.65	36040	CRACKER BARREL, macaroni n' cheese	175.0	1.0 serving	1.28
36607CRACKER BARREL, steak fries198.01.0 serving2.65	36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	257.0	1.0 serving	1.93
	36026	CRACKER BARREL, onion rings, thick-cut	261.0	1.0 serving	3.42
18236 Cracker meal 28.35 1.0 oz	36607	CRACKER BARREL, steak fries	198.0	1.0 serving	2.65
	18236	Cracker meal	28.35	1.0 oz	0.12

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between the set of the set	NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
18955Cackers, cheese, reduced fut1.011.010.011.010.0118214Cackers, cheese, anglowich-type with pearst Dilling1.011.010.010.010.0118215Cackers, cheese, sandwich-type with pearst Dilling1.011.010.01 <th></th> <th></th> <th></th> <th></th> <th>Per Measure</th>					Per Measure
B214Cnckers, chenses, analysich-type with cheese filting14.20.0 so0.1112807Cnckers, cheese, sandwich-type with cheese filting14.20.0 so/0.0 st28030Cnckers, cheese, sandwich-type with cheese filting13.01.0 serving 55 pieces0.0 st28041Cnckers, cheese, sandwich-type with cheese filting13.01.0 serving 55 pieces0.0 st28041Cnckers, criephese and with cheese filting14.20.0 so/0.0 st28041Cnckers, right-sandk and multigrain14.20.0 so/0.0 st28042Cnckers, minit-sandk and multigrain14.20.0 so/0.0 st28043Cnckers, minit-sandk and multigrain14.20.0 so/0.0 st28044Cnckers, minit-sandk and multigrain14.20.0 so/0.0 st28045Cnckers, minits, multi-sandk and multigrain14.20.0 so/0.0 st28045Cnckers, minits, multi-sandk and multigrain14.20.0 so/0.0 st28045Cnckers, minits, multi-sandk and multigrain14.20.0 so/0.0 st28045Cnckers, sulfaring (includes ryster, soln, sonp)14.20.0 so/0.0 st18205Cnckers, sulfaring (includes ryster, soln, sonp)14.20	18434	Crackers, cheese, low sodium	14.2	0.5 oz	0.04
B827Cnakers, checs, subwich-type with checse filling9906.0 enaker 1 enaker - 6.5g0.781815Crakers, checse, subwich-type with peanu buter filling31.01.0 serving 5 pinces0.3328383Crakers, checs, whole grain31.01.0 crakers (DNEA S ADROSAS0.31011.0 crakers (DNEA S ADROSAS0.31018216Crakers, nerspitead, rge0.4120.6 cs0.0120.01228317Crakers, nerspitead, rge0.610.30 crackers0.01918216Crackers, nerspitead, rge0.610.30 crackers0.00118217Crackers, nerspitead, rge0.0120.05 cs0.00118220Crackers, nerspitead, rge0.0120.05 cs0.01118220Crackers, nerspitead, rge0.0120.05 cs0.01118220Crackers, nerspitead, rge0.0120.0120.01218220Crackers, nerspitead, rge0.0120.0120.01218220Crackers, nerspitead, rge0.0130.0120.01218220Crackers, sitis, Now spitence, plain0.100.020.01218232Crackers, sitis, Now spite, real, sope0.1420.05 cs0.01218453Crackers, sitis, Now spite, real, sope, real,	18965	Crackers, cheese, reduced fat	30.0	1.0 serving	0.56
1815Cackers, cheese, sandwich type with peanut batter filling14420.5 cor0.3 di28303Cackers, cheese, whole grain0.10Userving 55 picces0.3318404Cackers, crein GANESA SABROSAS0.100.10 cackers (1 NLLAS SABROSAS0.1018215Cackers, crein GANESA SABROSAS0.120.5 cor0.1228315Cackers, glutor-free, milisceded and miligrain0.613.0 creckers0.0018226Cackers, glutor-free, milisceded and miligrain0.410.5 cor0.0018230Cackers, milisce, plain0.4120.5 cor0.0018232Cackers, milisce, plain0.4120.5 cor0.0118232Cackers, plain0.4120.5 cor0.0118232Cackers, splain0.4120.5 cor0.0118232Cackers, splain0.4120.5 cor0.0118232Cackers, splain0.4120.5 cor0.0118234Cackers, splain, forde, low-sodau1.500.010.0118235Cackers, saltins, forde, low-sodau0.100.010.0118244Cackers, saltins, forde, low-sodau0.500.010.0118255Cackers, sandins, hole what (includes militjerain)1.4120.500.0118264Cackers, sandins, hole what (includes militjerain)0.100.010.0118274Cackers, sandins, hole what (includes militjerain)1.6120.0100.0118284Cackers, sandins, hole what (includes militjerain)1	18214	Crackers, cheese, regular	14.2	0.5 oz	0.31
2830Cackers, choise, whole grain101.0 serving 55 picces0.3318961Cackers, cram, CAMESA SABOSAS3.011.0 crackers (in NLEA serving)0.4918216Crackers, cram, CAMESA SABOSAS3.1011.0 crackers (in NLEA serving)0.4918216Crackers, flavenet, flav-haped5.20.10 goldith0.102835Crackers, flavenet, flav-haped6.13.0 crackers0.0018217Crackers, gluton-free, multi seeded and multigrain14.20.5 or0.0118220Crackers, multigrain14.20.5 or0.0118220Crackers, sultines, flavines, plain14.20.5 or0.0118230Crackers, sultines, flavines, old, soup)14.40.0 storing0.0118457Crackers, sultines, whole wheat (includes multi-grain)14.20.5 or0.0118452Crackers, sultines, whole wheat (includes multi-grain)14.20.5 or0.0118454Crackers, sultines, whole wheat (includes multi-grain)14.00.1 or0.0118454Crackers, sultines, whole wheat (includes multi-grain)14.20.5 or0.0118454Crackers, sultines, whole wheat (includes multi-grain)14.00.0 or0.0118454Crackers, sultines, whole w	18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	0.78
1896)Crackers, cream, GAMESA SABROSAS31.0II.0 crackers, (INLEA serving)0.4918216Crackers, rispbread, ryc0.420.65 or0.1018311Crackers, gluen-free, multi-seede and multigrain6.10.0 crackers, alouen-free, multi-seede and multigrain14.20.0 crackers18220Crackers, gluen-free, multi-seede and multigrain14.20.0 crackers0.0018220Crackers, guuen-free, multi-seede and multigrain14.20.0 crackers0.0018220Crackers, multis-multi-seede and multigrain14.20.0 crackers0.0118220Crackers, multis-multis-multiseede and multigrain14.20.0 crackers0.0118220Crackers, multis-multiseede and multigrain14.20.0 crackers0.0118220Crackers, sintise, four-sodiu14.20.0 crackers0.0118280Crackers, sintise, four-sodiu14.20.0 crackers0.0118425Crackers, sintise, four-sodiu14.20.0 crackers0.0118437Crackers, sintise, four-sodiu14.20.0 crackers0.0118438Crackers, sintise, four-sodius multi-grain14.30.0 crackers0.0118439Crackers, sintise, four-sodius multi-grain14.30.0 crackers0.0118439Crackers, sintise, four-sodius multi-grain14.30.0 crackers0.0118430Crackers, sintise, four-sodius multi-grain14.30.0 crackers0.0218430Crackers, sintise, four-sodius multi-grain14.3	18215	Crackers, cheese, sandwich-type with peanut butter filling	14.2	0.5 oz	0.34
18216Crackers, cinspheral, rye14.20.5 or0.1228315Crackers, flavorel, fish-shaped5.210.0 goldfish0.1928315Crackers, multi-sceeded and multignain6.13.0 crackers0.0918217Crackers, multi-sceeded and multignain16.13.0 crackers0.00118220Crackers, multi-sceeded and multignain14.20.6 or0.00118220Crackers, multi-sceeded and multignain14.20.6 or0.01018220Crackers, multi-sceeded and multignain14.20.6 or0.01118223Crackers, multisceeded and multignain14.20.6 or0.01118224Crackers, sultins, faine, fa	28303	Crackers, cheese, whole grain	31.0	1.0 serving 55 pieces	0.33
2831Cnckers, flavored, fish-shaped6.110.0 goldfish0.1928345Cnckers, gilten-free, multi-seeded and multigrain6.43.0 crackers0.0918217Cnckers, multar, plain14.20.5 or0.0018220Cnckers, multar, optin14.20.5 or0.0018230Cnckers, multar, bas, plain14.20.5 or0.0118232Cnckers, multigrain14.20.5 or0.0118234Cnckers, multigrain14.20.5 or0.0118235Cnckers, sulfine, flavers, oda, anapp14.20.5 or0.0118437Cnckers, sulfine, flavers, oda, soup)14.20.5 or0.0118458Cnckers, sulfine, flavers, oda, soup)14.20.5 or0.0118459Cnckers, sulfine, flaver, legular multi-grain)14.01.0 serving0.0118450Cnckers, sulfine, whole what (includes multi-grain)14.01.0 serving0.0218451Cnckers, standard snack-type, regular flaver flight14.20.5 or0.0218420Cnckers, standard snack-type, sta	18961	Crackers, cream, GAMESA SABROSAS	31.0	11.0 crackers (1 NLEA serving)	0.49
2835Crackers, gluten-free, multi-seeded and multigrain6.13.0 crackers0.0018270Crackers, matro, plain14.20.5 or0.0118220Crackers, multis, guina14.20.5 or0.0118232Crackers, multigrain14.20.5 or0.0118232Crackers, multigrain14.20.5 or0.0118232Crackers, suffires, fuculaes oyster, soda, soup)14.20.5 or0.0118232Crackers, suffires, fuculaes oyster, soda, soup)14.20.5 or0.0118243Crackers, suffires, fuculaes oyster, soda, soup)14.20.5 or0.0118454Crackers, suffires, fuculaes oyster, soda, soup)14.20.5 or0.0118455Crackers, suffires, four-solum0.100.0 serving0.0118454Crackers, suffires, four-suffiled, roduced far14.00.0 serving0.0118294Crackers, suffires, fuculaes oyster, soda, soup)14.20.5 or0.0218214Crackers, suffires, fuculaes oyster, soda, soup14.20.5 or0.0218225Crackers, standard snack-type, engular14.20.5 or0.0218236Crackers, standard snack-type, suffired, flow solf14.20.5 or0.0218237Crackers, standard snack-type, suffired, flow solf14.20.5 or0.0218238Crackers, standard snack-type, suffired, flow solf14.20.5 or0.0218230Crackers, standard snack-type, suffired, flow solf14.20.5	18216	Crackers, crispbread, rye	14.2	0.5 oz	0.12
18217Crackers, matzo, plain1420.65 or0.0118220Crackers, melba toast, plain1420.65 or0.0018223Crackers, milk1420.5 or0.0128292Crackers, multignin1420.5 or0.0118226Crackers, splain1420.5 or0.0118237Crackers, satines, includes oyster, soda, soup)14195.0 crackers0.0118458Crackers, satines, fat-free, low-sodium1503.0 satines0.0218459Crackers, satines, whole wheat (includes onyster, soda, soup)14190.10 serving0.0118450Crackers, satines, whole wheat (includes onyster, soda, soup)14100.10 serving0.0118451Crackers, satines, whole wheat (includes onyster, soda, soup)14100.10 serving0.0118452Crackers, satines, whole wheat (includes onyster, soda, soup)14100.01 serving0.0118454Crackers, satindard snack-type, regular1400.50 crackers0.0218250Crackers, standard snack-type, regular, low salt14120.50 crackers0.0218230Crackers, standard snack-type, sandwich, with heese filting14120.50 crackers0.0218230Crackers, standard snack-type, sandwich, with heese filting14120.50 crackers0.0218230Crackers, standard snack-type, sandwich, with peanut there filting14120.50 crackers0.0218230Crackers, standard snack-type, sandwich, with peanut there filting1410 <td>28331</td> <td>Crackers, flavored, fish-shaped</td> <td>5.2</td> <td>10.0 goldfish</td> <td>0.19</td>	28331	Crackers, flavored, fish-shaped	5.2	10.0 goldfish	0.19
I8220Crackers, melle toast, plain14.20.05 or0.0061823Crackers, milk14.20.5 or0.1728920Crackers, miltigrain14.04.0 crackers0.2418226Crackers, sulting fain14.00.0 crackers0.1718228Crackers, sulting fain (claudes syster, soda, soup)14.90.5 or0.1118457Crackers, sultines, fai-free, low-sodium15.03.0 saltines0.00218426Crackers, sultines, low salt (includes multi-grain)14.01.0 serving0.1728314Crackers, sultines, whole wheat (includes multi-grain)14.01.0 serving0.1728314Crackers, sultines, and snack-type, regular16.00.5 or crackers0.0218230Crackers, standard snack-type, regular, low salt14.20.5 or0.0218231Crackers, standard snack-type, regular, low salt14.20.5 or0.0218232Crackers, standard snack-type, standard snack-type, standard snack-type, regular16.00.5 or0.0218230Crackers, standard snack-type, stan	28345	Crackers, gluten-free, multi-seeded and multigrain	6.1	3.0 crackers	0.09
1823Crackers, milk14.20.5 or0.1728292Crackers, multigrain14.04.0 crackers0.2418226Crackers, yein wafers, plain14.20.5 or.0.1118228Crackers, sulaines (includes oyster, soda, soup)14.95.0 crackers0.1718437Crackers, sultines, fulf rule, tow-sodium15.03.0 solittics0.0218458Crackers, sultines, whole wheat (includes oyster, soda, soup)14.00.0 crackers0.0118459Crackers, sultines, whole wheat (includes oyster, soda, soup)14.00.0 crackers0.0118450Crackers, sultines, whole wheat (includes multi-grain)14.00.0 crackers0.0118420Crackers, standard snack-type, regular16.05.0 crackers0.0218220Crackers, standard snack-type, regular, low salt14.20.5 oz0.0218230Crackers, standard snack-type, s	18217	Crackers, matzo, plain	14.2	0.5 oz	0.01
28292Crackers, nultigrain14.04.0 crackers0.2418226Crackers, rye, wafers, plain14.20.5 or0.1118230Crackers, saltines (includes oyster, soda, soup)14.95.0 crackers0.1718457Crackers, saltines, factree, low-sodium15.03.0 saltines0.0218426Crackers, saltines, factree, low-sodium14.20.5 or0.1618426Crackers, saltines, low salt (includes oyster, soda, soup)14.20.5 or0.1618426Crackers, saltines, whole wheat (includes multi-grain)14.01.0 serving0.1728140Crackers, standard snack-type, regular16.05.0 crackers0.6018229Crackers, standard snack-type, regular, low salt14.20.5 or0.0218230Crackers, standard snack-type, sundwich, with cheese filling14.20.5 or0.0218231Crackers, standard snack-type, with whole wheat15.05.0 crackers, sterving0.4228304Crackers, standard snack-type, with whole wheat15.05.0 crackers, sterving0.4228324Crackers, wheat, low salt14.04.0 cracker 1 serving0.0418428Crackers, wheat, regular14.04.0 cracker 1 serving0.0418429Crackers, wheat, regular14.01.0 serving0.0418429Crackers, wheat, regular14.01.0 cracker 1 serving0.0418429Crackers, wheat, regular14.01.0 cracker 1 serving0.0418429Cr	18220	Crackers, melba toast, plain	14.2	0.5 oz	0.06
IR226 Crackers, rye, wafers, plain IA2 0.000 0.11 IR228 Crackers, stalines (includes oyster, soda, soup) IA49 5.0 crackers 0.17 IR457 Crackers, stalines, fat-free, low-sodium I5.0 3.0 saltines 0.02 IR454 Crackers, subtines, low solt (includes oyster, soda, soup) IA42 0.5 oz 0.16 IR456 Crackers, subtines, whole wheat (includes multi-grain) IA40 1.0 serving 0.17 IR457 Crackers, standard snack-type, regular IA60 1.0 package 0.66 IR429 Crackers, standard snack-type, regular, low salt IA42 0.5 oz 0.29 IR420 Crackers, standard snack-type, sandvich, with cheese filing IA42 0.5 oz 0.29 IR421 Crackers, standard snack-type, sandvich, with peanut butter filling IA42 0.5 oz 0.29 IR423 Crackers, standard snack-type, sandvich, with peanut butter filling IA42 0.5 oz 0.29 IR424 Crackers, standard snack-type, with whole wheat IA5.0 S.0 crackers i serving 0.44 IR425 C	18223	Crackers, milk	14.2	0.5 oz	0.17
IR228Crackers, saltines, includes oyster, soda, soup)14495.0 crackers0.0118457Crackers, saltines, fat-free, low-sodium15.03.0 saltines0.0218425Crackers, saltines, low salt (includes oyster, soda, soup)14.20.5 oz0.1618966Crackers, saltines, whole wheat (includes multi-grain)14.01.0 serving0.1728314Crackers, sandwich-type, penutb utter filled, reduced fat36.01.0 package0.6718229Crackers, standard snack-type, regular, low salt16.05.0 crackers0.4818230Crackers, standard snack-type, sngular, low salt14.20.5 oz0.0318230Crackers, standard snack-type, sandwich, with cleese filling14.20.5 oz0.0318230Crackers, standard snack-type, sandwich, with penut butter filling14.20.5 oz0.0318230Crackers, standard snack-type, sandwich with penut butter filling14.20.5 oz0.0318230Crackers, standard snack-type, sinthy in whole wheat15.05.0 crackers i serving0.4418232Crackers, standard snack-type, with whole wheat15.05.0 crackers i serving0.0418233Crackers, standard snack-type, with whole wheat15.01.0 serving0.0418234Crackers, what, new salt14.04.0 crackers i serving0.0418235Crackers, what, new salt1.0 serving0.050.0718950Crackers, wheat, regular1.01.0 serving0.3118232	28292	Crackers, multigrain	14.0	4.0 crackers	0.24
18457 Crackers, saltines, fat-free, low-sodium 15.0 3.0 saltines 0.02 18425 Crackers, saltines, low salt (includes oyster, soda, soup) 14.2 0.05 oz 0.016 18966 Crackers, saltines, whole wheat (includes multi-grain) 14.0 1.0 serving 0.017 28314 Crackers, sandwich-type, peanut butter filled, reduced fat 36.0 1.0 package 0.66 18229 Crackers, standard snack-type, regular 16.0 5.0 crackers 0.48 18427 Crackers, standard snack-type, regular, low salt 14.2 0.5 oz 0.029 18230 Crackers, standard snack-type, sandwich, with cheese filling 14.2 0.5 oz 0.03 18231 Crackers, standard snack-type, sandwich, with peanut butter filling 14.2 0.5 oz 0.03 18230 Crackers, standard snack-type, with whole wheat 15.0 5.0 crackers 1 serving 0.44 28326 Crackers, standard snack-type, with whole wheat 15.0 5.0 crackers 1 serving 0.04 18428 Crackers, wheat, low salt 0.40 4.0 cracker 1 serving 0.04 18429 Crackers, wheat, regular 0.40 0.5 oz <td< td=""><td>18226</td><td>Crackers, rye, wafers, plain</td><td>14.2</td><td>0.5 oz</td><td>0.11</td></td<>	18226	Crackers, rye, wafers, plain	14.2	0.5 oz	0.11
18425Crackers, saltines, low salt (includes oyster, soda, soup)14.214.20.5 oz0.1618966Crackers, saltines, whole wheat (includes multi-grain)14.01.0 serving0.1728314Crackers, sandwich-type, peanut butter filled, reduced fat36.01.0 package0.6718229Crackers, standard snack-type, regular16.05.0 crackers0.4818427Crackers, standard snack-type, regular, low salt14.20.5 oz0.2918230Crackers, standard snack-type, sandwich, with cheese filling14.20.5 oz0.0318231Crackers, standard snack-type, sandwich, with peanut butter filling14.20.5 oz0.0318232Crackers, standard snack-type, sandwich, with peanut butter filling14.20.5 oz0.0318234Crackers, standard snack-type, with whole wheat15.05.0 cracker 1 serving0.4428325Crackers, standard snack-type, with whole wheat14.04.0 cracker 1 serving0.0528326Crackers, wheat, low salt14.04.0 cracker 1 serving0.0718428Crackers, wheat, low salt14.00.0 serving0.0718429Crackers, wheat, regular14.01.0 serving0.0718429Crackers, wheat, regular14.01.0 serving0.0718429Crackers, wheat, regular1.01.0 serving0.0718420Crackers, wheat, regular1.01.0 serving0.0718429Crackers, wheat, regular1.01.0 serving	18228	Crackers, saltines (includes oyster, soda, soup)	14.9	5.0 crackers	0.17
18966Crackers, saltines, whole wheat (includes multi-grain)14.00.0 serving0.1728314Crackers, sandwich-type, peanut butter filled, reduced fat36.01.0 package0.6718229Crackers, standard snack-type, regular16.05.0 crackers0.4818427Crackers, standard snack-type, regular, low salt14.20.5 oz0.02918230Crackers, standard snack-type, sandwich, with cheese filling14.20.5 oz0.0318231Crackers, standard snack-type, sandwich, with peanut butter filling14.20.5 oz0.0318303Crackers, standard snack-type, with whole wheat15.05.0 crackers 1 serving0.4428325Crackers, standard snack-type, with whole wheat15.05.0 crackers 1 serving0.0418428Crackers, water biscuits14.20.5 oz0.0718428Crackers, wheat, low salt14.20.5 oz0.0718500Crackers, wheat, reduced fat14.20.5 oz0.0718231Crackers, wheat, regular14.20.5 oz0.0718232Crackers, wheat, regular14.20.5 oz0.0718234Crackers, wheat, regular14.316.0 cracker 1 serving0.0418232Crackers, wheat, regular13.016.0 cracker 1 serving0.518234Crackers, whole grain, sandwich-type, with peanut butter filling43.06.0 cracker 1 serving1.118235Crackers, whole grain, sandwich-type, with peanut butter filling43.06.0 cracker	18457	Crackers, saltines, fat-free, low-sodium	15.0	3.0 saltines	0.02
28314Crackers, sandwich-type, peannt butter filled, reduced fat36.01.0 package0.6718229Crackers, standard snack-type, regular16.05.0 crackers0.4818427Crackers, standard snack-type, regular, low salt14.20.5 oz0.02918230Crackers, standard snack-type, sandwich, with cheese filling14.20.5 oz0.0318231Crackers, standard snack-type, sandwich, with peannt butter filling14.20.5 oz0.0318231Crackers, standard snack-type, with whole wheat15.05.0 crackers 1 serving0.4428325Crackers, standard snack-type, with whole wheat15.05.0 crackers 1 serving0.4428326Crackers, toast thins, low sodium14.20.5 oz0.0718428Crackers, wheat, low salt14.20.5 oz0.0718500Crackers, wheat, regular14.20.5 oz0.0718232Crackers, wheat, regular14.20.5 oz0.0718234Crackers, wheat, regular14.20.5 oz0.0718235Crackers, wheat, regular14.20.5 oz0.0718236Crackers, whole grain, sandwich-type, with peanut butter filling34.016.0 crackers 1 serving0.3118235Crackers, whole wheat10.91.0 serving0.3118236Crackers, whole wheat10.91.0 serving0.3118236Crackers, whole-wheat28.01.0 serving0.3118237Crackers, whole-wheat28.01.0 servin	18425	Crackers, saltines, low salt (includes oyster, soda, soup)	14.2	0.5 oz	0.16
18229Crackers, standard snack-type, regular16.05.0 crackers0.4818427Crackers, standard snack-type, regular, low salt14.20.5 oz0.2918230Crackers, standard snack-type, sandwich, with cheese filling14.20.5 oz0.0318231Crackers, standard snack-type, sandwich, with peanut butter filling14.20.5 oz0.2928308Crackers, standard snack-type, sandwich, with peanut butter filling14.20.5 oz0.2928308Crackers, standard snack-type, with whole wheat15.05.0 crackers 1 serving0.4428325Crackers, toast thins, low sodium31.00.0 serving0.5028326Crackers, water biscuits14.04.0 cracker 1 serving0.0418428Crackers, wheat, low salt14.20.5 oz0.0718500Crackers, wheat, regular14.20.5 oz0.0718232Crackers, wheat, regular14.20.5 oz0.0718234Crackers, wheat, regular14.20.5 oz0.0718235Crackers, wheat, regular14.20.5 oz0.0718236Crackers, wheat, regular14.30.6 cracker 1 serving0.3118236Crackers, whole-wheat13.00.0 cracker 1 serving0.4318236Crackers, whole-wheat13.00.0 cracker 1 serving0.4318237Crackers, whole-wheat13.00.0 cracker 1 serving0.4318236Crackers, whole-wheat10.30.0 cracker 1 serving0.39 <td>18966</td> <td>Crackers, saltines, whole wheat (includes multi-grain)</td> <td>14.0</td> <td>1.0 serving</td> <td>0.17</td>	18966	Crackers, saltines, whole wheat (includes multi-grain)	14.0	1.0 serving	0.17
18427Crackers, standard snack-type, regular, low salt14.20.5 oz0.2918230Crackers, standard snack-type, sandwich, with cheese filling14.20.5 oz0.0318231Crackers, standard snack-type, sandwich, with peanut butter filling14.20.5 oz0.2928308Crackers, standard snack-type, with whole wheat15.05.0 crackers 1 serving0.4428325Crackers, toast thins, low sodium31.010.9 erving0.5228327Crackers, water biscuits14.04.0 cracker 1 serving0.0418428Crackers, wheat, low salt14.20.5 oz0.0718500Crackers, wheat, reduced fat29.01.0 serving0.3418232Crackers, wheat, regular34.016.0 crackers 1 serving0.5328326Crackers, wheat, regular, sandwich-type, with peanut butter filling34.016.0 crackers 1 serving0.5328326Crackers, whole grain, sandwich-type, with peanut butter filling43.06.0 cracker 1 serving1.1318235Crackers, whole-wheat28.01.0 serving0.3918236Crackers, whole-wheat38.06.0 cracker 1 serving0.3918235Crackers, whole-wheat, low salt38.06.0 cracker 1 serving0.3118236Crackers, whole-wheat38.06.0 cracker 1 serving0.3918237Crackers, whole-wheat, low salt38.06.0 cracker 1 serving0.3918236Crackers, whole-wheat, low salt38.06.0 cracker 1 serving <t< td=""><td>28314</td><td>Crackers, sandwich-type, peanut butter filled, reduced fat</td><td>36.0</td><td>1.0 package</td><td>0.67</td></t<>	28314	Crackers, sandwich-type, peanut butter filled, reduced fat	36.0	1.0 package	0.67
18230Crackers, standard snack-type, sandwich, with cheese filling14.20.5 oz0.0318231Crackers, standard snack-type, sandwich, with peanut butter filling14.20.5 oz0.2928308Crackers, standard snack-type, with whole wheat15.05.0 crackers 1 serving0.4428325Crackers, toast thins, low sodium31.01.0 serving0.5228327Crackers, water biscuits14.04.0 cracker 1 serving0.0418428Crackers, wheat, low salt14.20.5 oz0.0718950Crackers, wheat, regular29.01.0 serving0.3418232Crackers, wheat, regular34.016.0 crackers 1 serving0.5328326Crackers, whole grain, sandwich-type, with peanut butter filling43.06.0 cracker 1 serving0.5328326Crackers, whole grain, sandwich-type, with peanut butter filling43.06.0 cracker 1 serving0.3918235Crackers, whole grain, sandwich-type, with peanut butter filling43.06.0 cracker 1 serving0.3918236Crackers, whole grain, sandwich-type, with peanut butter filling43.06.0 cracker 1 serving0.3918235Crackers, whole wheat, low salt0.01.0 serving0.3918236Crackers, whole-wheat28.01.0 serving0.3918237Crackers, whole wheat, low salt14.20.5 oz0.12	18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	0.48
18231Crackers, standard snack-type, sandwich, with peanut butter filling14.20.5 oz0.2928308Crackers, standard snack-type, with whole wheat15.05.0 crackers 1 serving0.4428325Crackers, toast thins, low sodium31.01.0 serving0.5228327Crackers, water biscuits14.04.0 cracker 1 serving0.0418428Crackers, wheat, low salt14.20.5 oz0.0718950Crackers, wheat, reduced fat29.01.0 serving0.3418232Crackers, wheat, regular34.016.0 crackers 1 serving0.5328326Crackers, whole grain, sandwich-type, with peanut butter filling43.06.0 cracker 1 serving0.5318235Crackers, whole grain, sandwich-type, with peanut butter filling43.06.0 cracker 1 serving0.3418235Crackers, whole wheat34.016.0 cracker 1 serving0.5328326Crackers, whole wheat, sandwich-type, with peanut butter filling43.06.0 cracker 1 serving0.3418235Crackers, whole-wheat28.01.0 serving0.3918236Crackers, whole-wheat, low salt14.20.5 oz0.1218429Crackers, whole-wheat, low salt14.20.5 oz0.12	18427	Crackers, standard snack-type, regular, low salt	14.2	0.5 oz	0.29
28308Crackers, standard snack-type, with whole wheat15.05.0 crackers 1 serving0.4428325Crackers, toast thins, low sodium31.031.01.0 serving0.5228327Crackers, water biscuits14.04.0 cracker 1 serving0.0418428Crackers, wheat, low salt14.20.5 oz0.0718950Crackers, wheat, reduced fat29.01.0 serving0.3418232Crackers, wheat, regular34.016.0 crackers 1 serving0.5328326Crackers, whole grain, sandwich-type, with peanut butter filling43.06.0 cracker 1 serving1.1318235Crackers, whole-wheat, low salt14.20.5 oz0.3918429Crackers, whole-wheat, low salt14.20.5 oz0.39	18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	0.03
28325Crackers, toast thins, low sodium31.01.0 serving0.5228327Crackers, water biscuits14.04.0 cracker 1 serving0.0418428Crackers, wheat, low salt14.20.5 oz0.0718950Crackers, wheat, reduced fat29.01.0 serving0.3418232Crackers, wheat, regular34.016.0 crackers 1 serving0.5328326Crackers, whole grain, sandwich-type, with peanut butter filling43.06.0 cracker 1 serving1.1318235Crackers, whole-wheat28.01.0 serving0.3918429Crackers, whole-wheat, low salt0.5 oz0.12	18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	0.29
28327Crackers, water biscuits14.04.0 cracker 1 serving0.0418428Crackers, wheat, low salt14.20.5 oz0.0718950Crackers, wheat, reduced fat29.01.0 serving0.3418232Crackers, wheat, regular34.016.0 crackers 1 serving0.5328326Crackers, whole grain, sandwich-type, with peanut butter filling43.06.0 cracker 1 serving1.1318235Crackers, whole-wheat, low salt28.01.0 serving0.3918429Crackers, whole-wheat, low salt14.20.5 oz0.12	28308	Crackers, standard snack-type, with whole wheat	15.0	5.0 crackers 1 serving	0.44
18428Crackers, wheat, low salt14.20.5 oz0.0718950Crackers, wheat, reduced fat29.01.0 serving0.3418232Crackers, wheat, regular34.016.0 crackers 1 serving0.5328326Crackers, whole grain, sandwich-type, with peanut butter filling43.06.0 cracker 1 serving1.1318235Crackers, whole-wheat28.01.0 serving0.3918429Crackers, whole-wheat, low salt14.20.5 oz0.12	28325	Crackers, toast thins, low sodium	31.0	1.0 serving	0.52
18950Crackers, wheat, reduced fat29.01.0 serving0.3418232Crackers, wheat, regular34.016.0 crackers 1 serving0.5328326Crackers, whole grain, sandwich-type, with peanut butter filling43.06.0 cracker 1 serving1.1318235Crackers, whole-wheat28.01.0 serving0.3918429Crackers, whole-wheat, low salt14.20.5 oz0.12	28327	Crackers, water biscuits	14.0	4.0 cracker 1 serving	0.04
18232Crackers, wheat, regular34.016.0 crackers 1 serving0.5328326Crackers, whole grain, sandwich-type, with peanut butter filling43.06.0 cracker 1 serving1.1318235Crackers, whole-wheat28.01.0 serving0.3918429Crackers, whole-wheat, low salt14.20.5 oz0.12	18428	Crackers, wheat, low salt	14.2	0.5 oz	0.07
28326Crackers, whole grain, sandwich-type, with peanut butter filling43.06.0 cracker 1 serving1.1318235Crackers, whole-wheat28.01.0 serving0.3918429Crackers, whole-wheat, low salt14.20.5 oz0.12	18950	Crackers, wheat, reduced fat	29.0	1.0 serving	0.34
18235 Crackers, whole-wheat 28.0 1.0 serving 0.39 18429 Crackers, whole-wheat, low salt 14.2 0.5 oz 0.12	18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	0.53
18429Crackers, whole-wheat, low salt14.20.5 oz0.12	28326	Crackers, whole grain, sandwich-type, with peanut butter filling	43.0	6.0 cracker 1 serving	1.13
	18235	Crackers, whole-wheat	28.0	1.0 serving	0.39
18949Crackers, whole-wheat, reduced fat29.01.0 serving0.31	18429	Crackers, whole-wheat, low salt	14.2	0.5 oz	0.12
	18949	Crackers, whole-wheat, reduced fat	29.0	1.0 serving	0.31

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09078Cranberries, raw110.01.0 cup, chopped09522Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium200.06.75 fl oz14242Cranberry juice cocktail, bottled31.61.0 fl oz14243Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener29.61.0 fl oz	asure 0.84 1.45 0.02 0.07 0.01 0.00 3.04
09078Cranberries, raw110.01.0 cup, chopped09522Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium200.06.75 fl oz14242Cranberry juice cocktail, bottled31.61.0 fl oz14243Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener29.61.0 fl oz	1.45 0.02 0.07 0.01 0.00
09522Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium200.06.75 fl oz14242Cranberry juice cocktail, bottled31.61.0 fl oz14243Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener29.61.0 fl oz	0.02 0.07 0.01 0.00
14242Cranberry juice cocktail, bottled31.61.0 fl oz14243Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener29.61.0 fl oz	0.07 0.01 0.00
14243 Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener 29.6 1.0 fl oz	0.01 0.00
	0.00
14431Cranberry juice cocktail, frozen concentrate, prepared with water29.61.0 fl oz	
	3.04
	2.58
	0.81
18969Cream puff, eclair, custard or cream filled, iced113.04.0 oz	1.07
	0.24
01206Cream substitute, flavored, powdered12.04.0 tsp	0.05
42141Cream substitute, liquid, light30.01.0 fl oz	0.08
01067Cream substitute, liquid, with hydrogenated vegetable oil and soy protein15.01.0 container, individual	0.12
01069 Cream substitute, powdered 94.0 1.0 cup	1.18
42136Cream substitute, powdered, light94.01.0 cup	0.24
01049Cream, fluid, half and half30.21.0 fl oz	0.08
01053Cream, fluid, heavy whipping120.01.0 cup, whipped	1.10
01050Cream, fluid, light (coffee cream or table cream)30.01.0 fl oz	0.04
01052Cream, fluid, light whipping120.01.0 cup, whipped	1.06
01199Cream, half and half, fat free29.02.0 tbsp	0.01
01056 Cream, sour, cultured 12.0 1.0 tbsp	0.05
01055 Cream, sour, reduced fat, cultured 15.0 1.0 tbsp	0.05
01054Cream, whipped, cream topping, pressurized60.01.0 cup	0.38
42116 Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie 15.0 1.0 tbsp	0.37
42158Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free15.01.0 tbsp	0.74
42157 Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free 17.0 1.0 tbsp	0.11
11781Cress, garden, cooked, boiled, drained, with salt135.01.0 cup	0.68
11204Cress, garden, cooked, boiled, drained, without salt135.01.0 cup	0.68
11203 Cress, garden, raw 50.0 1.0 cup	0.35
18239 Croissants, butter 28.35 1.0 oz	0.24
18241 Croissants, cheese 28.35 1.0 oz	0.41
18243 Croutons, seasoned 14.2 0.5 oz	0.06
15138Crustaceans, crab, alaska king, imitation, made from surimi85.03.0 oz	0.14

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NDB_No	Description	Weight(g)	Measure (Vitamin E alpha-tocopherol)(mg)
				Per Measure
15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	2.48
15140	Crustaceans, crab, blue, cooked, moist heat	118.0	1.0 cup, flaked and pieces	2.17
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	85.0	3.0 oz	1.28
15145	Crustaceans, crayfish, mixed species, wild, raw	85.0	3.0 oz	2.42
15148	Crustaceans, lobster, northern, cooked, moist heat	145.0	1.0 cup	1.45
15147	Crustaceans, lobster, northern, raw	150.0	1.0 lobster	1.30
15152	Crustaceans, shrimp, mixed species, canned	128.0	1.0 cup	1.41
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85.0	3.0 oz	1.10
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	85.0	3.0 oz	1.87
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	6.0	1.0 medium	0.08
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	0.04
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	0.02
09083	Currants, european black, raw	112.0	1.0 cup	1.12
09084	Currants, red and white, raw	112.0	1.0 cup	0.11
09085	Currants, zante, dried	144.0	1.0 cup	0.16
11782	Dandelion greens, cooked, boiled, drained, with salt	105.0	1.0 cup, chopped	0.63
11208	Dandelion greens, cooked, boiled, drained, without salt	105.0	1.0 cup, chopped	2.56
11207	Dandelion greens, raw	55.0	1.0 cup, chopped	1.89
18245	Danish pastry, cheese	28.35	1.0 oz	0.10
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	0.11
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	28.35	1.0 oz	0.10
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	28.35	1.0 oz	0.23
09087	Dates, deglet noor	147.0	1.0 cup, chopped	0.07
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	67.0	1.0 serving 4 pieces in serving	1.28
36027	DENNY'S, chicken strips	194.0	1.0 serving	2.37
36028	DENNY'S, coleslaw	91.0	1.0 serving	0.85
36029	DENNY'S, fish fillet, battered or breaded, fried	201.0	1.0 serving	2.01
36610	DENNY'S, french fries	165.0	1.0 serving	1.62
36612	DENNY'S, golden fried shrimp	16.0	1.0 piece	0.42
36030	DENNY'S, hash browns	124.0	1.0 serving	0.68
36613	DENNY'S, macaroni & amp; cheese, from kid's menu	180.0	1.0 serving	0.95
36611	DENNY'S, mozzarella cheese sticks	228.0	1.0 serving	1.69
36031	DENNY'S, onion rings	166.0	1.0 serving	2.04
36032	DENNY'S, spaghetti and meatballs	565.0	1.0 serving	4.24

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NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
01070	Dessert topping, powdered	43.0	1.5 oz	0.65
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	0.36
01072	Dessert topping, pressurized	70.0	1.0 cup	0.60
01073	Dessert topping, semi solid, frozen	75.0	1.0 cup	0.72
19186	Desserts, apple crisp, prepared-from-recipe	141.0	0.5 cup	0.54
19168	Desserts, egg custard, baked, prepared-from-recipe	141.0	0.5 cup	0.31
19094	Desserts, flan, caramel custard, prepared-from-recipe	153.0	0.5 cup	0.35
19182	Desserts, mousse, chocolate, prepared-from-recipe	808.0	1.0 recipe yield	4.12
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	164.0	1.0 slice 1/4 of pie	1.53
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	183.0	1.0 slice 1/4 of pie	1.63
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	161.0	1.0 slice 1/4 of pie	1.19
21476	DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	179.0	1.0 slice 1/4 of pie	1.29
21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	207.0	1.0 slice 1/4 of pie	1.82
21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	145.0	1.0 slice 1/4 of pie	1.12
21479	DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	227.0	1.0 slice 1/4 of pie	2.02
21480	DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	155.0	1.0 slice 1/4 of pie	1.27
27065	Dip, bean, original flavor	36.0	2.0 tbsp	0.33
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	32.0	2.0 tbsp	0.62
27052	Dip, salsa con queso, cheese and salsa- medium	30.0	2.0 tbsp	0.56
27054	Dip, TOSTITOS, salsa con queso, medium	30.0	2.0 tbsp	0.58
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	108.0	1.0 slice	1.07
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	70.0	1.0 slice	1.04
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	118.0	1.0 slice	1.05
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	151.0	1.0 slice	1.21
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	113.0	1.0 slice	1.10
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	123.0	1.0 slice	1.08
18251	Doughnuts, cake-type, chocolate, sugared or glazed	28.35	1.0 oz	0.06
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	40.0	1.0 donut	0.80
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	28.35	1.0 oz	0.57
18253	Doughnuts, french crullers, glazed	28.35	1.0 oz	0.05
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	28.35	1.0 oz	0.41
18254	Doughnuts, yeast-leavened, with creme filling	28.35	1.0 oz	0.08
18256	Doughnuts, yeast-leavened, with jelly filling	28.35	1.0 oz	0.12
43287	Dove, cooked (includes squab)	140.0	1.0 cup, chopped or diced	0.08

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10780Persokickerscockly kolick nisk nithors nithorsPA2.0 mithor Nick news, cockly kolick nisk nithors nithorsPA11280Daranskic kerscockly kolick nisk nithors nithorsPAPAPA11280Daranskic kerscockly kolick nisk nithors nithorsPAPAPA11280Dark nisk news news nithorsPAPAPAPA11281Dark nithors new nithorsPAPAPAPA11281Dark nithors new nithorsPAPAPAPA11282Daranskic kers new nithorsPAPAPAPA11282Daranskic kers new nithorsPAPAPAPA11282Daranskic kers new nithorsPAPAPAPA11292Daranskic kers new nithorsPAPAPAPA11294Daranskic kers new nithorsPAPAPAPA11294Daranskic kers new nithorsPAPAPAPA11294Daranskic kers new nithorsPAPAPAPA11294Daranskic kers new nithorsPAPAPAPAPA11294Daranskic kers new nithorsPA<	NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
H186Pransick kaves, cookd, hold, dnind, without altG420L10 cup, choppedG010H128Pransick kaves, cookd, hold, dnind, without altG400J010J010 cup, chopped of dedG010G114Dick, doensident, meet and skin, cookd, roatedG400J010J0 cup, chopped of dedG000B134Dick, doensident, meet andy, cookd, roatedG400J010 unit (yield from I bready-to-cookd)G000G114Dick, doensident, meet andy, cookd, roatedG400J101 unit (yield from I bready-to-cookd)G000G125Dick of chosen cookd, roatedG400J101 unit (yield from I bready-to-cookd)G000G126Landam, frozen, nopt ad heafG400G400G400J1211Edmanne, frozen, unperadG400G400G400J1214Ege cutard, dy mix, repeard with whole milkG410G400G400J1214Ege cutard, dy mix, repeard with whole milkG400G400G400J1214Ege cutard, dy mix, repeard with whole milkG40					
1123Promisic haves, conkel, huikal, drained, without sail44.01.0 up, chopped0.04.005140Dick, domesticated, meat and skir, cookel, roasted55.00.00.00.00.005141Dick, domesticated, meat ond skir, row55.00.10 unit (yield from 1b reacy)-scorek duck)0.00.005142Dick, domesticated, meat only, row10.001.0 unit (yield from 1b reacy)-scorek duck)0.00.005143Dick, domesticated, meat only, row10.001.0 unit (yield from 1b reacy)-scorek duck)0.00.005245Diarde facto factor10.001.0 unit (yield from 1b reacy)-scorek duck)0.00.005245Diarde factor10.001.0 unit (yield from 1b reacy)-scorek duck0.00.005245Diarde factor10.001.0 unit (yield from 1b reacy)-scorek duck duck0.00.005245Diarde factor10.001.0 unit (yield from 1b reacy)-scorek duck duck0.00.005245Egg cotstad, dyn mix, prepared with bole milk10.000.00.005245Egg cotstad, dyn mix, prepared with bole milk10.000.00.005245Egg cotstad, dyn mix, prepared with bole milk10.000.00.0 <td>04706</td> <td>Dressing, honey mustard, fat-free</td> <td>30.0</td> <td>2.0 tbsp (1 NLEA serving)</td> <td>0.24</td>	04706	Dressing, honey mustard, fat-free	30.0	2.0 tbsp (1 NLEA serving)	0.24
BildDack, domenticated, meat and skin, new and skin, raw140.01.0 cup, chopped or daced0.0 stillDick, domenticated, meat and skin, rawBild0.0 cup, chopped or daced0.0 stillDick, domenticated, meat and skin, raw140.01.0 cup, chopped or daced0.0 stillDick, domenticated, meat and skin, raw110.01.0 unit, (sield from 1b needy-to-cook dack)0.0 stillDick damenticated, meat and skin, raw113.01.0 unit, (sield from 1b needy-to-cook dack)0.0 still00212Dick chance date, field, frozen114.03.0 pices pierogies0.0 still11212Falamane, frozen, unperpart183.01.0 unit, (sield from 1b needy-to-cook dack)0.0 still11211Edamane, frozen, unperpart183.01.0 unit, (sield from 1b needy-to-cook dack)0.0 still11212Falamane, frozen, unperpart183.01.0 unit, (sield from 1b needy-to-cook dack)0.0 still11214Edamane, frozen, unperpart184.00.0 still0.0 still11215Fage starts, dy mix, prepard with whole milk141.00.0 still0.0 still11216Egg cutshick, erigerand, heated88.01.0 unit0.0 still11216Egg cutshick, erigerand, heated88.01.0 unit0.0 still11216Egg cutshick, erigerand, heated88.01.0 unit0.0 still11217Egg cutshick, indiver erigerand, heated88.01.0 unit0.0 still11218Egg cutshick, indiver erigerand, heated89.01.0 unit0.0 still <t< td=""><td>11786</td><td>Drumstick leaves, cooked, boiled, drained, with salt</td><td>42.0</td><td>1.0 cup, chopped</td><td>0.04</td></t<>	11786	Drumstick leaves, cooked, boiled, drained, with salt	42.0	1.0 cup, chopped	0.04
9319Dack, domesticated, meat only, raw985093.0090.0005141Dack, domesticated, meat only, raw137.0010.1011 (yield from 11 ready-took dack)90.0001252Dack domesticated, meat only, raw137.0010.1011 (yield from 11 ready-took dack)90.0002162Date fact Leche137.0010.1011 (yield from 11 ready-took dack)90.0002172Date band land, facikate, pork and beef138.0030.0090.001218Edamane, faczer, unerpeard150.0010.00 (pt)90.001210Edamane, faczer, unerpeard141.000.00 (pt)90.001205Ego castods, day mix, prepared with oble milk141.000.00 (pt)90.001206Ego factods, day mix, prepared with oble milk141.000.00 (pt)90.001207Fag Mix, ISDA Commodiry88.0010.01 (pt)90.001208Ego rolls, castods, day mix, prepared with oble milk88.0010.01 (pt)90.001208Ego rolls, castods, day mix, prepared with oble milk88.0010.01 (pt)90.001208Ego rolls, castods, day mix, prepared with oble milk90.0010.00 (pt)90.001208Ego rolls, castods, day mix, prepared with oble milk90.0010.00 (pt)90.001208Ego rolls, castods, day mix, prepared with oble milk90.0010.00 (pt)90.001208Ego rolls, castod, max90.0010.00 (pt)90.0090.001208Ego rolls, castod, max90.0010.00 (pt)90.0	11223	Drumstick leaves, cooked, boiled, drained, without salt	42.0	1.0 cup, chopped	0.04
05142Dack, domesticated, meat only, row14001.0 cup, chopped or diced09805141Dack, domesticated, meat only, raw15701.0 unit yield from 1 lb real-yic-codd dack)009601225Date de Leche19900.10 unit yield from 1 lb real-yic-codd dack)009601235Dampling, potor or chesse-filted, frozen11403.0 picces picrogics1.1.1207021Datch brand loar, chicken, pork and beef15501.0 sint0.0 thicks11211Edamane, frozen, propend18160.0 const0.00412121Edamane, frozen, propend with 2% milk141.00.0 const0.00410100Fgg custards, dry mis, propend with 2% milk141.00.0 const0.00410210Egg rolis, trip quered with 2% milk141.00.0 const0.00410210Egg rolis, trip repared, heated88.00.10 rol0.00322955Egg rolis, trip graned, heated88.00.10 rol0.02522955Egg rolis, trop propend60.00.0 const or0.0111414Egg substitute, powder90.00.0 const or0.0111315Egg, white, frich, raw0.00.0 const or0.00111316Egg, white, frich, raw0.00.0 const or0.00111316Egg, white, frich, raw0.000.0 const or0.00111316Egg, white, frich, raw0.000.0 const or0.00111316Egg, white, frich, frich, raw0.000.0 const or0.0011131	05140	Duck, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.98
0514Dack domesicated, meat only, raw13701.0 unit (yield from 11 bready-to-cook due)0.00101225Dack check1001.0 to 10 to 100.0010235Danpling, potitor or cheses-fille, froren1.0 to3.0 to 10 to 100.01011210Dach brand loaf, chicken, pork and beef1.0 to1.0 to0.0100.01011211Balamane, frozen, meppared1.0 to0.0100.0100.0100.01011211Eg castard, dy mix, prepared with whole milk1.0 to0.0100.0100.0100.01010200Eg castard, dy mix, prepared with whole milk1.0 to0.0100.0100.0100.01010210Eg castard, dy mix, prepared with whole milk0.0100.0100.0100.0100.01010210Eg castard, dy mix, prepared with whole milk0.0100.0100.0100.0100.01010214Eg castard, dy mix, prepared with whole milk0.000.010	05139	Duck, domesticated, meat and skin, raw	85.0	3.0 oz	0.60
01225Date de Leche1401.0 thomy0.00432025Dumpling, potato- or cheese-filled, frozen1.1230 pices pice-gie-gie-gie-gie-gie-gie-gie-gie-gie-gi	05142	Duck, domesticated, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.98
3205Dunpling, potato- or cheese- filled, forzen114.03.0 pieces pierogies1.1207021Datch brand loaf, chicken, pork and beef38.00.0 slice0.0 lot11212Edmanme, forzen, prepared155.01.0 cmp0.0811211Kdmanme, forzen, simperpared141.00.0 cmp0.0811210Egg custards, dry mix, prepared with whole milk141.00.5 cmp0.0011210Egg custards, dry mix, prepared with whole milk141.00.5 cmp0.0011210Egg rolls, chicken, prefarented, heated86.010.0 cmp0.0312294Egg rolls, chicken, prefarented, heated86.01.0 cmp0.0312295Egg rolls, chicken, freigerated, heated9.00.05 cmp0.011230Egg, subsitue, field or rest, field9.01.0 cmp0.0012414Egg, subsitue, field or rest, field9.01.0 cmp0.0012415Egg, white, dried, flakes, subilized, glucose reduced28.31.0 cmp0.001243Egg, white, dried, flakes, subilized, glucose reduced28.0 <td< td=""><td>05141</td><td>Duck, domesticated, meat only, raw</td><td>137.0</td><td>1.0 unit (yield from 1 lb ready-to-cook duck)</td><td>0.96</td></td<>	05141	Duck, domesticated, meat only, raw	137.0	1.0 unit (yield from 1 lb ready-to-cook duck)	0.96
0701Duch hrand loaf, chicken, prok and beef13.801.0 slice0.1011212Edmanne, frozen, prepared115.01.0 cup1.0 cup11214Edmanne, frozen, uprepared118.01.0 cup0.0 st12025Eg custards, dry mix, prepared with 25 milk141.00.5 cup0.0 st12170Egg custards, dry mix, prepared with 25 milk141.00.5 cup0.0 st12025Egg custards, dry mix, prepared with 25 milk8.61.0 tup0.0 st12170Egg custards, dry mix, prepared with 25 milk8.61.0 tup0.0 st12254Egg custards, dry mix, prepared with 25 milk8.61.0 tup0.0 st12254Egg custards, dry mix, prepared based8.61.0 tup0.0 st12255Egg custards, dry mix, prepared8.61.0 tup0.0 st12254Egg custards, dry dry curpared8.61.0 tup0.0 st12255Egg custards, dry dry curpared8.61.0 tup0.0 st12264Egg custards, dry dry curpared8.61.0 tup0.0 st12254Egg custards, dry dry curpared9.00.2 stup0.0 st12255Egg custards, dry dry dry dry curpared9.00.0 st0.0 st1236Egg custards, dry	01225	Dulce de Leche	19.0	1.0 tbsp	0.04
11212Ediname, frozen, prepared11550110 cup110 cup11214Ediname, frozen, unprepared118.010 cup0.8511215Egi custards, dry mix, prepared with 2% milk141.00.5 cup0.0411070Egi custards, dry mix, prepared with 2% milk141.00.5 cup0.0411070Egi custards, dry mix, prepared with 2% milk8.60.0 thyp0.0511070Egi custards, dry mix, prepared with 4% milk8.60.0 thyp0.0512010Egi custards, dry mix, prepared with 4% milk8.60.0 thyp0.0512024Egi custards, dry mix, prepared with 4% milk8.60.0 thyp0.0512035Egi custards, therefunction, therefunction8.60.0 thyp0.0512036Egi custards, the frozen, prepared6.000.0 cup0.0512036Egi custards, the frozen, prepared6.000.0 cup0.0511140Egi custards, the frozen, prepared70.00.0 cup0.0011140Egi custards, the frozen, frozen, prepared70.00.0 cup0.0011140Egi custards, the frozen, prepared70.00.0 cup0.0011140Egi custards, trastard70.00.0 cup0.0011140Egi custards, trastard70.00.0 cup0.0011140Egi white, dried, fakes, stabilized, fucore reduced70.00.0 cup0.0011140Egi white, dried, fakes, stabilized, fucore reduced70.00.0 cup0.0011150	32025	Dumpling, potato- or cheese-filled, frozen	114.0	3.0 pieces pierogies	1.12
11211Edamame, froze, unprepared with 2% milk118.010 eug0.8819205Egg custards, dry mix, prepared with 2% milk141.0 $0.5 {\rm cup}$ 0.0419170Egg custards, dry mix, prepared with 2% milk141.0 $0.5 {\rm cup}$ 0.0819170Egg custards, dry mix, prepared with 2% milk141.0 $0.5 {\rm cup}$ 0.0819170Egg custards, dry mix, prepared with 2% milk8.010.010.3319204Egg custards, dry mix, prepared with 2% milk8.010.010.332953Egg culs, bricken, refrigerated, heated8.010.010.332954Egg culs, bry, refrigerated, heated8.010.02g cul0.052955Egg culs, bry, refrigerated, heated8.00.025 cup0.9510126Egg substitute, louid of frozen, far free6.000.025 cup0.9510138Egg, duck, whole, fresh, raw7001.0 egg0.9410139Egg, substitute, prode, fresh, raw7001.0 egg0.0010130Egg, white, dried, fakes, stabilized, glucose reduced901.0 eug0.0010134Egg, white, dried, fakes, stabilized, glucose reduced10701.0 eug0.0010134Egg, white, dried, naker, stabilized, glucose reduced10301.0 eug0.0010134Egg, white, raw, frozen, pasteurized3201.0 eug0.0010144Egg, white, raw, frozen, pasteurized2801.0 eug0.0010144Egg, white, raw, frozen, pasteurized	07021	Dutch brand loaf, chicken, pork and beef	38.0	1.0 slice	0.10
1925Egg custards, dry mix, prepared with 2% milk141.00.5 cup0.0419170Egg custards, dry mix, prepared with whole milk141.00.5 cup0.0802104Egg tusk, USDA Commodiy8.61.0 tusp0.0822954Egg rolls, chricken, refrigerated, heated80.01.0 cup0.2022955Egg rolls, pork, refrigerated, heated86.01.0 cup0.2102264Egg substitute, liquid of frozen, far free60.00.02.5 cup0.0501140Egg, substitute, liquid of frozen, far free60.00.02.5 cup0.0501141Egg, substitute, liquid of frozen, far free60.00.05 cup0.0101130Egg, duck, whole, fresh, raw70.00.05 cup0.0101130Egg, gouse, whole, fresh, raw70.00.00 cup0.0101130Egg, white, dried10.00.00 cup0.0001130Egg, white, dried, fasks, subilized, glucose reduced28.30.00 cup0.0001130Egg, white, dried, fasks, subilized, glucose reduced10.00.00 cup0.0001130Egg, white, dried, fasks, subilized, glucose reduced10.00.00 cup0.0001141Egg, white, dried, fasks, subilized, glucose reduced10.00.00 cup0.0001130Egg, white, raw, frosh10.0 cup, stired0.000.0001140Egg, white, raw, frosh10.0 cup, chired0.000.0001140Egg, white, raw, frosh10.0 cup, chired0.000	11212	Edamame, frozen, prepared	155.0	1.0 cup	1.05
19100Fgg custards, dry mix, prepared with whole milk141.00.05 cup0.0801210Egg Mix, USDA Commodity8.61.0 tbsp0.1822954Egg rolls, chicken, refrigerated, heated80.01.0 roll0.3022953Egg rolls, pork, refrigerated, heated85.01.0 roll0.2322954Egg rolls, pork, refrigerated, heated68.01.0 cegg roll0.5122955Egg rolls, regetable, frozen, prepared60.00.23 cup0.9301226Egg substitue, powder60.00.23 cup0.9301144Egg substitue, powder70.01.0 cegg0.9401138Egg, cose, whole, fresh, raw70.01.0 cegg0.9401139Egg, goose, whole, fresh, raw70.01.0 cegg0.9001134Egg, white, dried, flakes, stabilized, glucose reduced28.01.0 ceg0.0001135Egg, white, dried, flakes, stabilized, glucose reduced107.01.0 cup, sifed0.0001136Egg, white, dried, flakes, stabilized, glucose reduced107.01.0 cup, sifed0.0001136Egg, white, wrish30.01.0 cup, sifed0.000.0001134Egg, white, wrish3.01.0 cup, sifed0.0001135Egg, white, wrish3.01.0 cup, sifed0.0001136Egg, white, wrish3.01.0 cup, sifed0.0001136Egg, white, wrish3.01.0 cup, sifed0.0001137Egg, white, cooked, hard-boiled3	11211	Edamame, frozen, unprepared	118.0	1.0 cup	0.85
D1210 Egg Mix, USDA Commodity B.6. 1.0 they 0.1 22954 Egg rolls, chicken, refrigerated, heated 8.0. 0.0<	19205	Egg custards, dry mix, prepared with 2% milk	141.0	0.5 cup	0.04
2954Egg rolls, chicken, refrigerated, heared80.01.0 roll0.032953Egg rolls, pork, refrigerated, heared85.01.0 roll0.232954Egg rolls, vegetable, frozen, prepared66.00.0 c.9 groll0.5101226Egg substitute, liquid or frozen, fat free60.00.25 c.up0.9501144Egg substitute, powder9.90.35 oz0.1201138Egg, duck, whole, fresh, raw70.01.0 ergg0.9401139Egg, ous, whole, fresh, raw70.01.0 ergg0.9601140Egg, quait, whole, fresh, raw70.01.0 ergg0.1001173Egg, white, dried0.9.01.0 ergg0.0001136Egg, white, dried, flakes, stabilized, glucose reduced28.351.0 oz0.0001135Egg, white, dried, powder, stabilized, glucose reduced107.01.0 cup, sifted0.0001136Egg, white, dried, stabilized, glucose reduced107.01.0 cup, sifted0.0001136Egg, white, raw, fresh33.01.0 arg0.0001124Egg, white, raw, fresh33.01.0 arg0.0001124Egg, white, raw, frezh35.01.0 cup, sifted0.0001124Egg, white, raw, frezh1.0 cup, frezh0.0001124Egg, white, raw, frezh1.0 cup, frezh0.0001124Egg, white, raw, frezh1.0 cup, frezh0.0001125Egg, white, raw, frezh1.0 cup, frezh0.0001126Egg, whit	19170	Egg custards, dry mix, prepared with whole milk	141.0	0.5 cup	0.08
2253 Egg rolls, pork, refrigerade, hated 85.0 1.0 roll 0.23 2255 Egg rolls, vegetable, frozen, prepared 66.0 0.0 cgg roll 0.01 01226 Egg substitute, liquid or frozen, fat free 60.0 0.25 cup 0.95 01144 Egg substitute, powder 0.9 0.35 oz 0.012 01138 Egg, duck, whole, fresh, raw 70.0 1.0 egg 0.94 01139 Egg, goose, whole, fresh, raw 70.0 1.0 egg 0.94 01140 Egg, quail, whole, fresh, raw 9.0 1.0 egg 0.94 01130 Egg, white, dried 0.0 1.0 egg 0.01 01173 Egg, white, dried, plucose reduced 28.35 1.0 oz 0.00 01136 Egg, white, dried, plucose reduced 28.35 1.0 oz 0.00 01124 Egg, white, raw, frozen, pasteurized 0.00 1.0 cup, sifted 0.00 01124 Egg, white, raw, frozen, pasteurized 0.20 0.00 0.01 0.01 01124 Egg, whole, cooked, fried <td< td=""><td>01210</td><td>Egg Mix, USDA Commodity</td><td>8.6</td><td>1.0 tbsp</td><td>0.18</td></td<>	01210	Egg Mix, USDA Commodity	8.6	1.0 tbsp	0.18
22955Egg rolls, vegetable, frozen, prepared66.0.0.0 egg roll0.1101226Egg substitute, liquid or frozen, fat free60.00.25 cup0.9501144Egg substitute, powder9.90.35 oz0.1201138Egg, duck, whole, fresh, raw70.01.0 egg0.9401139Egg, goose, whole, fresh, raw70.01.0 egg0.9401140Egg, quail, whole, fresh, raw9.01.0 egg0.1001173Egg, white, dried9.01.0 ozg0.0001134Egg, white, dried, ligke, stabilized, glucose reduced28.31.0 oz0.0001135Egg, white, dried, powder, stabilized, glucose reduced107.01.0 cup, sifted0.0001124Egg, white, raw, frosh10.0 oz0.000.0001124Egg, whole, cooked, fried0.8.01.0 large0.0001124Egg, whole, cooked, fried1.00.000.0001124Egg, whole, cooked, fried1.01.0 cup, sifted0.0001124Egg, whole, cooked, fried1.0 cup0.000.0001124Egg, whole, cooked, fried1.0 cup0.000.0001124Egg, whole, cooked, fried1.0 cup0.000.0001125Egg, whole, cooked, fried1.0 cup, chopped1.0 cup01130Egg, whole, cooked, onelet1.0 cup0.000.0001130Egg, whole, cooked, poached1.0 cup0.010.0101130Egg, whole, cooked, poached <td>22954</td> <td>Egg rolls, chicken, refrigerated, heated</td> <td>80.0</td> <td>1.0 roll</td> <td>0.30</td>	22954	Egg rolls, chicken, refrigerated, heated	80.0	1.0 roll	0.30
D1226 Egg substitute, liquid or frozen, fat free 600 0.25 cup 0.95 01144 Egg substitute, powder 9.9 0.35 oz 0.12 01138 Egg, duck, whole, fresh, raw 700 1.0 egg 0.94 01139 Egg, goose, whole, fresh, raw 9.0 1.0 egg 0.13 01140 Egg, quail, whole, fresh, raw 9.0 1.0 egg 0.10 01140 Egg, upail, whole, fresh, raw 9.0 1.0 egg 0.00 01130 Egg, white, dried 28.0 1.0 oz 0.00 01135 Egg, white, dried, fakes, stabilized, glucose reduced 28.3 1.0 oz 0.00 01135 Egg, white, dried, stabilized, glucose reduced 28.3 1.0 oz 0.00 01136 Egg, white, dried, stabilized, glucose reduced 107.0 1.0 cup, sifted 0.00 01258 Egg, white, raw, fresh 33.0 1.0 large 0.00 01124 Egg, whole, cooked, fried 28.0 1.0 oz 0.00 01128 Egg, whole, cooked, fried 1.0 large	22953	Egg rolls, pork, refrigerated, heated	85.0	1.0 roll	0.23
01144Egg substitute, powder0.9.90.3.5 or0.1.201138Egg, duck, whole, fresh, raw70.01.0 egg0.9.401139Egg, goose, whole, fresh, raw144.01.0 egg1.8.601140Egg, quail, whole, fresh, raw9.01.0 egg0.1001173Egg, white, dried0.0.81.0 oz0.0.001135Egg, white, dried, flakes, stabilized, glucose reduced28.351.0 oz0.0001136Egg, white, dried, powder, stabilized, glucose reduced107.01.0 cup, sfide0.0001258Egg, white, dried, stabilized, glucose reduced107.01.0 cup, sfide0.000124Egg, white, raw, fresh33.01.0 arg0.0001124Egg, white, raw, fresh28.01.0 oz0.0001125Egg, whole, cocked, fried33.01.0 arg0.0001124Egg, white, raw, frozen, pasteurized28.01.0 oz0.0001125Egg, whole, cocked, fried33.01.0 arg0.0001126Egg, whole, cocked, fried316.01.0 cup, chopped1.4001129Egg, whole, cocked, hard-boiled136.01.0 cup, chopped1.4001130Egg, whole, cocked, ponched15.01.0 brap0.1901131Egg, whole, cocked, ponched50.01.0 brap0.52	22955	Egg rolls, vegetable, frozen, prepared	68.0	1.0 egg roll	0.51
Egg duck, whole, fresh, raw70010 egg04401139Egg, goose, whole, fresh, raw144.01.0 egg1.8601140Egg, quail, whole, fresh, raw9.01.0 egg0.1001173Egg, white, dried28.028.350.10 oz0.0001135Egg, white, dried, flakes, stabilized, glucose reduced28.350.10 oz0.0001136Egg, white, dried, powder, stabilized, glucose reduced010.00.000.0001258Egg, white, dried, stabilized, glucose reduced010.00.000.000124Egg, white, ark, fresh0.000.000.0001124Egg, white, cooked, fried0.000.000.0001125Egg, white, cooked, fried0.000.000.0001126Egg, white, cooked, melet0.000.000.0001130Egg, whole, cooked, neelet0.000.000.0001130Egg, whole, cooked, pached0.000.000.0001130Egg, whole, cooked, pached0.000.000.00011310Egg, whole, cooked, pached0.000.000.00011310Egg, whole, cooked, pached0.000.000.00011310<	01226	Egg substitute, liquid or frozen, fat free	60.0	0.25 cup	0.95
1139Egg, gose, whole, fresh, raw114401.0 egg1.8 eg01140Egg, quil, whole, fresh, raw9.01.0 eg0.1001173Egg, white, dried28.01.0 oz0.0001135Egg, white, dried, flakes, stabilized, glucose reduced28.351.0 oz0.0001136Egg, white, dried, powder, stabilized, glucose reduced017.01.0 cup, sifted0.0001258Egg, white, dried, stabilized, glucose reduced017.01.0 cup, sifted0.000124Egg, white, raw, fresh0.001.0 cup, sifted0.0001124Egg, white, cooked, fried28.01.0 cup0.0001124Egg, white, cooked, fried0.001.0 cup0.0001125Egg, white, cooked, hard-boiled1.0 cup0.000.0001126Egg, whole, cooked, hard-boiled0.001.0 cup0.0001130Egg, whole, cooked, nard-boiled1.0 cup1.0 cup0.0001130Egg, whole, cooked, poached0.001.0 cup0.00011310Egg, whole, cooked, poached0.000.000.00011310Egg, whole, cooked, poached0.000.000.00011310Egg,	01144	Egg substitute, powder	9.9	0.35 oz	0.12
Oll 40Egg, quail, whole, fresh, raw9.01.0 egg0.1001173Egg, white, driedGR.028.00.0001135Egg, white, dried, flakes, stabilized, glucose reduced28.30.000.0001136Egg, white, dried, powder, stabilized, glucose reduced0.000.000.0001136Egg, white, dried, stabilized, glucose reduced0.000.000.0001136Egg, white, dried, stabilized, glucose reduced0.000.000.0001124Egg, white, aw, fresh0.000.000.0001124Egg, white, raw, fresh3.300.000.0001125Egg, whole, cooked, fried0.000.000.0001126Egg, whole, cooked, fried0.000.000.0001127Egg, whole, cooked, hard-boiled0.000.000.0001128Egg, whole, cooked, hard-boiled0.000.000.0001130Egg, whole, cooked, nonelet0.001.000.0001131Egg, whole, cooked, poached50.00.010.01	01138	Egg, duck, whole, fresh, raw	70.0	1.0 egg	0.94
01173Egg, white, dried, fiakes, stabilized, glucose reduced28.028.00.0001135Egg, white, dried, flakes, stabilized, glucose reduced28.350.0001136Egg, white, dried, powder, stabilized, glucose reduced0.000.0001258Egg, white, dried, stabilized, glucose reduced0.07.00.0001124Egg, white, raw, fresh0.000.0001172Egg, white, raw, frozen, pasteurized0.030.0001128Egg, whole, cooked, fried0.000.0001129Egg, whole, cooked, hard-boiled0.000.0001129Egg, whole, cooked, nonelet0.000.0001130Egg, whole, cooked, poached0.000.0001131Egg, whole, cooked, poac	01139	Egg, goose, whole, fresh, raw	144.0	1.0 egg	1.86
01135Egg, white, dried, flakes, stabilized, glucose reduced28.351.0 oz0.00001136Egg, white, dried, powder, stabilized, glucose reduced107.01.0 cup, sifted0.0001258Egg, white, dried, stabilized, glucose reduced107.01.0 cup, sifted0.0001254Egg, white, raw, fresh33.01.0 large0.0001124Egg, white, raw, frozen, pasteurized28.3533.01.0 large0.0001128Egg, whole, cooked, fried28.01.0 large0.0001129Egg, whole, cooked, hard-boiled136.01.0 cup, chopped1.4001130Egg, whole, cooked, ponched15.01.0 large0.1901131Egg, whole, cooked, ponched50.01.0 large0.52	01140	Egg, quail, whole, fresh, raw	9.0	1.0 egg	0.10
Ol136Egg, white, dried, powder, stabilized, glucose reduced107.01.0 cup, sifted0.0001258Egg, white, dried, stabilized, glucose reduced107.01.0 cup, sifted0.0001124Egg, white, raw, fresh33.01.0 large0.0001172Egg, white, raw, frozen, pasteurized28.01.0 oz0.0001128Egg, whole, cooked, fried0.001.0 large0.0001129Egg, whole, cooked, hard-boiled136.01.0 cup, chopped1.4001130Egg, whole, cooked, omelet1.0 tup0.190.1901131Egg, whole, cooked, poached50.01.0 large0.52	01173	Egg, white, dried	28.0	1.0 oz	0.00
01258Egg, white, dried, stabilized, glucose reduced107.01.0 cup, sifted0.0001124Egg, white, raw, fresh33.01.0 large0.0001172Egg, white, raw, frozen, pasteurized28.01.0 oz0.0001128Egg, whole, cooked, fried46.01.0 large0.0001129Egg, whole, cooked, hard-boiled136.01.0 cup, chopped1.4001130Egg, whole, cooked, omelet15.01.0 large0.1901131Egg, whole, cooked, pached50.01.0 large0.52	01135	Egg, white, dried, flakes, stabilized, glucose reduced	28.35	1.0 oz	0.00
01124Egg, white, raw, fresh33.01.0 large0.0001172Egg, white, raw, frozen, pasteurized28.01.0 oz0.0001128Egg, whole, cooked, fried46.01.0 large0.6001129Egg, whole, cooked, hard-boiled136.01.0 cup, chopped1.4001130Egg, whole, cooked, omelet15.00.010.1901131Egg, whole, cooked, poached50.01.0 large0.52	01136	Egg, white, dried, powder, stabilized, glucose reduced	107.0	1.0 cup, sifted	0.00
01172Egg, white, raw, frozen, pasteurized28.01.0 oz0.0001128Egg, whole, cooked, fried46.01.0 large0.6001129Egg, whole, cooked, hard-boiled136.01.0 cup, chopped1.4001130Egg, whole, cooked, omelet15.01.0 tbsp0.1901131Egg, whole, cooked, poached50.01.0 large0.52	01258	Egg, white, dried, stabilized, glucose reduced	107.0	1.0 cup, sifted	0.00
01128Egg, whole, cooked, fried46.01.0 large0.6001129Egg, whole, cooked, hard-boiled136.01.0 cup, chopped1.4001130Egg, whole, cooked, omelet15.01.0 tbsp0.1901131Egg, whole, cooked, poached50.01.0 large0.52	01124	Egg, white, raw, fresh	33.0	1.0 large	0.00
01129Egg, whole, cooked, hard-boiled136.01.0 cup, chopped1.4001130Egg, whole, cooked, omelet15.01.0 tbsp0.1901131Egg, whole, cooked, poached50.01.0 large0.52	01172	Egg, white, raw, frozen, pasteurized	28.0	1.0 oz	0.00
01130 Egg, whole, cooked, omelet 15.0 1.0 tbsp 0.19 01131 Egg, whole, cooked, poached 50.0 1.0 large 0.52	01128	Egg, whole, cooked, fried	46.0	1.0 large	0.60
01131 Egg, whole, cooked, poached 50.0 1.0 large 0.52	01129	Egg, whole, cooked, hard-boiled	136.0	1.0 cup, chopped	1.40
	01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	0.19
01132 Egg, whole, cooked, scrambled 61.0 1.0 large 0.70	01131	Egg, whole, cooked, poached	50.0	1.0 large	0.52
	01132	Egg, whole, cooked, scrambled	61.0	1.0 large	0.70

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NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
01133	Egg, whole, dried	85.0	1.0 cup, sifted	3.30
01123	Egg, whole, raw, fresh	50.0	1.0 large	0.52
01171	Egg, whole, raw, frozen, pasteurized	28.0	1.0 oz	0.20
01255	Egg, whole, raw, frozen, salted, pasteurized	28.0	1.0 oz	0.22
01137	Egg, yolk, dried	67.0	1.0 cup, sifted	3.22
01125	Egg, yolk, raw, fresh	17.0	1.0 large	0.44
01126	Egg, yolk, raw, frozen, pasteurized	28.35	1.0 oz	0.64
01160	Egg, yolk, raw, frozen, salted, pasteurized	28.35	1.0 oz	0.65
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	0.64
01057	Eggnog	254.0	1.0 cup	0.53
11783	Eggplant, cooked, boiled, drained, with salt	99.0	1.0 cup (1" cubes)	0.41
11210	Eggplant, cooked, boiled, drained, without salt	99.0	1.0 cup (1" cubes)	0.41
43146	Eggplant, pickled	136.0	1.0 cup	0.04
11209	Eggplant, raw	82.0	1.0 cup, cubes	0.25
43285	Eggs, scrambled, frozen mixture	28.35	1.0 oz	0.24
05624	Emu, fan fillet, cooked, broiled	85.0	1.0 serving (3 oz)	0.20
05623	Emu, fan fillet, raw	85.0	1.0 serving (3 oz)	0.19
05625	Emu, flat fillet, raw	85.0	3.0 oz	0.19
05627	Emu, full rump, cooked, broiled	85.0	1.0 serving (3 oz)	0.22
05626	Emu, full rump, raw	85.0	3.0 oz	0.20
05622	Emu, ground, cooked, pan-broiled	109.0	1.0 patty (yield from 135.8 g raw meat)	0.26
05621	Emu, ground, raw	117.0	1.0 patty	0.28
05628	Emu, inside drum, raw	85.0	3.0 oz	0.19
05629	Emu, inside drums, cooked, broiled	85.0	1.0 serving (3 oz)	0.21
05630	Emu, outside drum, raw	85.0	3.0 oz	0.14
05631	Emu, oyster, raw	85.0	3.0 oz	0.20
05632	Emu, top loin, cooked, broiled	85.0	1.0 serving (3 oz)	0.20
11213	Endive, raw	25.0	0.5 cup, chopped	0.11
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	0.00
18261	English muffins, mixed-grain, toasted (includes granola)	28.35	1.0 oz	0.00
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	28.35	1.0 oz	0.09
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0.10
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	28.35	1.0 oz	0.09
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	28.35	1.0 oz	0.10

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NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
18264	English muffins, wheat	28.35	1.0 oz	0.13
18265	English muffins, wheat, toasted	28.35	1.0 oz	0.14
28320	English muffins, whole grain white	57.0	1.0 muffin 1 serving	0.14
18266	English muffins, whole-wheat	28.35	1.0 oz	0.12
18267	English muffins, whole-wheat, toasted	28.35	1.0 oz	0.12
11214	Escarole, cooked, boiled, drained, no salt added	150.0	1.0 cup	0.60
21142	Fast food, biscuit	55.0	1.0 biscuit	0.26
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	107.0	1.0 slice	0.89
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	117.0	1.0 slice 1/8 pizza	0.78
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	115.0	1.0 slice	0.94
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	76.0	1.0 slice	0.98
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	136.0	1.0 slice	1.17
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	111.0	1.0 slice	0.97
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	118.0	1.0 slice	1.03
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	79.0	1.0 slice	1.02
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	116.0	1.0 slice	1.06
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	127.0	1.0 slice	1.14
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	88.0	1.0 slice	1.14
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	254.0	1.0 item	1.40
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	219.0	1.0 item	1.40
21010	Fast foods, biscuit, with crispy chicken fillet	132.0	1.0 item	2.40
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	2.01
21004	Fast foods, biscuit, with egg and ham	182.0	1.0 biscuit	2.00
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	1.54
21007	Fast foods, biscuit, with egg, cheese, and bacon	145.0	1.0 item	1.48
21008	Fast foods, biscuit, with ham	162.0	1.0 biscuit	1.99
21009	Fast foods, biscuit, with sausage	111.0	1.0 item	0.93
21520	Fast foods, breadstick, soft, prepared with garlic and parmesan cheese	43.0	1.0 breadstick	0.38
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	109.0	1.0 burrito	0.70
21063	Fast foods, burrito, with beans and beef	241.0	1.0 item	1.08
21061	Fast foods, burrito, with beans and cheese	185.0	1.0 each burrito	1.00
21064	Fast foods, burrito, with beans, cheese, and beef	241.0	1.0 burrito	0.67
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	155.0	1.0 sandwich	0.54
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	355.0	1.0 item	0.21

NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	219.0	1.0 item	0.13
21395	Fast foods, cheeseburger; double, regular patty; with condiments	155.0	1.0 sandwich	0.54
21095	Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables	228.0	1.0 sandwich	1.98
21096	Fast foods, cheeseburger; single, large patty; plain	182.0	1.0 sandwich	0.95
21398	Fast foods, cheeseburger; single, large patty; with condiments	199.0	1.0 item	0.40
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	215.0	1.0 sandwich	1.23
21090	Fast foods, cheeseburger; single, regular patty, with condiments	127.0	1.0 item	0.11
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	115.0	1.0 sandwich	0.34
21089	Fast foods, cheeseburger; single, regular patty; plain	91.0	1.0 sandwich	0.47
21102	Fast foods, chicken fillet sandwich, plain with pickles	187.0	1.0 sandwich	4.51
21401	Fast foods, chicken tenders	30.0	1.0 strip	0.95
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	96.0	6.0 pieces	1.08
21127	Fast foods, coleslaw	191.0	1.0 cup	1.03
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	152.0	1.0 sandwich	1.05
21517	Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	133.0	1.0 item	2.05
21462	Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise	271.0	1.0 sandwich	1.36
21012	Fast foods, croissant, with egg, cheese, and bacon	128.0	1.0 item	1.24
21013	Fast foods, croissant, with egg, cheese, and ham	155.0	1.0 item	1.18
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	2.63
21018	Fast foods, egg, scrambled	96.0	2.0 eggs	0.92
21020	Fast foods, english muffin, with cheese and sausage	108.0	1.0 item	0.63
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	126.0	1.0 sandwich	1.15
21022	Fast foods, english muffin, with egg, cheese, and sausage	165.0	1.0 item	1.55
21105	Fast foods, fish sandwich, with tartar sauce	220.0	1.0 sandwich	1.21
21106	Fast foods, fish sandwich, with tartar sauce and cheese	134.0	1.0 sandwich	1.34
21024	Fast foods, french toast sticks	65.0	3.0 pieces	0.57
21469	Fast Foods, Fried Chicken, Breast, meat and skin and breading	203.0	1.0 breast, with skin	0.97
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	142.0	1.0 breast without skin	0.38
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	0.25
21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	0.13
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	136.0	1.0 thigh with skin	0.83
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	84.0	1.0 thigh without skin	0.31
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	58.0	1.0 wing, with skin	0.43
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	37.0	1.0 wing without skin	0.20

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NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
21307	Fast foods, griddle cake sandwich, egg, cheese, and bacon	174.0	1.0 item 6.1 oz	0.92
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	199.0	1.0 item	1.09
21306	Fast foods, griddle cake sandwich, sausage	135.0	1.0 item	0.00
21490	Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread	230.0	1.0 sandwich	0.87
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	123.0	1.0 item	0.55
21461	Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise	268.0	1.0 sandwich	1.63
21202	Fast foods, hamburger, large, single patty, with condiments	171.0	1.0 item	0.10
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	374.0	1.0 item	2.51
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	247.0	1.0 item	0.37
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	205.0	1.0 item	0.18
21107	Fast foods, hamburger; single, regular patty; plain	78.0	1.0 sandwich	0.30
21108	Fast foods, hamburger; single, regular patty; with condiments	97.0	1.0 sandwich	0.07
21129	Fast foods, hush puppies	22.0	1.0 piece	0.23
21388	Fast foods, miniature cinnamon rolls	25.0	1.0 each	0.28
21078	Fast foods, nachos, with cheese	80.0	1.0 serving	3.26
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	222.0	1.0 serving	3.88
21130	Fast foods, onion rings, breaded and fried	117.0	1.0 package (18 onion rings)	5.76
21138	Fast foods, potato, french fried in vegetable oil	71.0	1.0 serving small	1.19
21139	Fast foods, potato, mashed	242.0	1.0 cup	1.02
21026	Fast foods, potatoes, hash browns, round pieces or patty	5.5	1.0 round piece	0.14
21488	Fast foods, quesadilla, with chicken	180.0	1.0 each quesadilla	0.52
21121	Fast foods, roast beef sandwich, plain	149.0	1.0 sandwich	0.64
21059	Fast foods, shrimp, breaded and fried	39.0	3.0 pieces shrimp	0.98
21521	Fast foods, strawberry banana smoothie made with ice and low-fat yogurt	347.0	12.0 fl oz	0.10
21162	Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread	148.0	6.0 inch sub	0.43
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	196.0	6.0 inch sub	0.80
21156	Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	184.0	6.0 inch sub	0.53
21158	Fast foods, submarine sandwich, meatball marinara on white bread	209.0	6.0 inch sub	1.65
21154	Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato	198.0	6.0 inch sub	0.83
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	190.0	6.0 inch sub	0.55
21160	Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	201.0	6.0 inch sub	0.80
21151	Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce	228.0	6.0 inch sub	0.87
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	237.0	6.0 inch sub	3.72

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NDB_No	Description	Weight(g)	Measure ^{(a}	Vitamin E alpha-tocopherol)(mg)
				Per Measure
21155	Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato	184.0	6.0 inch sub	0.52
21153	Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato	413.0	12.0 inch sub	0.99
21032	Fast foods, sundae, caramel	155.0	1.0 sundae	0.90
21033	Fast foods, sundae, hot fudge	158.0	1.0 sundae	0.66
21034	Fast foods, sundae, strawberry	153.0	1.0 sundae	0.78
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	69.0	1.0 each taco	0.41
21486	Fast foods, taco with beef, cheese and lettuce, soft	102.0	1.0 each taco	0.26
21487	Fast foods, taco with chicken, lettuce and cheese, soft	98.0	1.0 each taco	0.21
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	120.0	1.0 item	0.04
01243	Fat free ice cream, no sugar added, flavors other than chocolate	68.0	0.5 cup	0.00
04001	Fat, beef tallow	12.8	1.0 tbsp	0.35
04542	Fat, chicken	12.8	1.0 tbsp	0.35
04574	Fat, duck	12.8	1.0 tbsp	0.35
04576	Fat, goose	12.8	1.0 tbsp	0.35
04520	Fat, mutton tallow	12.8	1.0 tbsp	0.36
04575	Fat, turkey	12.8	1.0 tbsp	0.37
09334	Feijoa, raw	243.0	1.0 cup, pureed	0.39
11957	Fennel, bulb, raw	87.0	1.0 cup, sliced	0.50
09092	Figs, canned, heavy syrup pack, solids and liquids	259.0	1.0 cup	0.31
09091	Figs, canned, light syrup pack, solids and liquids	252.0	1.0 cup	0.25
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	0.20
09095	Figs, dried, stewed	259.0	1.0 cup	0.39
09094	Figs, dried, uncooked	149.0	1.0 cup	0.52
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	0.07
06963	Fish broth	244.0	1.0 cup	0.37
15002	Fish, anchovy, european, canned in oil, drained solids	28.35	1.0 oz, boneless	0.94
15001	Fish, anchovy, european, raw	85.0	3.0 oz	0.48
15008	Fish, carp, raw	85.0	3.0 oz	0.54
15235	Fish, catfish, channel, farmed, cooked, dry heat	143.0	1.0 fillet	1.39
15234	Fish, catfish, channel, farmed, raw	85.0	3.0 oz	0.69
15012	Fish, caviar, black and red, granular	16.0	1.0 tbsp	0.30
15014	Fish, cisco, smoked	28.35	1.0 oz	0.06
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	0.70
15016	Fish, cod, Atlantic, cooked, dry heat	85.0	3.0 oz	0.69

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NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
15018	Fish, cod, Atlantic, dried and salted	28.35	1.0 oz	0.81
15015	Fish, cod, Atlantic, raw	85.0	3.0 oz	0.54
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	90.0	1.0 fillet	0.60
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	0.63
15020	Fish, croaker, Atlantic, raw	79.0	1.0 fillet	1.02
15025	Fish, eel, mixed species, raw	85.0	3.0 oz	3.40
15027	Fish, fish sticks, frozen, prepared	57.0	1.0 piece (4" x 2" x 1/2")	3.92
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	0.98
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	0.18
15034	Fish, haddock, cooked, dry heat	150.0	1.0 fillet	0.82
15033	Fish, haddock, raw	85.0	3.0 oz	0.38
15035	Fish, haddock, smoked	28.35	1.0 oz, boneless	0.16
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85.0	3.0 oz	0.63
15036	Fish, halibut, Atlantic and Pacific, raw	85.0	3.0 oz	0.52
15038	Fish, halibut, Greenland, raw	85.0	3.0 oz	0.62
15040	Fish, herring, Atlantic, cooked, dry heat	143.0	1.0 fillet	1.96
15042	Fish, herring, Atlantic, kippered	28.35	1.0 oz, boneless	0.44
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	2.39
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	0.30
15046	Fish, mackerel, Atlantic, raw	112.0	1.0 fillet	1.70
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	0.29
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.35
15050	Fish, mackerel, Pacific and jack, mixed species, raw	85.0	3.0 oz	0.85
83110	Fish, mackerel, salted	80.0	1.0 piece (5-1/2" x 1-1/2" x 1/2")	1.90
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	0.59
15055	Fish, mullet, striped, raw	28.35	1.0 oz	0.28
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	0.46
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	0.22
15060	Fish, perch, mixed species, raw	60.0	1.0 fillet	0.12
15062	Fish, pike, northern, raw	85.0	3.0 oz	0.17
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	60.0	1.0 fillet	0.17
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	77.0	1.0 fillet	0.38
15065	Fish, pollock, Atlantic, raw	85.0	3.0 oz	0.20
15068	Fish, pompano, florida, raw	28.35	1.0 oz, boneless	0.05

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NDB_No	Description	Weight(g)	Measure (Vitamin E alpha-tocopherol)(mg)
				Per Measure
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149.0	1.0 fillet	0.66
15070	Fish, rockfish, Pacific, mixed species, raw	85.0	3.0 oz	0.31
15072	Fish, roe, mixed species, raw	14.0	1.0 tbsp	0.98
15232	Fish, roughy, orange, cooked, dry heat	85.0	3.0 oz	1.59
15073	Fish, roughy, orange, raw	85.0	3.0 oz	1.02
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	85.0	3.0 oz	0.97
15236	Fish, salmon, Atlantic, farmed, raw	85.0	3.0 oz	3.02
15078	Fish, salmon, chinook, raw	85.0	3.0 oz	1.04
15077	Fish, salmon, chinook, smoked	28.35	1.0 oz, boneless	0.38
15080	Fish, salmon, chum, canned, drained solids with bone	85.0	3.0 oz	1.36
15079	Fish, salmon, chum, raw	85.0	3.0 oz	0.93
15247	Fish, salmon, coho, wild, cooked, dry heat	85.0	3.0 oz	0.78
15081	Fish, salmon, coho, wild, raw	85.0	3.0 oz	0.62
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	1.09
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	85.0	3.0 oz	1.09
15084	Fish, salmon, pink, canned, total can contents	85.0	3.0 oz	0.54
15212	Fish, salmon, pink, cooked, dry heat	85.0	3.0 oz	0.41
15083	Fish, salmon, pink, raw	85.0	3.0 oz	0.34
15087	Fish, salmon, sockeye, canned, drained solids	85.0	3.0 oz	1.76
15086	Fish, salmon, sockeye, cooked, dry heat	85.0	3.0 oz	0.84
15085	Fish, salmon, sockeye, raw	28.35	1.0 oz, boneless	0.24
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	149.0	1.0 cup, drained	3.04
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	89.0	1.0 cup	1.23
15090	Fish, scup, raw	85.0	3.0 oz	0.42
15091	Fish, sea bass, mixed species, raw	129.0	1.0 fillet	1.08
15094	Fish, shad, american, raw	85.0	3.0 oz	1.04
15095	Fish, shark, mixed species, raw	85.0	3.0 oz	0.85
15099	Fish, smelt, rainbow, raw	85.0	3.0 oz	0.42
15101	Fish, snapper, mixed species, raw	85.0	3.0 oz	0.82
15105	Fish, sturgeon, mixed species, cooked, dry heat	85.0	3.0 oz	0.54
15104	Fish, sturgeon, mixed species, raw	85.0	3.0 oz	0.42
15106	Fish, sturgeon, mixed species, smoked	28.35	1.0 oz	0.14
15109	Fish, surimi	28.35	1.0 oz	0.18
15111	Fish, swordfish, cooked, dry heat	85.0	3.0 oz	2.05

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NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
15110	Fish, swordfish, raw	85.0	3.0 oz	1.72
15262	Fish, tilapia, cooked, dry heat	87.0	1.0 fillet	0.69
15261	Fish, tilapia, raw	116.0	1.0 fillet	0.46
15114	Fish, trout, mixed species, raw	79.0	1.0 fillet	0.16
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	1.98
15240	Fish, trout, rainbow, farmed, raw	79.0	1.0 fillet	1.85
15117	Fish, tuna, fresh, bluefin, raw	85.0	3.0 oz	0.85
15127	Fish, tuna, fresh, yellowfin, raw	28.35	1.0 oz, boneless	0.07
15119	Fish, tuna, light, canned in oil, drained solids	146.0	1.0 cup, solid or chunks	1.27
15121	Fish, tuna, light, canned in water, drained solids	28.35	1.0 oz	0.09
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	1.95
15126	Fish, tuna, white, canned in water, drained solids	85.0	3.0 oz	0.72
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85.0	3.0 oz	0.25
15130	Fish, whitefish, mixed species, raw	85.0	3.0 oz	0.17
15131	Fish, whitefish, mixed species, smoked	136.0	1.0 cup, cooked	0.29
15133	Fish, whiting, mixed species, cooked, dry heat	72.0	1.0 fillet	0.27
15132	Fish, whiting, mixed species, raw	92.0	1.0 fillet	0.28
43075	Fluid replacement, electrolyte solution (include PEDIALYTE)	31.2	1.0 fl oz	0.00
18973	Focaccia, Italian flatbread, plain	57.0	1.0 piece	0.81
25045	Formulated bar, high fiber, chewy, oats and chocolate	40.0	1.0 bar	0.59
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	4.03
25004	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Chewy Chocolate Peanut Bar	55.0	1.0 bar	13.50
25006	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Double Chocolate Nut Bar	55.0	1.0 bar	16.78
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	55.0	1.0 bar	15.14
25008	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Honey Nut Oat Bar	55.0	1.0 bar	16.78
25005	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON MULTIGRAIN CRUNCH BAR	55.0	1.0 bar	13.51
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	80.0	1.0 bar	13.50
25017	Formulated bar, POWER BAR, chocolate	68.0	1.0 bar	5.63
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	55.0	1.0 bar	3.30
25031	Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	50.0	1.0 bar	12.00
07945	Frankfurter, beef, heated	48.0	1.0 frankfurter	0.10
42179	Frankfurter, beef, low fat	57.0	1.0 frankfurter	0.10
07905	Frankfurter, beef, pork, and turkey, fat free	57.0	1.0 frank 1 NLEA serving	0.00

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NDB_No	Description	Weight(g)	Measure ^{(†}	Vitamin E alpha-tocopherol)(mg)
				Per Measure
07022	Frankfurter, beef, unheated	50.0	1.0 frankfurter	0.10
07024	Frankfurter, chicken	85.0	3.0 oz	0.19
43507	Frankfurter, low sodium	57.0	1.0 frankfurter	0.10
07950	Frankfurter, meat	52.0	1.0 serving (1 hot dog)	0.10
07963	Frankfurter, meat and poultry, cooked, boiled	50.0	1.0 frankfurter	0.22
07964	Frankfurter, meat and poultry, cooked, grilled	48.0	1.0 frankfurter	0.22
42280	Frankfurter, meat and poultry, low fat	143.0	1.0 cup, sliced	0.29
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter	0.22
07949	Frankfurter, meat, heated	52.0	1.0 serving (1 hot dog)	0.09
43130	Frankfurter, meatless	140.0	1.0 cup, sliced	2.69
07025	Frankfurter, turkey	28.35	1.0 oz	0.18
16173	Frijoles rojos volteados (Refried beans, red, canned)	233.0	1.0 cup	2.42
80200	Frog legs, raw	45.0	1.0 leg	0.45
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	33.0	2.0 tablespoon	0.09
19226	Frostings, chocolate, creamy, ready-to-eat	41.0	2.0 tbsp creamy	0.64
19227	Frostings, coconut-nut, ready-to-eat	38.0	0.083 package	0.41
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	33.0	2.0 tablespoon	0.06
19230	Frostings, vanilla, creamy, ready-to-eat	38.0	0.083 package	0.58
19263	Frozen novelties, fruit and juice bars	77.0	1.0 bar (2.5 fl oz)	0.00
43506	Frozen novelties, ice cream type, chocolate or caramel covered, with nuts	54.0	1.0 bar	0.23
42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	78.0	1.0 bar	0.33
19280	Frozen novelties, ice type, lime	99.0	0.5 cup (4 fl oz)	0.00
19283	Frozen novelties, ice type, pop	52.0	1.0 serving 1.75 fl oz pop	0.00
43514	Frozen novelties, ice type, pop, with low calorie sweetener	55.0	1.0 serving 1.75 fl oz pop	0.00
43450	Frozen novelties, juice type, juice with cream	71.0	2.5 oz	0.04
43346	Frozen novelties, juice type, orange	29.8	1.0 fl oz	0.01
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	84.0	1.0 serving	0.25
42186	Frozen yogurts, chocolate	174.0	1.0 cup	0.16
42185	Frozen yogurts, chocolate, nonfat milk, sweetened without sugar	186.0	1.0 cup	0.15
42187	Frozen yogurts, flavors other than chocolate	174.0	1.0 cup	0.16
19293	Frozen yogurts, vanilla, soft-serve	72.0	0.5 cup	0.08
19294	Fruit butters, apple	17.0	1.0 tbsp	0.01
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248.0	1.0 cup	0.99

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NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237.0	1.0 cup	0.95
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	242.0	1.0 cup	1.21
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	237.0	1.0 cup	0.95
09351	Fruit cocktail, canned, heavy syrup, drained	214.0	1.0 cup	1.28
09514	Fruit juice smoothie, BOLTHOUSE FARMS, BERRY BOOST	252.0	1.0 cup	12.68
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	230.0	1.0 cup	0.41
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	233.0	1.0 cup	0.37
09511	Fruit juice smoothie, NAKED JUICE, BLUE MACHINE	240.0	8.0 fl oz	13.51
09508	Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	275.0	1.0 cup	0.82
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	228.0	1.0 cup	0.30
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	227.0	1.0 cup	0.95
09530	Fruit juice smoothie, ODWALLA, strawberry banana	233.0	1.0 cup	20.81
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	255.0	1.0 cup	1.02
19018	Fruit syrup	334.0	1.0 cup	0.03
35142	Frybread, made with lard (Navajo)	152.0	1.0 piece	0.00
17330	Game meat, bison, ground, raw	85.0	1.0 serving (3 oz)	0.20
17332	Game meat, bison, top sirloin, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0.17
17147	Game meat, bear, cooked, simmered	85.0	3.0 oz	0.42
17151	Game meat, beaver, cooked, roasted	85.0	3.0 oz	0.38
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	0.20
17334	Game meat, bison, chuck, shoulder clod, separable lean only, raw	85.0	1.0 serving (3 oz)	0.14
17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty (yield from 112.7 g raw meat)	0.21
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0.18
17268	Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.01
17157	Game meat, bison, separable lean only, cooked, roasted	85.0	3.0 oz	0.31
17269	Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.01
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0.18
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	85.0	1.0 serving (3 oz)	0.14
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.01
17159	Game meat, boar, wild, cooked, roasted	85.0	3.0 oz	0.32
17163	Game meat, caribou, cooked, roasted	85.0	3.0 oz	0.34
17344	Game meat, deer, ground, cooked, pan-broiled	93.0	1.0 patty	0.63
17343	Game meat, deer, ground, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.38
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	0.33

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NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
17164	Game meat, deer, raw	28.35	1.0 oz	0.06
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	0.64
17347	Game meat, deer, tenderloin, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	0.53
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)	0.65
17339	Game meat, elk, ground, cooked, pan-broiled	95.0	1.0 patty (yield from 104.1 g raw meat)	0.54
17338	Game meat, elk, ground, raw	102.0	1.0 patty (yield from 102.2 g raw meat)	0.29
17340	Game meat, elk, loin, separable lean only, cooked, broiled	114.0	1.0 steak (yield from 148.1 g raw meat)	0.64
17341	Game meat, elk, round, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	0.46
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	92.0	1.0 steak (yield from 123.5 g raw meat)	0.51
17169	Game meat, goat, cooked, roasted	85.0	3.0 oz	0.29
17173	Game meat, moose, cooked, roasted	85.0	3.0 oz	0.17
17176	Game meat, opossum, cooked, roasted	85.0	3.0 oz	0.37
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	85.0	3.0 oz	0.37
17181	Game meat, rabbit, wild, cooked, stewed	85.0	3.0 oz	0.35
17182	Game meat, raccoon, cooked, roasted	85.0	3.0 oz	0.42
17184	Game meat, squirrel, cooked, roasted	85.0	3.0 oz	0.34
18963	Garlic bread, frozen	43.0	1.0 slice presliced	0.51
11215	Garlic, raw	136.0	1.0 cup	0.11
19172	Gelatin desserts, dry mix	85.0	1.0 package (3 oz)	0.00
19173	Gelatin desserts, dry mix, prepared with water	135.0	0.5 cup	0.00
19175	Gelatin desserts, dry mix, reduced calorie, with aspartame	6.4	1.0 serving	0.00
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117.0	0.5 cup	0.00
19177	Gelatins, dry powder, unsweetened	7.0	1.0 envelope (1 tbsp)	0.00
31033	Ginger root, pickled, canned, with artificial sweetener	25.0	2.0 tablespoon	0.04
11216	Ginger root, raw	2.0	1.0 tsp	0.01
28358	GLUTINO, Gluten Free Wafers, Lemon Flavored	30.0	3.0 cookies	0.94
05147	Goose, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	2.44
09107	Gooseberries, raw	150.0	1.0 cup	0.56
11785	Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	178.0	1.0 cup (1" pieces)	0.43
11221	Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	178.0	1.0 cup (1" pieces)	0.43
11220	Gourd, dishcloth (towelgourd), raw	95.0	1.0 cup (1" pieces)	0.10
42139	Granola bar, soft, milk chocolate coated, peanut butter	28.35	1.0 oz	1.30
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	253.0	1.0 cup	0.00
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	253.0	1.0 cup	0.00

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NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253.0	1.0 cup	0.00
11975	Grape leaves, canned	4.0	1.0 leaf	0.07
11974	Grape leaves, raw	14.0	1.0 cup	0.28
09127	Grapefruit juice, pink or red, with added calcium	240.0	8.0 fl oz	0.26
09123	Grapefruit juice, white, canned or bottled, unsweetened	247.0	1.0 cup	0.10
09124	Grapefruit juice, white, canned, sweetened	250.0	1.0 cup	0.10
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247.0	1.0 cup	0.10
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207.0	1.0 can (6 fl oz)	0.29
09128	Grapefruit juice, white, raw	247.0	1.0 cup	0.54
09111	Grapefruit, raw, pink and red and white, all areas	230.0	1.0 cup sections, with juice	0.30
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	0.30
09116	Grapefruit, raw, white, all areas	230.0	1.0 cup sections, with juice	0.30
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	0.22
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254.0	1.0 cup	0.23
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	0.22
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	0.17
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	256.0	1.0 cup	0.33
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	0.32
09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	0.29
06116	Gravy, beef, canned, ready-to-serve	233.0	1.0 cup	0.05
06957	Gravy, brown instant, dry	6.7	1.0 serving	0.03
06999	Gravy, CAMPBELL'S, chicken	56.0	0.25 cup	0.04
06119	Gravy, chicken, canned or bottled, ready-to-serve	57.0	0.25 cup	0.06
27061	Gravy, HEINZ Home Style, classic chicken	58.0	0.25 cup	0.06
06958	Gravy, instant beef, dry	6.7	1.0 serving	0.00
06959	Gravy, instant turkey, dry	6.7	1.0 serving	0.05
06977	Gravy, meat or poultry, low sodium, prepared	236.0	1.0 cup	0.14
06122	Gravy, mushroom, dry, powder	21.0	1.0 cup (8 fl oz)	0.03
06124	Gravy, pork, dry, powder	6.7	1.0 serving	0.02
06125	Gravy, turkey, canned, ready-to-serve	238.0	1.0 cup	0.12
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.0	3.0 oz	0.08
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	85.0	3.0 oz	0.06
05668	Ground turkey, 85% lean, 15% fat, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.07
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	0.15

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B6665Ground hurkey, 93% kean, 7% far, naw28.35L0 out (1, 0, 2, 30%)L0 out (1, 0, 2, 30%)0.008B5506Ground hurkey, sockad88.0L0 patry (4 or, nav) (yiski dafae cooking)0.008B6646Ground hurkey, far free, patries, broiled88.0L0 patry (4 or, nav) (yiski dafae cooking)0.008B05645Ground hurkey, far free, patries, broiled88.0L0 patry (cooked from 4 oz raw)0.006B05045Ground hurkey, far free, patries, broiled85.0L0 patry (cooked from 4 oz raw)0.006B05045Ground hurkey, far free, raw251.0L0 out (0, 0)0.010B04145Guava nacetar, canned, with added acorbic acid251.01.0 out (0, 0)0.010B04145Guava nacetar, vith sucralise, canned251.01.0 out (0, 0)0.010B04145Guava nacetar, with sucralise, canned28.351.0 out (0, 0)0.010B04145Guava nacetar, with sucralise, canned28.351.0 out (0, 0)0.010B04145Guava nacetar, with sucralise, gaar)28.351.0 out (1, 0) (4" x 4" x 32" thick)0.080B04145Lin salad spreed loof or oll0.0201.0 stop (1, 0) (4" x 4" x 32" thick)0.016B04145Lin salad spreed loof or oll0.0101.0 stop (1, 0) (4" x 4" x 33" thick)0.017B04145Lin shied, packaged (96% fat free, water added)28.351.0 out (1, 0) (4" x 4" x 33" thick)0.017B04145Lin shied, packaged (96% fat free, water added)28.051.0 stoic (1 out (4" x 4" x 33" thick)0.017 <th>NDB_No</th> <th>Description</th> <th>Weight(g)</th> <th>Measure (</th> <th>Vitamin E alpha-tocopherol)(mg)</th>	NDB_No	Description	Weight(g)	Measure (Vitamin E alpha-tocopherol)(mg)
05665Ground turkey, 3% lat, nw28.351.0 or000005506Ground turkey, rat free, pan-broiled crumbles8501.0 patty (4 or, raw) (yield after cooking)0.00905636Ground turkey, rat free, pan-broiled crumbles8501.0 patty (6 or, raw)0.00805646Ground turkey, fat free, partici, broiled8501.0 patty (cooked from 4 or, raw)0.00605632Ground turkey, fat free, raw8501.0 patty (cooked from 4 or, raw)0.00605634Guava harctar, canned25100.0 1.0 or or0.01306434Guava nactar, canned32500.014.1 0.0 cr0.01006436Guava ancetar, canned32500.016.1 0.0 cr0.01007147Guava ancetar, canned32500.016.0 cr0.010071430Guava ancetar, with sacalose, canned32500.016.0 cr0.010071430Guava ancetar, with sacalose, canned28350.010.0 cr0.010071430Ham salad spreed hor or ori of0.0000.0000.0000.000071424Ham salad spreed hor or anned28.50.0000.000071425Ham, chopped, nor anned28.50.0000.000071426Ham, chopped, nor anned28.00.016.0 cr0.000071426Ham, chopped, nor anned28.50.0000.000071431Ham, chopped, nor anned28.50.0000.00007144Ham, shickel, paskagel (96% fat free, water added)28.00.016.0 cr0.000 <tr< th=""><th></th><th></th><th></th><th></th><th>Per Measure</th></tr<>					Per Measure
B5506Ground turkey, exokedB8201.0 patty (1 or, raw) vyield after exoking)0.009D5663Ground turkey, fat free, pantics, hrolied crumbles88.01.0 patty (cooked from 4 or, raw0.008D6640Ground turkey, fat free, nave88.01.0 patty (cooked from 4 or, raw0.008D6530Ground turkey, fat free, nave88.01.0 patty (cooked from 4 or, raw0.008D6543Ground turkey, fat free, nave85.01.0 patty (cooked from 4 or, raw0.001D6543Ground turkey, fat free, nave85.01.0 patty (cooked from 4 or, raw0.001D6543Ground turkey, fat free, nave25.101.0 cap0.012D6443Guava nectar, caned, with aded ascorbic acid25.101.0 cap0.020D6443Guava nectar, with sucralose, catured0.0281.0 cap0.020D6444Guava nectar, with sucralose, catured26.301.0 cap0.020D7144Guava nectar, with sucralose, catured28.351.0 cap0.002D7154Ham salkey freed for noll28.351.0 cap0.001D7154Ham, schoperd, not caned28.351.0 cap0.001D7154Ham, sliced, regular (approximately 11% fat free, water addef)28.351.0 stice (1 or) (4* x4* x3.27 tilts)0.001D7154Ham, sliced, regular (approximately 11% fat free, water addef)28.351.0 stice (1 or) (4* x4* x3.27 tilts)0.001D7154Ham, sliced, regular (approximately 11% fat for fat fat free, water addef)28.351.0 stice (1 or) (4	05667	Ground turkey, 93% lean, 7% fat, patties, broiled	85.0	3.0 oz	0.11
8683Ground turkey, fat free, paties, broiled crumbles88.030.0030.008564Ground turkey, fat free, paties, broiled88.01.0 paty (cooked from 4 oz raw0088565Ground turkey, fat free, raw85.01.0 paty (cooked from 4 oz raw00190436Ground turkey, fat free, raw45.51.0 paty (cooked from 4 oz raw001390437Ground turkey, raw251.01.0 cup0.01390438Guava nectar, canned, with adde ascorbic acid23.001.1 al dup0.11390190Guava nectar, canned, scanned23.001.0 cup1.1 al dup90191Guava nectar, canned, scanned23.001.0 cup1.0 cup90193Guava nectar, canned, scanned23.831.0 cup1.0 cup90194Guava nectar, canned, scanned28.351.0 cup0.00190135Ham achecse foor roll28.001.0 slice (1 or) (4" x 4" x 32" thick0.00190136Ham, chopped, canned28.351.0 cup0.00190137Ham, chopped, canned28.351.0 cup0.00190138Ham, niegel quava faree, water added)28.351.0 cup0.00190139Guava, scanned, water added)28.351.0 cup0.00190139Ham, sliced, regular (approximately 11% fat)65.056.0 grants 1 servits0.00190139Ham, sliced, regular (approximately 11% fat)33.001.0 since (1 or) (4" x 4" x 32" thick0.00190139Ham, sliced, regular (approximately 11% fat) </td <td>05665</td> <td>Ground turkey, 93% lean, 7% fat, raw</td> <td>28.35</td> <td>1.0 oz</td> <td>0.03</td>	05665	Ground turkey, 93% lean, 7% fat, raw	28.35	1.0 oz	0.03
05664 Ground tarkey, far free, ravies, broiled 08.50 1.0 party (cooked from 4 cz rav) 0006 05632 Ground tarkey, far free, ravies 85.0 1.0 party (cooked from 4 cz ravo) 0006 05434 Gauarban acetar, canned, virh added ascorbic acid 251.0 1.0 cap 0013 09434 Gauarban acetar, canned, virh added ascorbic acid 251.0 1.0 cap 0.013 09143 Gauva acetar, with succilose, canned 335.0 1.1.3 floor 0.020 09143 Gauvas, connor, raw 165.0 1.0 cap 1.0 cap 01914 Gauvas, connor, raw 10.0 cap 1.0 cap 1.0 cap 01924 Gauvas, connor, rawi 28.0 1.0 slice (1 oz) (4", 4" x 3/32", thick) 0.003 07032 Ham achosped, canned 28.3 1.0 oz 0.007 07034 Ham, shopped, not canned 28.3 1.0 slice (1 oz) (4", x 4" x 3/32", thick) 0.008 07035 Ham, sliced, regind (approximately 11% fa0 5.0 Gausa 0.018 07036 Ham, sliced, regind (approximately 11% fa0 2.8.0 1.0 slice	05306	Ground turkey, cooked	82.0	1.0 patty (4 oz, raw) (yield after cooking)	0.09
06662Ground turkey, far free, raw85.01.0 paity (cooked from 4 or raw)000005305Ground turkey, raw433.61.0 bit0.4109434Guanabann ectar, canned.251.01.0 cup0.0309435Guava nectar, canned. with alded ascorbic acid251.01.0 cup0.1309435Guava nectar, canned.355.011.3 fl oz0.2009143Guava nectar, canned.28.01.0 cup0.1309139Guava, common, raw28.51.0 oz0.0007032Ham sad gpreed28.51.0 oz0.0007032Ham sad spreed1.0 siz0.000.0007034Ham sada preed, canned28.51.0 oz0.0007035Ham, scheq regular (orgenarized regular constraints)0.000.000.0007036Ham, scheq regular (orgenarized regular constraints)28.51.0 oz0.0007037Ham, scheq regular (orgenarized regular constraints)0.000.000.000.0007038Ham, sliced, regular (orgenarized 19% far free, water added)28.01.0 slice (1 oz) (4" x 4" x 3/32" thick)0.0007039Ham, sliced, regular (orgenarized 19% far free, water added)28.01.0 slice (1 oz) (4" x 4" x 3/32" thick)0.0007039Ham, sliced, regular (orgenarized 19% far free, water added)28.01.0 slice (1 oz) (4" x 4" x 3/32" thick)0.0007039Ham, sliced, regular (orgenarized 19% far free, water added)28.01.0 slice (1 oz) (4" x 4" x 3/32" thick)0.00<	05663	Ground turkey, fat free, pan-broiled crumbles	85.0	3.0 oz	0.08
D5305 Ground turkey, naw 443.6 443.6 10.b 0.41 09434 Gunahana nectar, canned, with adde ascorbic acid 251.0 1.0 cup 0.03 09435 Guava nectar, canned, with adde ascorbic acid 251.0 1.0 cup 0.13 09435 Guava nectar, with suralose, canned 235.0 1.1 du 0.20 09144 Guava nectar, with suralose, canned 236.0 1.0 cup 1.31 du 0.20 09145 Guava nectar, with suralose, canned 28.3 1.0 slice (1 oz) (4" x 4" x 3/32" bick) 0.00 07032 Ham and checse loaf or oll 28.3 1.0 slice (1 oz) (4" x 4" x 3/32" bick) 0.00 07034 Ham, shoppd, lot canned 28.5 1.0 slice (1 oz) (4" x 4" x 3/32" bick) 0.00 07035 Ham, shoppd, lot canned 28.5 1.0 slice (1 oz) (4" x 4" x 3/32" bick) 0.00 07036 Ham, shoppd, lot canned 28.5 1.0 slice (1 oz) (4" x 4" x 3/32" bick) 0.00 07037 Ham, shoppd, lot canned 28.0 1.0 slice (1 oz) (4" x 4" x 3/32" bick) 0.00 07038 Ham, s	05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	0.08
09434Guaa hana nectar, canned, with added ascorbic acid251.01.0 cup0.0309435Guava nectar, vith sucralose, canned325.01.1.3.1 dz0.009146Guava scutar, with sucralose, canned335.01.1.3.1 dz0.009147Guava scuter, with sucralose, canned335.01.0.0 cup1.0.0 cup09148Guavas, comon, raw165.01.0.0 cup1.0.042210Guavas, comon, raw28.31.0.0 slice (1.02) (4" x 4" x 3/32" thick)0.00007032Ham and cheese loaf or roll28.01.0.0 slice (1.02) (4" x 4" x 3/32" thick)0.00107034Ham, shoped, canned28.31.0.0 slice (1.02) (4" x 4" x 3/32" thick)0.00107035Ham, shoped, not canned28.31.0.0 slice (1.02) (4" x 4" x 3/32" thick)0.00107036Ham, shiced, packaged (96% fat free, water added)28.31.0.0 slice (1.02) (4" x 4" x 3/32" thick)0.00107037Ham, shiced, packaged (96% fat free, water added)28.31.0.0 slice (1.02) (4" x 4" x 3/32" thick)0.00107038Ham, shiced, packaged (96% fat free, water added)28.31.0.0 slice (1.02) (4" x 4" x 3/32" thick)0.01107039Ham, shiced, regular (approximately 11% fuf)55.01.0.0 slice (1.02) (4" x 4" x 3/32" thick)0.01107039Ham, shiced, regular (approximately 11% fuf)33.01.0.0 slice (1.02) (4" x 4" x 3/32" thick)0.01107039Ham, shiced, regular (approximately 11% fuf)33.01.0.0 slice (1.02) (4" x 4" x 3/32" thick)0.011 <td< td=""><td>05662</td><td>Ground turkey, fat free, raw</td><td>85.0</td><td>1.0 patty (cooked from 4 oz raw)</td><td>0.06</td></td<>	05662	Ground turkey, fat free, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.06
09435Guava nectar, eaned, with added ascorbic acid251.01.0 cm0.1309519Guava nectar, with sucralose, canned335.01.1.3 fl oz0.2009143Guava succ, cooked1.0 cm1.3.11.01.3.109139Guavas, common, raw1.651.0 cm1.0 cm1.0.009130Guavas, common, raw1.0.51.0.0 cz0.00007032Ham and cheese loaf or roll28.31.0.0 cz0.00007031Ham salad spread1.0.51.0.0 cz0.00007032Ham, chopped, canned28.31.0.0 cz0.00007030Ham, chopped, not canned28.31.0.0 cz0.00007030Ham, sliced, packaged 0/6% fat free, water added)28.31.0.0 cz0.00107030Ham, sliced, regular (approximately 11% fat)56.056.0 gram. 1 serving0.00107034Headcheese, pork28.31.0.0 cz0.00107035Honey2.0011.0 slice (1.0.2) (4" x 4" x 3/32" thick)0.00107036Ham, sliced, regular (approximately 11% fat)56.056.0 gram. 1 serving0.00107037Hans, sliced, regular (approximately 11% fat)616.00.0010.00207038Honey339.01.0 slice (1.0.2) (4" x 4" x 3/32" thick)0.00107039Honey1.0 slice (1.0.2) (4" x 4" x 3/32" thick)0.00107030Ham, sliced, regular (approximately 11% fat)56.01.0 slice (1.0.2) (4" x 4" x 3/32" thick)0.00107030<	05305	Ground turkey, raw	453.6	1.0 lb	0.41
OPS19Guava nectar, with sucralose, canned335.011.1 fl or0.2009143Guava sauce, cooked1.0 sup1.311.0 sup1.3109139Guavas, common, raw165.00.0 sup1.0 sup1.0 sup42281Gums, seed guns (includes locust bean, guar)28.31.0 slice (1 oz) (4" x 4" x 3/32" thick)0.0007031Ham salad spread1.0 slice (1 oz) (4" x 4" x 3/32" thick)0.020.00070310Ham, chopped, canned28.351.0 slice (1 oz) (4" x 4" x 3/32" thick)0.0507026Ham, chopped, ont canned28.351.0 slice (1 oz) (4" x 4" x 3/32" thick)0.0607030Ham, ninced28.351.0 slice (1 oz) (4" x 4" x 3/32" thick)0.0607030Ham, ninced, port anned28.351.0 slice (1 oz) (4" x 4" x 3/32" thick)0.0607030Ham, sliced, pregue (approximately 11% fat)23.01.0 slice (1 oz) (4" x 4" x 3/32" thick)0.0607034Hachberes, pork56.056.0 grams 1 serving0.0407035HEALTHY REQUEST Tomato juice24.301.0 serving (1 hot pock)0.0607034Headbheres, pork23.01.0 serving (1 hot pock)0.0607035Horsendish, prepared55.01.0 serving (1 hot pock)0.0702056Honey33.01.0 serving (1 hot pock)0.3702057Horsendish, prepared51.01.0 serving (1 hot pock)0.3702058HOT POCKETS, RobisSANT POCKETS Chicke, Brocoli, and Cheddar Stuffed Sandwich, frozen127.0	09434	Guanabana nectar, canned	251.0	1.0 cup	0.03
0913Guava sauce, cooked228.01.0 cup1.3109139Guavas, common, raw165.01.0 cup1.2042281Gums, seed gums (includes locust bean, guar)28.351.0 slice (1 oz) (4", x 4", x 3/32" thick)0.0007032Ham and chesse loaf or roll28.01.0 slice (1 oz) (4", x 4", x 3/32" thick)0.0870310Ham, shopped, canned28.351.0 slice (1 oz) (4", x 4", x 3/32" thick)0.0770727Ham, chopped, not canned28.351.0 slice (1 oz) (4", x 4", x 3/32" thick)0.0670730Ham, ninced28.351.0 slice (1 oz) (4", x 4", x 3/32" thick)0.0670730Ham, sliced, pegular (approximately 11% fat)56.056.0 grams 1 serving0.0170740Heacheese, pork28.01.0 slice (1 oz) (4", x 4", x 3/32" thick)0.0670730Heacheese, pork28.01.0 slice (1 oz) (4", x 4", x 3/32" thick)0.0770740Heacheese, pork28.01.0 slice (1 oz) (4", x 4", x 3/32" thick)0.0770751Heacheese, pork28.01.0 slice (1 oz) (4", x 4", x 3/32" thick)0.0770752Horiny, canned, white24.301.0 slice (1 oz) (4", x 4", x 3/32" thick)0.0770753Horiny, canned, white33.01.0 slice (1 oz) (4", x 4", x 3/32" thick)0.0770754Horiny, canned, white24.301.0 slice (1 oz) (4", x 4", x 3/32" thick)0.0770755Horiny, canned, white1.0 slice (1 oz) (4", x 4", x 3/32" thick)0.0770756Horiny, canned, wh	09435	Guava nectar, canned, with added ascorbic acid	251.0	1.0 cup	0.13
OP139Guavas, common, raw16501.0 cur42281Gums, seed gums (includes locust bean, guar)28.3528.351.0 slice (1 oz) (4" x 4" x 3/32" thick)0.00070320Ham and cheese loaf or oll28.01.0 slice (1 oz) (4" x 4" x 3/32" thick)0.02670310Ham salad spread70.028.351.0 slice (1 oz) (4" x 4" x 3/32" thick)0.02670260Ham, chopped, caned28.351.0 slice (1 oz) (4" x 4" x 3/32" thick)0.02670270Ham, chopped, not canned28.351.0 slice (1 oz) (4" x 4" x 3/32" thick)0.02670300Ham, sliced, packaged (96% fat free, water added)28.351.0 slice (1 oz) (4" x 4" x 3/32" thick)0.02670301Han, sliced, packaged (96% fat free, water added)28.351.0 slice (1 oz) (4" x 4" x 3/32" thick)0.02670302Han, sliced, packaged (96% fat free, water added)28.351.0 slice (1 oz) (4" x 4" x 3/32" thick)0.02670303HEALTHY REQUEST Tomato juice28.351.0 slice (1 oz) (4" x 4" x 3/32" thick)0.02670304Heacheese, pork28.351.0 slice (1 oz) (4" x 4" x 3/32" thick)0.02670305HEALTHY REQUEST Tomato juice33.901.0 slice (1 oz) (4" x 4" x 3/32" thick)0.02670306Honseradish, prepared33.901.0 slice (1 oz) (4" x 4" x 3/32" thick)0.02670307Horseradish, prepared1.0 slice (1 oz) (4" x 4" x 3/32" thick)0.02670308Horseradish, prepared1.0 slice (1 oz) (4" x 4" x 3/32" thick)0.02670309Ho	09519	Guava nectar, with sucralose, canned	335.0	11.3 fl oz	0.20
4281Gums, seed gums (includes locust bean, guar)28.351.0 or0.0007032Ham and cheese loaf or roll28.01.0 slice (1 oz) (4" x 4" x 3/32" thick)0.0807031Ham salad spread15.01.0 slice (1 oz) (4" x 4" x 3/32" thick)0.0607026Ham, chopped, canned28.351.0 slice (1 oz) (4" x 4" x 3/32" thick)0.0607037Ham, chopped, not canned28.351.0 slice (1 oz) (4" x 4" x 3/32" thick)0.0607030Ham, minced28.351.0 slice (1 oz) (4" x 4" x 3/32" thick)0.0607030Ham, sliced, packaged (96% fat free, water added)28.351.0 slice (1 oz) (4" x 4" x 3/32" thick)0.0607030Ham, sliced, negular (approximately 11% fat)56.056.0 grams 1 serving0.0407034Headcheese, pork28.01.0 slice (1 oz) (4" x 4" x 3/32" thick)0.0731007HEALTHY REQUEST Tomato juice243.01.0 slice (1 oz) (4" x 4" x 3/32" thick)0.073107Headrese, pork1.0 slice (1 oz) (4" x 4" x 3/32" thick)0.073107Headrese, pork23.01.0 slice (1 oz) (4" x 4" x 3/32" thick)0.073107Headrese, pork33.00.01 set (1 oz) (4" x 4" x 3/32" thick)0.073107Headrese, pork33.01.0 set (1 oz) (4" x 4" x 3/32" thick)0.073108Hominy, canned, white33.01.0 set (1 oz) (4" x 4" x 3/32" thick)0.063109Horsardish, prepared1.0 set (1 oz) (4" x 4" x 3/32" thick)0.073108Horsardish, prepa	09143	Guava sauce, cooked	238.0	1.0 cup	1.31
Man and cheese loaf or roll28.01.0 slice (1 oz) (4" x 4" x 3/32" thick)0.0807031Ham salad spread15.01.0 tibs0.2607026Ham, chopped, canned28.351.0 oz0.0707027Ham, chopped, not canned28.351.0 oz0.0607030Ham, sliced, packaged (96% fat free, water added)28.351.0 ozi0.0807028Ham, sliced, packaged (96% fat free, water added)28.351.0 ozi0.0807029Ham, sliced, regular (approximately 11% fat)56.056.0 grams 1 serving0.0407034Headcheses, pork28.01.0 slice (1 oz) (4" x 4" x 3/32" thick)0.0607035Hendry, canned, white28.01.0 slice (1 oz) (4" x 4" x 3/32" thick)0.0707036Headcheses, pork28.01.0 slice (1 oz) (4" x 4" x 3/32" thick)0.0707037Headcheses, pork28.01.0 slice (1 oz) (4" x 4" x 3/32" thick)0.0707038Headcheses, pork28.01.0 slice (1 oz) (4" x 4" x 3/32" thick)0.0707039Headcheses, pork28.01.0 slice (1 oz) (4" x 4" x 3/32" thick)0.0707030Headcheses, pork28.01.0 slice (1 oz) (4" x 4" x 3/32" thick)0.0707030Headcheses, pork28.01.0 slice (1 oz) (4" x 4" x 3/32" thick)0.070703Headcheses, pork28.01.0 slice (1 oz) (4" x 4" x 3/32" thick)0.0707039Headcheses, pork30.01.0 slice (1 oz) (4" x 4" x 3/32" thick)0.0707040	09139	Guavas, common, raw	165.0	1.0 cup	1.20
MonositiesMaterialMater	42281	Gums, seed gums (includes locust bean, guar)	28.35	1.0 oz	0.00
M0026Ham, chopped, caned28.351.0 oz0.07Ham, chopped, not caned28.01.0 slice (1 oz) (4" x 4" x 3/32" thick)0.0607030Ham, minced28.351.0 oz0.0807030Ham, sliced, packaged (96% fat free, water added)23.01.0 slice (1 oz) (4" x 4" x 3/32" thick)0.0607030Ham, sliced, regular (approximately 11% fat)56.056.0 grams 1 serving0.0407034Headcheese, pork28.01.0 slice (1 oz) (4" x 4" x 3/32" thick)0.0731007HEALTHY REQUEST Tomato juice243.01.0 slice (1 oz) (4" x 4" x 3/32" thick)0.0731037Headcheese, pork1.0 slice (1 oz) (4" x 4" x 3/32" thick)0.0819296Honey339.01.0 slice (1 oz) (4" x 4" x 3/32" thick)0.0819295Honey339.01.0 slice (1 oz) (4" x 4" x 3/32" thick)0.0822537HOT POCKETS Ham N Cheese Stuffed Sandwich, frozen15.01.0 serving (1 hot pocket)0.3722535HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen127.01.0 serving (1 hot pocket)0.3722541HOT POCKETS, meaballs & amp; mozzarella stuffed sandwich, frozen127.01.0 thick serving)0.8816137Hummus, home prepared15.01.0 tablespoon0.10	07032	Ham and cheese loaf or roll	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.08
No. Port of the	07031	Ham salad spread	15.0	1.0 tbsp	0.26
Number 1000000000000000000000000000000000000	07026	Ham, chopped, canned	28.35	1.0 oz	0.07
Man, sliced, packaged (96% fat free, water added)23.01.0 slice0.0 fl07029Ham, sliced, regular (approximately 11% fat)56.056.056.0 grams 1 serving0.0407034Headcheese, pork20.01.0 slice (1 oz) (4" x 4" x 3/32" thick)0.073107HEALTHY REQUEST Tomato juice243.01.0 slice (1 oz) (4" x 4" x 3/32" thick)0.0720030Hominy, canned, white6165.01.0 slice (1 oz) (4" x 4" x 3/32" thick)0.0819296Honey339.01.0 slice (1 oz) (4" x 4" x 3/32" thick)0.002055Horseradish, prepared339.01.0 slice (1 oz) (4" x 4" x 3/32" thick)0.0022537HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen127.01.0 serving (1 hot pocket)0.3322537HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen127.01.0 hot pocket (1 NLEA serving)0.8816137Humus, home prepared15.01.0 tablespoon0.11	07027	Ham, chopped, not canned	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.06
NOTO29Ham, sliced, regular (approximately 11% fat)56.056.0 grams 1 serving0.04NOTO29Headcheese, pork28.01.0 slice (1 oz) (4" x 4" x 3/32" thick)0.07NOTO29HEALTHY REQUEST Tomato juice243.01.0 slice (1 oz) (4" x 4" x 3/32" thick)0.0720030Hominy, canned, white165.01.0 slice (1 oz) (4" x 4" x 3/32" thick)0.0819296Honey339.01.0 cup0.0020550Horseradish, prepared5.01.0 serving (1 hot pocket)0.0722537HOT POCKETS Ham 'N Cheese Suffed Sandwich, frozen127.01.0 serving (1 hot pocket)0.3722537HOT POCKETS, meatballs & amp; mozzarella stuffed sandwich, frozen127.01.0 hot pocket (1 NLEA serving)0.881137Humus, home prepared15.01.0 tablespoon0.11	07030	Ham, minced	28.35	1.0 oz	0.08
No. 1000000000000000000000000000000000000	07028	Ham, sliced, packaged (96% fat free, water added)	23.0	1.0 slice	0.07
31007HEALTHY REQUEST Tomato juice243.08.0 fl oz13.5120300Hominy, canned, white165.01.0 cup0.0819296Honey339.01.0 cup0.0002055Horseradish, prepared5.01.0 serving (1 hot pocket)0.0022537HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen127.01.0 serving (1 hot pocket)0.372254HOT POCKETS, meatballs & amp; mozzarella stuffed sandwich, frozen127.01.0 hot pocket (1 NLEA serving)0.881137Hummus, home prepared15.01.0 tablespoon0.11	07029	Ham, sliced, regular (approximately 11% fat)	56.0	56.0 grams 1 serving	0.04
20030Hominy, canned, white1.0 cup0.0819296Honey339.01.0 cup0.0002055Horseradish, prepared5.01.0 top0.0022537HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen127.01.0 serving (1 hot pocket)0.3722535HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen127.01.0 hot pocket (1 NLEA serving)0.8822961HOT POCKETS, meatballs & amp; mozzarella stuffed sandwich, frozen15.01.0 tablespoon0.11	07034	Headcheese, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.07
19296Honey339.01.0 cup0.0002055Horseradish, prepared5.01.0 tsp0.0022537HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen127.01.0 serving (1 hot pocket)0.3722535HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen127.01.0 serving (1 hot pocket)0.3722961HOT POCKETS, meatballs & amp; mozzarella stuffed sandwich, frozen127.01.0 hot pocket (1 NLEA serving)0.8816137Hummus, home prepared15.01.0 tablespoon0.11	31007	HEALTHY REQUEST Tomato juice	243.0	8.0 fl oz	13.51
02055Horseradish, prepared5.01.0 tsp0.0022537HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen127.01.0 serving (1 hot pocket)0.3722535HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen127.01.0 serving (1 hot pocket)0.3722961HOT POCKETS, meatballs & amp; mozzarella stuffed sandwich, frozen127.01.0 hot pocket (1 NLEA serving)0.8816137Hummus, home prepared15.01.0 tablespoon0.11	20030	Hominy, canned, white	165.0	1.0 cup	0.08
22537HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen127.01.0 serving (1 hot pocket)0.3722535HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen127.01.0 serving (1 hot pocket)0.3722961HOT POCKETS, meatballs & amp; mozzarella stuffed sandwich, frozen127.01.0 hot pocket (1 NLEA serving)0.8816137Hummus, home prepared15.01.0 tablespoon0.11	19296	Honey	339.0	1.0 cup	0.00
22535HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen127.01.0 serving (1 hot pocket)0.3722961HOT POCKETS, meatballs & amp; mozzarella stuffed sandwich, frozen127.01.0 hot pocket (1 NLEA serving)0.8816137Hummus, home prepared15.01.0 tablespoon0.11	02055	Horseradish, prepared	5.0	1.0 tsp	0.00
22961HOT POCKETS, meatballs & amp; mozzarella stuffed sandwich, frozen127.01.0 hot pocket (1 NLEA serving)0.8816137Hummus, home prepared15.01.0 tablespoon0.11	22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	0.37
16137Hummus, home prepared15.01.0 tablespoon0.11	22535	HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	0.37
	22961	HOT POCKETS, meatballs & amp; mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	0.88
32034 HUNGRY MAN. Salisbury Steak With Gravy, frozen, unprepared 64.0 1.0 patty 0.06	16137	Hummus, home prepared	15.0	1.0 tablespoon	0.11
1.0 party Stear (1.11 Star), 10261, aprepart	32034	HUNGRY MAN, Salisbury Steak With Gravy, frozen, unprepared	64.0	1.0 patty	0.06
	18270		28.35		0.36
	11224	Hyacinth-beans, immature seeds, raw	80.0	1.0 cup	
	01264		95.0	-	2.14
	01240			-	

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Vitamin E Measure (alpha-tocopherol)(mg) NDB_No Weight(g) Description Per Measure 18271 Ice cream cones, cake or wafer-type 28.35 1.0 oz 0.22 18272 Ice cream cones, sugar, rolled-type 28.35 1.0 oz 0.02 01239 Ice cream cookie sandwich 82.0 1.0 serving 0.33 01238 Ice cream sandwich 70.0 1.0 serving 0.28 01241 Ice cream sandwich, made with light ice cream, vanilla 70.0 1.0 serving 0.10 01242 Ice cream sandwich, vanilla, light, no sugar added 70.0 1.0 serving 0.10 01237 Ice cream, bar or stick, chocolate covered 50.0 1.0 bar 0.21 01263 Ice cream, light, soft serve, chocolate 298.0 1.0 medium 0.24 01236 Ice cream, soft serve, chocolate 86.0 0.5 cup 0.52 19270 Ice creams, chocolate 58.0 1.0 individual (3.5 fl oz) 0.17 19114 Ice creams, chocolate, light 68.0 1.0 serving 0.14 19265 Ice creams, chocolate, light, no sugar added 72.0 1.0 serving 1/2 cup 0.22 43541 Ice creams, chocolate, rich 148.0 1.0 cup 0.68 19090 Ice creams, french vanilla, soft-serve 86.0 0.5 cup (4 fl oz) 0.52 19899 Ice creams, regular, low carbohydrate, chocolate 58.0 1.0 individual (3.5 fl oz) 0.17 19898 Ice creams, regular, low carbohydrate, vanilla 58.0 1.0 individual (3.5 fl oz) 0.17 19095 Ice creams, vanilla 66.0 1.0 serving 1/2 cup 0.20 19867 Ice creams, vanilla, fat free 67.0 0.5 cup 0.00 19088 Ice creams, vanilla, light 76.0 1.0 serving 1/2 cup 0.09 19260 Ice creams, vanilla, light, no sugar added 68.0 1.0 serving 1/2 cup 0.20 19096 Ice creams, vanilla, light, soft-serve 88.0 1.0 serving 1/2 cup 0.05 19089 Ice creams, vanilla, rich 107.0 0.5 cup 0.55 42117 Imitation cheese, american or cheddar, low cholesterol 113.0 1.0 cup, shredded 0.32 08580 Incaparina, dry mix (corn and soy flours), unprepared 8.9 1.0 tbsp 0.03 Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not 03957 8.7 1.0 scoop 0.89 reconstituted, with DHA and ARA 03944 30.5 1.0 fl oz 0.34 Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not 31.4 1.0 fl oz 0.40 03951 reconstituted 03950 8.5 0.45 Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted 1.0 scoop 03949 30.4 Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed 1.0 fl oz 0.40 Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with 03935 30.5 1.0 fl oz 0.40 ARA and DHA 03846 Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed 30.5 1.0 fl oz 0.40

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NDB_No	Description	Weight(g)	Measure (alpha-tocop)	Vitamin E herol)(mg)
			Pe	er Measure
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	30.4	1.0 fl oz	0.13
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	9.5	1.0 scoop	0.66
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	30.4	1.0 fl oz	0.27
33871	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA	9.6	1.0 scoop	0.99
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	153.0	5.0 fl oz	1.36
03952	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate	31.4	1.0 fl oz	0.38
03954	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted	8.7	1.0 scoop	0.44
03953	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed	30.5	1.0 fl oz	0.40
03842	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate	31.4	1.0 fl oz	0.38
03843	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted	8.7	1.0 scoop	0.44
03841	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed	30.5	1.0 fl oz	0.40
03856	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.40
03858	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted	8.7	1.0 scoop	0.46
03855	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed	31.0	1.0 fl oz	0.41
03839	Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0.64
03945	Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA	30.5	1.0 fl oz	2.54
03837	Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted	8.7	1.0 scoop	0.75
03946	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0.28
03947	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA	30.5	1.0 fl oz	0.26
03948	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA	30.5	1.0 fl oz	2.16
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	0.65
03851	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.40
03853	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted	8.5	1.0 scoop	0.45
03850	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed	30.4	1.0 fl oz	0.40
33868	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder	9.4	1.0 scoop	0.41
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	30.4	1.0 fl oz	0.18
33872	Infant formula, GERBER, GOOD START 2 SOY, with iron, powder	9.4	1.0 scoop	0.63
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	30.4	1.0 fl oz	0.27

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NDB_No	Description	Weight(g)	Measure ^{(a}	Vitamin E alpha-tocopherol)(mg)
				Per Measure
33869	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder	9.4	1.0 scoop	0.42
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	0.18
33867	Infant formula, GERBER, GOOD START, PROTECT PLUS, powder	9.4	1.0 scoop	0.42
03988	Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	0.18
03963	Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder	30.5	1.0 fl oz	0.19
03815	Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.92
03943	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, powder, with ARA and DHA	8.7	1.0 scoop	0.40
03942	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.66
03955	Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	0.41
03849	Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, with iron, powder, with ARA and DHA	9.4	1.0 scoop	0.85
33866	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, LIPIL, powder	9.6	1.0 scoop	0.43
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	152.0	5.0 fl oz	0.90
03982	Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed	30.4	1.0 fl oz	0.18
33870	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder	9.4	1.0 scoop	0.40
03980	Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder	8.7	1.0 scoop	0.40
03827	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	0.40
03830	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, LIPIL, with iron, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	0.53
03868	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, ready-to-feed	30.5	1.0 fl oz	0.27
03869	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted	8.5	1.0 scoop	0.59
03818	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	0.38
03825	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.92
03832	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.92
03812	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	0.38
03808	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	0.59
03809	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted	8.3	1.0 scoop	0.57
03806	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed	30.5	1.0 fl oz	0.27
03983	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed	30.4	1.0 fl oz	0.18
03838	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA	9.0	1.0 scoop	0.59
33873	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted	9.4	1.0 scoop	0.42
03844	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA	31.6	1.0 fl oz	0.53

NDB_No	Description	Weight(g)	Measure ^{(a}	Vitamin E lpha-tocopherol)(mg)
				Per Measure
03845	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA	107.0	1.0 serving 100 ml	0.93
03816	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate, not reconstituted	31.5	1.0 fl oz	0.53
03814	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted	9.6	1.0 scoop	0.63
03813	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed	107.0	1.0 Serving 100 ml	0.93
03984	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed	30.4	1.0 fl oz	0.57
33874	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron	30.4	1.0 fl oz	0.57
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	30.4	1.0 fl oz	0.57
33875	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron	30.0	5.0 fl oz	0.56
33864	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.37
33863	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder	8.7	1.0 scoop	0.60
33865	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.37
33877	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder	8.7	1.0 scoop	0.60
33876	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed	30.5	1.0 fl oz	0.19
33862	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder	9.6	1.0 scoop	0.43
03986	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed	30.5	1.0 fl oz	0.19
03852	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA	8.8	1.0 scoop	0.56
03854	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	0.36
03826	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted	8.8	1.0 scoop	0.59
03805	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder	8.3	1.0 scoop	0.57
03803	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, ready-to-feed	30.5	1.0 fl oz	0.27
03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	9.3	1.0 scoop	0.40
03861	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA	28.0	3.0 scoop	1.79
03864	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA	103.0	1.0 serving 100 ml	0.62
03821	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted	8.8	1.0 scoop	1.18
03822	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, prepared from powder	103.0	1.0 serving 100 ml	1.79
03857	Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.92
03824	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted	30.8	1.0 fl oz	0.52
03823	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed	106.0	1.0 Serving 100 ml	0.92
03930	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, prepared from powder	30.5	1.0 fl oz	0.27

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NDB_No	Description	Weight(g)	Measure (Vitamin E alpha-tocopherol)(mg)
				Per Measure
03901	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, liquid concentrate, not reconstituted	31.9	1.0 fl oz	0.56
03913	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, powder	9.4	1.0 scoop	0.62
03900	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, ready-to-feed	30.5	1.0 fl oz	0.28
03926	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.58
03928	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder	8.5	1.0 scoop	0.62
03925	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed	30.5	1.0 fl oz	0.29
03867	Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder	9.4	1.0 scoop	0.69
03966	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate	29.2	1.0 fl oz	0.57
03859	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed	29.0	1.0 oz	0.27
03961	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate	31.4	1.0 fl oz	0.31
03960	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready-to-feed	30.5	1.0 fl oz	0.30
03801	Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.60
03802	Infant formula, NESTLE, GOOD START SUPREME, with iron, powder	8.7	1.0 scoop	0.67
03800	Infant formula, NESTLE, GOOD START SUPREME, with iron, ready-to-feed	30.5	1.0 fl oz	0.30
03937	Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.26
03938	Infant formula, PBM PRODUCTS, store brand, powder	8.4	1.0 scoop	0.28
03936	Infant formula, PBM PRODUCTS, store brand, ready-to-feed	30.4	1.0 fl oz	0.12
03940	Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.26
03941	Infant formula, PBM PRODUCTS, store brand, soy, powder	8.7	1.0 scoop	0.28
03939	Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed	30.4	1.0 fl oz	0.13
09144	Jackfruit, raw	165.0	1.0 cup, sliced	0.56
19297	Jams and preserves	20.0	1.0 tbsp	0.02
19719	Jams and preserves, apricot	20.0	1.0 tbsp	0.03
43028	Jams and preserves, no sugar (with sodium saccharin), any flavor	224.0	1.0 cup	0.20
19300	Jellies	21.0	1.0 serving 1 tbsp	0.00
43027	Jellies, no sugar (with sodium saccharin), any flavors	300.0	1.0 cup	0.99
44110	Jellies, reduced sugar, home preserved	19.0	1.0 tbsp	0.00
43497	Jellyfish, dried, salted	58.0	1.0 cup	0.01
11226	Jerusalem-artichokes, raw	150.0	1.0 cup slices	0.28
09443	Juice, apple and grape blend, with added ascorbic acid	250.0	8.0 fl oz	0.02
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	250.0	8.0 fl oz	0.02
11789	Jute, potherb, cooked, boiled, drained, with salt	87.0	1.0 cup	0.06
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	0.61

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NDB_No	Description	Weight(g)	Measure ^{(alph}	Vitamin E a-tocopherol)(mg)
				Per Measure
11790	Kale, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	1.10
11234	Kale, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	1.10
11791	Kale, frozen, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	1.20
11236	Kale, frozen, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	1.20
11233	Kale, raw	16.0	1.0 cup 1" pieces, loosely packed	0.25
18978	KASHI, Blueberry Waffle	72.0	2.0 pieces	0.00
22980	KASHI, Chicken and Chipotle BBQ Sauce with Mango, Frozen Entree	269.0	1.0 package	0.00
22981	KASHI, Chicken Enchilada with Ancho Sauce, Frozen Entree	255.0	1.0 package	0.00
18979	KASHI, H2H Woven Wheat Cracker, Original	30.0	7.0 cracker	7.50
18982	KASHI, H2H Woven Wheat Cracker, Roasted Garlic	30.0	7.0 cracker	7.50
18980	KASHI, Original Waffle	72.0	2.0 pieces	0.00
22989	KASHI, Red Curry Chicken, Frozen Entree	269.0	1.0 package	0.00
22982	KASHI, STEAM MEAL, Chicken Fettuccine, Frozen Entree	269.0	1.0 package	1.21
22990	KASHI, STEAM MEAL, Roasted Garlic Chicken Farfalle, Frozen Entree	269.0	1.0 package	0.00
22991	KASHI, STEAM MEAL, Sesame Chicken, Frozen Entree	269.0	1.0 package	0.00
18981	KASHI, TLC, Fire Roasted Vegetable Crackers	30.0	15.0 crackers	0.27
18975	KASHI, TLC, Original 7-Grain Crackers	30.0	15.0 crackers	0.27
28017	KASHI, TLC, Pita Crisps, Sea Salt	31.0	11.0 crisps	0.00
28020	KASHI, TLC, Pita Crisps, Zesty Salsa	31.0	11.0 crisps	0.00
18977	KASHI, TLC, Toasted Asiago Crackers	31.0	15.0 crackers	0.00
28061	KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite size	28.0	5.0 cookies 1 serving	0.13
28101	KEEBLER, Cinnamon Toast Grahams	37.0	1.0 package	0.17
28064	KEEBLER, CLUB, Dash of Salt Crackers	14.0	4.0 crackers	0.00
28066	KEEBLER, CLUB, Minis Multigrain Crackers	15.0	17.0 crackers	0.00
28126	KEEBLER, SANDIES, Dark Chocolate Almond Shortbread Cookies	30.0	2.0 cookies	0.14
28128	KEEBLER, SANDIES, Pecan Shortbread Cookies, bite size	28.0	5.0 cookies 28 g package	0.13
28134	KEEBLER, TOASTEDS, Party Pack Cracker Assortment	16.0	5.0 crackers	0.00
28149	KEEBLER, TOWN HOUSE, FLATBREAD CRISPS, Sea Salt and Olive Oil Crackers	15.0	8.0 crackers	0.00
28139	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Cheese	15.0	5.0 crackers	0.00
28143	KEEBLER, TOWN HOUSE, Reduced Fat Crackers	15.0	6.0 crackers	0.00
28148	KEEBLER, TOWN HOUSE, Wheat Crackers	16.0	5.0 crackers	0.00
28155	KEEBLER, Waffle Bowls	12.0	1.0 waffle	0.01
28156	KEEBLER, Waffle Cones	12.0	1.0 cone	0.01
28158	KEEBLER, WHEATABLES, Nut Crisp Crackers, Roasted Almond	30.0	16.0 crackers	0.14

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NDB_No	Description	Weight(g)	Measure	Vitamin E alpha-tocopherol)(mg)
				Per Measure
28161	KELLOGG'S, ALL-BRAN, Multigrain Crackers	30.0	18.0 crackers	0.14
18992	KELLOGG'S, BEANATURAL, Original 3-Bean Chips	28.0	12.0 chips	0.00
28005	KELLOGG'S, CINNABON, Pancakes, Caramel	105.0	3.0 pancakes	0.00
28006	KELLOGG'S, CINNABON, Pancakes, Original	105.0	3.0 pancakes	0.00
28162	KELLOGG'S, Corn Flakes Crumbs	33.0	6.0 tbsp	0.00
28259	KELLOGG'S, EGGO Minis, Pancakes, Buttermilk	110.0	11.0 pancakes	0.00
28016	KELLOGG'S, EGGO Protein, Waffles, Homestyle	70.0	2.0 waffles	2.52
28022	KELLOGG'S, EGGO Seasons, Waffles, Pumpkin Spice	70.0	2.0 waffles	0.00
18995	KELLOGG'S, EGGO, Biscuit Scramblers, Bacon, Egg & amp; Cheese	105.0	1.0 bscuit	0.00
18996	KELLOGG'S, EGGO, Biscuit Scramblers, Egg & amp; Cheese	105.0	1.0 bscuit	0.00
28012	KELLOGG'S, EGGO, FIBERPLUS Waffles, Buttermilk	70.0	2.0 waffles	0.00
28013	KELLOGG'S, EGGO, FIBERPLUS Waffles, Chocolate Chip	70.0	2.0 waffles	2.84
18997	KELLOGG'S, EGGO, French Toaster Sticks, Cinnamon	90.0	2.0 pieces	0.00
18998	KELLOGG'S, EGGO, French Toaster Sticks, Original	90.0	2.0 pieces	0.00
18999	KELLOGG'S, EGGO, Mini Muffin Tops, Blueberry	46.0	1.0 set	0.00
28000	KELLOGG'S, EGGO, Mini Muffin Tops, Chocolate Chip	46.0	1.0 set	0.00
28001	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Mixed Berry Granola	150.0	1.0 pizza	0.00
28002	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Strawberry Granola	150.0	1.0 pizza	0.00
28018	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Blueberry	70.0	2.0 waffles	0.00
28019	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Honey Oat	70.0	2.0 waffles	0.00
18506	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat	70.0	2.0 waffles 1 serving	0.00
28021	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Original	70.0	2.0 waffles	0.00
28003	KELLOGG'S, EGGO, Pancakes, Blueberry	105.0	3.0 pancakes	0.00
28004	KELLOGG'S, EGGO, Pancakes, Chocolate Chip	105.0	3.0 pancakes	0.00
28025	KELLOGG'S, EGGO, Thick & amp; Fluffy, Waffles, Brown Sugar	55.0	1.0 waffle	0.00
28026	KELLOGG'S, EGGO, Thick & amp; Fluffy, Waffles, Original	55.0	1.0 waffle	0.00
28007	KELLOGG'S, EGGO, Wafflers, Brown Sugar Cinnamon Roll	76.0	2.0 waffles	0.00
28008	KELLOGG'S, EGGO, Wafflers, Strawberry Strudel	76.0	2.0 waffles	0.00
28009	KELLOGG'S, EGGO, Waffles, Blueberry	70.0	2.0 waffles	0.00
28010	KELLOGG'S, EGGO, Waffles, Buttermilk	70.0	2.0 waffles	0.00
28260	KELLOGG'S, EGGO, Waffles, Chocolate Chip	70.0	2.0 waffles	0.00
28011	KELLOGG'S, EGGO, Waffles, Cinnamon Toast	92.0	3.0 sets	0.00
28014	KELLOGG'S, EGGO, Waffles, French Toast	45.0	1.0 waffle	0.00
28015	KELLOGG'S, EGGO, Waffles, Homestyle	70.0	2.0 waffles	0.00

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NDB_No	Description	Weight(g)	Measure ^{(a}	Vitamin E alpha-tocopherol)(mg)
				Per Measure
18505	KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat	70.0	2.0 waffles 1 serving	0.00
28024	KELLOGG'S, EGGO, Waffles, Strawberry	70.0	2.0 waffles	0.00
28183	KELLOGG'S, POP-TARTS MINI CRISPS, Cinnamon Brown Sugar Baked Bites	23.0	1.0 pouch	0.00
28185	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Strawberry Baked Bites	10.0	1.0 pouch	0.00
28165	KELLOGG'S, POP-TARTS, Chocolate Chip Cookie Dough Toaster Pastries	50.0	1.0 pastry	0.00
28163	KELLOGG'S, POP-TARTS, Frosted Apple Strudel Toaster Pastries	50.0	1.0 pastry	0.00
28164	KELLOGG'S, POP-TARTS, Frosted Blueberry Muffin Toaster Pastries	50.0	1.0 pastry	0.00
28167	KELLOGG'S, POP-TARTS, Frosted Cinnamon Roll Toaster Pastries	50.0	1.0 pastry	0.00
28168	KELLOGG'S, POP-TARTS, Frosted Confetti Cake Toaster Pastries	50.0	1.0 pastry	0.00
28169	KELLOGG'S, POP-TARTS, Frosted Cookies & amp; Creme Toaster Pastries	50.0	1.0 pastry	0.00
28170	KELLOGG'S, POP-TARTS, Frosted Orange Cream Toaster Pastries	50.0	1.0 pastry	0.00
28171	KELLOGG'S, POP-TARTS, Frosted Pumpkin Pie Toaster Pastries	50.0	1.0 pastry	0.00
28172	KELLOGG'S, POP-TARTS, Frosted Spring Berry Toaster Pastries	52.0	1.0 pastry	0.00
28173	KELLOGG'S, POP-TARTS, Frosted Sugar Cookie Toaster Pastries	50.0	1.0 pastry	0.00
28174	KELLOGG'S, POP-TARTS, Frosted Waffle Cone Toaster Pastries	50.0	1.0 pastry	0.00
28175	KELLOGG'S, POP-TARTS, Frosted Wild Fruit Fusion Toaster Pastries	50.0	1.0 pastry	0.00
28176	KELLOGG'S, POP-TARTS, Frosted Wild Grape Toaster Pastries	50.0	1.0 pastry	0.00
28177	KELLOGG'S, POP-TARTS, Frosted Wild Strawberry Toaster Pastries	50.0	1.0 pastry	0.00
28192	KELLOGG'S, POP-TARTS, Gingerbread Toaster Pastries	50.0	1.0 pastry	0.00
28178	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Hot Fudge Sundae Toaster Pastries	48.0	1.0 pastry	0.00
28179	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Ice Creme Sandwich Toaster Pastries	48.0	1.0 pastry	0.00
28180	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Rainbow Chip Toaster Pastries	50.0	1.0 pastry	0.00
28181	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Strawberry Milkshake Toaster Pastries	48.0	1.0 pastry	0.00
28182	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Vanilla Milkshake Toaster Pastries	48.0	1.0 pastry	0.00
28193	KELLOGG'S, POP-TARTS, Yum-azing Vanilla Milkshake Toaster Pastries	50.0	1.0 pastry	0.00
28023	KELLOGG'S, SIMPLY EGGO, Original	70.0	2.0 waffles	0.00
28186	KELLOGG'S, SPECIAL K, Cracker Chips, Cheddar	30.0	27.0 chips	0.00
28187	KELLOGG'S, SPECIAL K, Cracker Chips, Sea Salt	30.0	30.0 chips	0.00
28188	KELLOGG'S, SPECIAL K, Cracker Chips, Sour Cream & amp; Onion	30.0	27.0 chips	0.40
28189	KELLOGG'S, SPECIAL K, Cracker Chips, Southwest Ranch	30.0	27.0 chips	0.00
28191	KELLOGG'S, SPECIAL K, Savory Herb Crackers	30.0	24.0 crackers	0.00
18499	KELLOGG, KELLOGG'S EGGO, Buttermilk Pancake	116.0	3.0 pancakes (NLEA serving)	0.00
21419	KFC, biscuit	49.0	1.0 biscuit	0.13
21420	KFC, Coleslaw	112.0	1.0 package	0.60

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NDB_No	Description	Weight(g)	Measure (Vitamin E alpha-tocopherol)(mg)
				Per Measure
21421	KFC, Crispy Chicken Strips	47.0	1.0 strip	0.42
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	152.0	1.0 breast without skin	0.50
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	135.0	1.0 thigh, with skin	1.04
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	86.0	1.0 thigh without skin	0.35
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	60.0	1.0 wing, with skin	0.55
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	39.0	1.0 wing wing without skin	0.26
21422	KFC, Popcorn Chicken	6.4	1.0 piece	0.08
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	0.32
07969	Kielbasa, fully cooked, pan-fried	370.0	1.0 link	1.44
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	0.36
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	2.63
09520	Kiwifruit, ZESPRI SunGold, raw	81.0	1.0 fruit	1.13
07038	Knackwurst, knockwurst, pork, beef	72.0	1.0 link	0.41
11793	Kohlrabi, cooked, boiled, drained, with salt	165.0	1.0 cup slices	0.86
11242	Kohlrabi, cooked, boiled, drained, without salt	165.0	1.0 cup slices	0.86
11241	Kohlrabi, raw	135.0	1.0 cup	0.65
09149	Kumquats, raw	19.0	1.0 fruit without refuse	0.03
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.20
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.15
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.23
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.17
17455	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.31
17456	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.27
17440	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.34
17441	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.35
17457	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.24
17458	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.13
17445	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.26

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NDB_No	Description	Weight(g)	Measure	Vitamin E alpha-tocopherol)(mg)
				Per Measure
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.15
17463	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.37
17448	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.43
17462	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	0.21
17447	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	0.23
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	0.26
17317	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	0.35
17464	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	0.30
17461	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	0.34
17314	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.21
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.28
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.65
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.57
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.65
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.58
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.03
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.06
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.12
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.06
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.16
17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.06
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	0.17

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NDB_No	Description	Weight(g)	Measure	Vitamin E alpha-tocopherol)(mg)
				Per Measure
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	0.17
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	0.06
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)	0.27
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.07
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)	0.26
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.07
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.14
17015	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.06
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.15
17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.06
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.11
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.06
17022	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.14
17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.07
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	0.13
17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.06
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.15
17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.06
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.11
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.09
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.05
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.14
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.14
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.05
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.10
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.08
17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.05
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)	0.26
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.13

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17144Lamb, domestic, shoulder, am., separable lean and far, trimmed to 14" far, choice, cooked, brailed85.030 oc0.1317045Lamb, domestic, shoulder, am., separable lean and far, trimmed to 14" far, choice, cooked, notel85.030 oc0.0117045Lamb, domestic, shoulder, am., separable lean and far, trimmed to 14" far, choice, cooked, notel85.00.000.0017048Lamb, domestic, shoulder, am., separable lean and far, trimmed to 14" far, choice, cooked, notel85.00.000.0017049Lamb, domestic, shoulder, am., separable lean and far, trimmed to 14" far, choice, cooked, notel85.00.000.0017050Lamb, domestic, shoulder, man, separable lean and far, trimmed to 14" far, choice, cooked, notel85.00.000.0017050Lamb, domestic, shoulder, halae, separable lean and far, trimmed to 14" far, choice, cooked, houled85.00.000.0017051Lamb, domestic, shoulder, halae, separable lean and far, trimmed to 14" far, choice, cooked, houled85.00.000.0017054Lamb, domestic, shoulder, halae, separable lean and far, trimmed to 14" far, choice, cooked, houled85.00.000.0017055Lamb, domestic, shoulder, halae, separable lean and far, trimmed to 14" far, choice, cooked, houled85.00.000.0017056Lamb, domestic, shoulder, halae, separable lean and far, trimmed to 14" far, choice, cooked, houled85.00.000.0017056Lamb, domestic, shoulder, halae, separable lean and far, trimmed to 14" far, choice, cooked, houled85.00.000.001705					Per Measure
17015Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 14" fat, choice, cooked, broided85.03.0 or0.1117016Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 14" fat, choice, cooked, broided85.03.0 or0.0117018Lamb, domestic, shoulder, arm, separable lean only, trimmed to 14" fat, choice, cooked, broided85.03.0 or0.01517019Lamb, domestic, shoulder, arm, separable lean only, trimmed to 14" fat, choice, cooked, broided85.03.0 or0.01517019Lamb, domestic, shoulder, arm, separable lean only, trimmed to 14" fat, choice, cooked, broided85.03.0 or0.01617015Lamb, domestic, shoulder, arm, separable lean only, trimmed to 14" fat, choice, cooked, troided85.03.0 or0.01617015Lamb, domestic, shoulder, blae, separable lean and fat, trimmed to 14" fat, choice, cooked, troided85.03.0 or0.01217015Lamb, domestic, shoulder, blae, separable lean and fat, trimmed to 14" fat, choice, cooked, troided85.03.0 or0.01217015Lamb, domestic, shoulder, blae, separable lean and fat, trimmed to 14" fat, choice, cooked, troided85.03.0 or0.01217015Lamb, domestic, shoulder, blae, separable lean only, trimmed to 14" fat, choice, cooked, troided85.03.0 or0.01417015Lamb, domestic, shoulder, blae, separable lean only, trimmed to 14" fat, choice, cooked, troided85.03.0 or0.01417015Lamb, domestic, shoulder, blae, separable lean only, trimmed to 14" fat, choice, cooked, troide85.03.0 or0.014 </td <td>17032</td> <td>Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw</td> <td>28.35</td> <td>1.0 oz</td> <td>0.05</td>	17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.05
17046Lanh, domestic, shoulder, arm, separable kan and fat, trimmed to 1/4" fat, choice, row85.0 $3.0 \mathrm{cc}$ 0.12 17048Lanb, domestic, shoulder, arm, separable kan and fat, trimmed to 1/4" fat, choice, row85.0 $3.0 \mathrm{cc}$ $0.0 \mathrm{cc}$ 17049Lanb, domestic, shoulder, arm, separable kan and y, trimmed to 1/4" fat, choice, cooked, braied85.0 $3.0 \mathrm{cc}$ 0.17 17050Lanb, domestic, shoulder, arm, separable kan and y, trimmed to 1/4" fat, choice, cooked, braied85.0 $3.0 \mathrm{cc}$ $0.0 \mathrm{cc}$ 17057Lanb, domestic, shoulder, arm, separable kan and fat, trimmed to 1/4" fat, choice, cooked, braied85.0 $3.0 \mathrm{cc}$ $0.0 \mathrm{cc}$ 17058Lanb, domestic, shoulder, blade, separable kan and fat, trimmed to 1/4" fat, choice, cooked, braied85.0 $3.0 \mathrm{cc}$ $0.0 \mathrm{cc}$ 17054Lanb, domestic, shoulder, blade, separable kan and fat, trimmed to 1/4" fat, choice, cooked, braied85.0 $3.0 \mathrm{cc}$ $0.0 \mathrm{cc}$ 17054Lanb, domestic, shoulder, blade, separable kan and fat, trimmed to 1/4" fat, choice, cooked, troated85.0 $3.0 \mathrm{cc}$ $0.0 \mathrm{cc}$ 17055Lanb, domestic, shoulder, blade, separable kan and fat, trimmed to 1/4" fat, choice, cooked, roated85.0 $3.0 \mathrm{cc}$ $0.0 \mathrm{cc}$ 17056Lanb, domestic, shoulder, blade, separable kan and fat, trimmed to 1/4" fat, choice, cooked, roated85.0 $3.0 \mathrm{cc}$ $0.0 \mathrm{cc}$ 17057Lanb, domestic, shoulder, blade, separable kan and fat, trimmed to 1/4" fat, choice, cooked, roated85.0 $3.0 \mathrm{cc}$ $0.0 \mathrm{cc}$ 17058	17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.13
17043Lamb, domestic, shoulder, ann., separable kean and fat, trimmed to 14" fat, choice, raw28.551.0 or0.0 of17048Lamb, domestic, shoulder, ann., separable kean only, trimmed to 14" fat, choice, cooked, hraised88.03.0 or0.1717050Lamb, domestic, shoulder, ann., separable kean only, trimmed to 14" fat, choice, cooked, hraised88.03.0 or0.1417047Lamb, domestic, shoulder, ann., separable kean only, trimmed to 14" fat, choice, cooked, hraised88.03.0 or0.1417047Lamb, domestic, shoulder, ann., separable kean and fat, trimmed to 14" fat, choice, cooked, hraised88.03.0 or0.1417053Lamb, domestic, shoulder, halae, separable kean and fat, trimmed to 14" fat, choice, cooked, hraised88.03.0 or0.1217054Lamb, domestic, shoulder, halae, separable kean and fat, trimmed to 14" fat, choice, cooked, hraised88.03.0 or0.0117055Lamb, domestic, shoulder, halae, separable kean and fat, trimmed to 14" fat, choice, cooked, hraised88.03.0 or0.0117056Lamb, domestic, shoulder, halae, separable kean and fat, trimmed to 14" fat, choice, cooked, hraised88.03.0 or0.0117057Lamb, domestic, shoulder, halae, separable kean and fat, trimmed to 14" fat, choice, cooked, hraised88.03.0 or0.0117058Lamb, domestic, shoulder, halae, separable kean and fat, trimmed to 14" fat, choice, cooked, hraised88.03.0 or0.0117058Lamb, domestic, shoulder, halae, separable kean and fat, trimmed to 14" fat, choice, cooked, hraised88.03.0 or <t< td=""><td>17045</td><td>Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled</td><td>85.0</td><td>3.0 oz</td><td>0.11</td></t<>	17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.11
17048Lamb, domestic, shoulder, arm, separable lean only, trimmed to 14" fat, choice, cooked, braised85.030.020.1517049Lamb, domestic, shoulder, arm, separable lean only, trimmed to 14" fat, choice, cooked, braised85.030.020.0117057Lamb, domestic, shoulder, arm, separable lean only, trimmed to 14" fat, choice, cooked, braised85.030.020.01417052Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 14" fat, choice, cooked, braised85.030.020.01417053Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 14" fat, choice, cooked, braised85.030.020.01217054Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 14" fat, choice, cooked, braised85.030.020.01217054Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 14" fat, choice, cooked, braised85.030.020.01617055Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 14" fat, choice, cooked, braised85.030.020.01417055Lamb, domestic, shoulder, blade, separable lean only, trimmed to 14" fat, choice, cooked, braised85.030.020.01417055Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 14" fat, choice, cooked, braised85.030.020.01417055Lamb, domestic, shoulder, blade, separable lean only, trimmed to 14" fat, choice, cooked, braised85.030.020.01417056Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 14" fat, choice, cooke, thouised85.03	17046	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.12
17049Lamb, domesic, shoulder, arm, expansble lean only, trimmed to 14" fat, choice, cooked, roasted85.0 $3.0 cott0.1717059Lamb, domesic, shoulder, arm, separable lean only, trimmed to 14" fat, choice, cooked, roasted85.03.0 cott0.0417047Lamb, domesic, shoulder, arm, separable lean only, trimmed to 14" fat, choice, cooked, braised85.03.0 cott0.01417053Lamb, domesic, shoulder, blade, separable lean and fat, trimmed to 14" fat, choice, cooked, braised85.03.0 cott0.01417053Lamb, domesic, shoulder, blade, separable lean and fat, trimmed to 14" fat, choice, cooked, braised85.03.0 cott0.0217054Lamb, domesic, shoulder, blade, separable lean and fat, trimmed to 14" fat, choice, cooked, braised85.03.0 cott0.0217055Lamb, domesic, shoulder, blade, separable lean and fat, trimmed to 14" fat, choice, cooked, roasted85.03.0 cott0.01717057Lamb, domesic, shoulder, blade, separable lean only, trimmed to 14" fat, choice, cooked, roasted85.03.0 cott0.01717058Lamb, domesic, shoulder, blade, separable lean only, trimmed to 14" fat, choice, cooked, roasted85.03.0 cott0.01417058Lamb, domesic, shoulder, blade, separable lean and fat, trimmed to 14" fat, choice, cooked, roasted85.03.0 cott0.01417058Lamb, domesic, shoulder, blade, separable lean and fat, trimmed to 14" fat, choice, cooked, roasted85.03.0 cott0.01417059Lamb, domesic, shoulder, whole (arm and blade), separable lean and fat, trimmed to$	17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.06
17050Lamb, domestic, shoulder, arm, separable lean only, trimmed to 14" fat, choice, cooked, roasted85.03.0 or0.1117047Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 14" fat, choice, cooked, broided85.03.0 or0.01617053Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 14" fat, choice, cooked, broided85.03.0 or0.01217054Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 14" fat, choice, cooked, broided85.03.0 or0.01217054Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 14" fat, choice, cooked, broided85.03.0 or0.01217057Lamb, domestic, shoulder, blade, separable lean only, trimmed to 14" fat, choice, cooked, broided85.03.0 or0.01417057Lamb, domestic, shoulder, blade, separable lean only, trimmed to 14" fat, choice, cooked, roasted85.03.0 or0.01417058Lamb, domestic, shoulder, blade, separable lean only, trimmed to 14" fat, choice, cooked, roasted85.03.0 or0.01417057Lamb, domestic, shoulder, blade, separable lean only, trimmed to 14" fat, choice, cooked, roasted85.03.0 or0.01417058Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 14" fat, choice, cooked, roasted85.03.0 or0.01417087Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 14" fat, choice, cooked, roasted85.03.0 or0.01717087Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 14" fa	17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.15
17047Lamb, domestic, shoulder, ann separable lean only, trimmed to 1/4" fat, choice, rowed, braied28.351.0 oz0.00617052Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braied85.03.0 oz0.11317054Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braied85.03.0 oz0.01217054Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braied85.03.0 oz0.01217056Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braied85.03.0 oz0.01417056Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braied85.03.0 oz0.01417057Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, frasted85.03.0 oz0.01417058Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, frasted85.03.0 oz0.01417059Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, frasted85.03.0 oz0.01417059Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braied85.03.0 oz0.01417059Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braied85.03.0 oz0.01417059Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat	17049	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.17
17052Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised85.0 $3.0 co$ 0.1417053Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted85.0 $3.0 co$ 0.1317054Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted85.0 $3.0 co$ 0.01217056Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised85.0 $3.0 co$ 0.01717057Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised85.0 $3.0 co$ 0.01417058Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised85.0 $3.0 co$ 0.01417058Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, prosted85.0 $3.0 co$ 0.01417058Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, prosted85.0 $3.0 co$ 0.01417036Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, prosted85.0 $3.0 co$ 0.01217037Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, prosted85.0 $3.0 co$ 0.01217038Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, prosted85.0 $3.0 co$ 0.01717040Lamb,	17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.14
17053Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted85.0 $3.0 cz$ 0.1317054Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted85.0 $3.0 cz$ 0.01217056Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised85.0 $3.0 cz$ 0.01717057Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised85.0 $3.0 cz$ 0.01717058Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broised85.0 $3.0 cz$ 0.01417058Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broised85.0 $3.0 cz$ 0.01417059Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broised85.0 $3.0 cz$ 0.01417056Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broised85.0 $3.0 cz$ 0.01417057Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broised85.0 $3.0 cz$ 0.01417058Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broised85.0 $3.0 cz$ 0.01217057Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broised85.0 $3.0 cz$ 0.01717040 <td>17047</td> <td>Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw</td> <td>28.35</td> <td>1.0 oz</td> <td>0.06</td>	17047	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.06
17054Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, row85.0 $3.0 oz$ 0.1217051Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, row28.351.0 oz0.0617056Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised85.03.0 oz0.1717057Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised85.03.0 oz0.1417058Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted85.03.0 oz0.01417058Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted85.03.0 oz0.01417059Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, troised85.03.0 oz0.1417059Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted85.03.0 oz0.1417036Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted85.03.0 oz0.1217037Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, troised85.03.0 oz0.1217038Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, troised85.03.0 oz0.1217039Lamb, domestic, shoulder, whole (arm and blade), sepa	17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.14
17051Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw28.351.0 co0.0 co17056Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised85.03.0 cz0.1717057Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted85.03.0 cz0.1417057Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted85.03.0 cz0.1417058Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted85.03.0 cz0.0117057Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised85.03.0 cz0.0117058Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised3.0 cz0.1217037Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised3.0 cz0.0 cz17038Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, coasted3.0 cz0.0 cz17039Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised3.0 cz0.0 cz17030Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, coasted85.03.0 cz0.1217040Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cook	17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.13
17056Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled85.0 $3.0 oz$ 0.11 17057Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled85.0 $3.0 oz$ 0.14 17058Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted85.0 $3.0 oz$ 0.014 17057Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted85.0 $3.0 oz$ 0.014 17056Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled85.0 $3.0 oz$ 0.014 17037Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled 85.0 $3.0 oz$ 0.014 17038Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled 85.0 $3.0 oz$ 0.012 17039Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled 85.0 $3.0 oz$ 0.012 17040Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled 85.0 $3.0 oz$ 0.017 17041Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled 85.0 $3.0 oz$ 0.017 17042Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, coasted	17054	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.12
17057Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted85.03.0 oz0.1417058Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw28.351.0 oz0.00017036Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw28.351.0 oz0.00017036Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised85.03.0 oz0.1417037Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised85.03.0 oz0.1417038Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised85.03.0 oz0.1417038Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised3.0 oz0.01217039Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised3.0 oz0.00217040Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised3.0 oz0.00217041Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, coaked, braised3.0 oz0.01717042Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, coaked, coaked, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, coaked, coaked, braised	17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.06
17058Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw36.03.0 oz0.1417055Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw28.351.0 oz0.0617036Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cocked, braised85.03.0 oz0.1417037Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cocked, braised85.03.0 oz0.1417038Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cocked, roasted85.03.0 oz0.1217038Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cocked, roasted85.03.0 oz0.1217040Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cocked, braised85.03.0 oz0.1717041Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cocked, braised85.03.0 oz0.1717042Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cocked, roasted3.0 oz0.1717043Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cocked, roasted3.0 oz0.1717044Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cocked, roasted3.0 oz0.1517045Lamb, domestic, should	17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.17
17055Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw28.351.0 oz0.0617036Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled85.03.0 oz0.1417037Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled85.03.0 oz0.1417038Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled85.03.0 oz0.1217038Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, 	17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.14
17036Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled85.03.0 oz0.1417037Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled85.03.0 oz0.1417038Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled85.03.0 oz0.1217037Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw cooked, broiled85.03.0 oz0.1217036Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw cooked, broiled28.351.0 oz0.0017040Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled85.03.0 oz0.1717041Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled85.03.0 oz0.1717042Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled85.03.0 oz0.0117043Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted85.03.0 oz0.1717044Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted85.03.0 oz0.0017045Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4"	17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.14
17/036St.03.0 oz0.1417037Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled85.03.0 oz0.1417038Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted85.03.0 oz0.1217037Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled85.03.0 oz0.1217038Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised85.03.0 oz0.1217040Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled85.03.0 oz0.1717041Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled85.03.0 oz0.1717042Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, troasted85.03.0 oz0.1517043Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, troasted85.03.0 oz0.1517044Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted85.03.0 oz0.1517045Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted85.03.0 oz0.1517046Lamb, domestic, shoulder, w	17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.06
11/37cooked, broiled85.03.0 oz0.1417038Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted85.03.0 oz0.1217035Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw cooked, braised28.351.0 oz0.0617040Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised85.03.0 oz0.1717041Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled85.03.0 oz0.1717042Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled85.03.0 oz0.1717043Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled85.03.0 oz0.1717044Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, troasted85.03.0 oz0.1517045Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted85.03.0 oz0.1517046Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw cooked, roasted85.03.0 oz0.0517047Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw cooked, broiled85.03.0 oz0.0617250 <t< td=""><td>17036</td><td>-</td><td>85.0</td><td>3.0 oz</td><td>0.14</td></t<>	17036	-	85.0	3.0 oz	0.14
1703885.03.0 oz0.1217035Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw28.351.0 oz0.0617040Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised85.03.0 oz0.1717041Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled85.03.0 oz0.1717041Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled85.03.0 oz0.1717042Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted85.03.0 oz0.1517043Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted85.03.0 oz0.1517044Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted85.03.0 oz0.1517045Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw28.351.0 oz0.0617025Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw28.351.0 oz0.0617225Lamb, ground, cooked, broiled85.03.0 oz0.1617224Lamb, ground, raw28.351.0 oz0.0617357Lamb, New Zealand, imported, brains, cooked, soaked and fried85.0 <td< td=""><td>17037</td><td></td><td>85.0</td><td>3.0 oz</td><td>0.14</td></td<>	17037		85.0	3.0 oz	0.14
17040Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised85.03.0 oz0.1717041Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled85.03.0 oz0.1717042Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted85.03.0 oz0.1717042Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted85.03.0 oz0.1517039Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw28.351.0 oz0.0617225Lamb, ground, cooked, broiled3.0 oz0.120.1617224Lamb, ground, raw28.351.0 oz0.0617357Lamb, New Zealand, imported, brains, cooked, soaked and fried85.03.0 oz0.95	17038	-	85.0	3.0 oz	0.12
1704085.03.0 oz0.1717041Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled85.03.0 oz0.1717042Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted85.03.0 oz0.1717042Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted85.03.0 oz0.1517039Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw28.351.0 oz0.0617225Lamb, ground, cooked, broiled85.03.0 oz0.1217224Lamb, ground, raw28.351.0 oz0.0617357Lamb, New Zealand, imported, brains, cooked, soaked and fried85.03.0 oz0.95	17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.06
17041200085.03.0 oz0.1717042Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw cooked, roasted85.03.0 oz0.1517039Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw 172528.351.0 oz0.0617225Lamb, ground, cooked, broiled85.03.0 oz0.1217224Lamb, ground, raw28.351.0 oz0.0617357Lamb, New Zealand, imported, brains, cooked, soaked and fried85.03.0 oz0.95	17040		85.0	3.0 oz	0.17
1704285.03.0 oz0.1517039Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw28.351.0 oz0.0617225Lamb, ground, cooked, broiled85.03.0 oz0.1217224Lamb, ground, raw28.351.0 oz0.0617357Lamb, New Zealand, imported, brains, cooked, soaked and fried85.03.0 oz0.95	17041		85.0	3.0 oz	0.17
17225 Lamb, ground, cooked, broiled 85.0 3.0 oz 0.12 17224 Lamb, ground, raw 28.35 1.0 oz 0.06 17357 Lamb, New Zealand, imported, brains, cooked, soaked and fried 85.0 3.0 oz 0.95	17042		85.0	3.0 oz	0.15
17224 Lamb, ground, raw 28.35 1.0 oz 0.06 17357 Lamb, New Zealand, imported, brains, cooked, soaked and fried 85.0 3.0 oz 0.95	17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.06
17357Lamb, New Zealand, imported, brains, cooked, soaked and fried85.03.0 oz0.95	17225	Lamb, ground, cooked, broiled	85.0	3.0 oz	0.12
	17224	Lamb, ground, raw	28.35	1.0 oz	0.06
17358 Lamb, New Zealand, imported, brains, raw 113.0 4.0 oz 0.98	17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	85.0	3.0 oz	0.95
	17358	Lamb, New Zealand, imported, brains, raw	113.0	4.0 oz	0.98

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NDB_No	Description	Weight(g)	Measure (Vitamin E alpha-tocopherol)(mg)
				Per Measure
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	85.0	3.0 oz	0.33
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	113.0	4.0 oz	0.35
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.28
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	113.0	4.0 oz	0.36
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.48
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	113.0	4.0 oz	0.66
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.29
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	113.0	4.0 oz	0.42
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	85.0	1.0 serving	0.42
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	115.0	1.0 serving	0.31
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	85.0	1.0 serving	0.37
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	115.0	1.0 serving	0.21
17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0.03
17066	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0.06
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	0.12
17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0.06
17065	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	0.16
17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0.06
17073	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.13
17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	85.0	3.0 oz	0.15
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.11
17079	Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	85.0	3.0 oz	0.14
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	85.0	3.0 oz	0.34
17371	Lamb, New Zealand, imported, ground lamb, raw	113.0	4.0 oz	0.27
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	85.0	3.0 oz	0.54
17373	Lamb, New Zealand, imported, heart, raw	113.0	4.0 oz	0.73
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	85.0	3.0 oz	0.48
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	113.0	4.0 oz	0.45
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	85.0	3.0 oz	0.44
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	113.0	4.0 oz	0.33
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	85.0	3.0 oz	0.48
17367	Lamb, New Zealand, imported, kidney, raw	113.0	4.0 oz	0.47
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.24

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NDB_No	Description	Weight(g)	Measure (alpha-toco	Vitamin E pherol)(mg)
				Per Measure
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	115.0	1.0 serving	0.30
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	85.0	3.0 oz	0.17
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	115.0	1.0 serving	0.16
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	85.0	3.0 oz	0.95
17369	Lamb, New Zealand, imported, liver, raw	113.0	4.0 oz	0.97
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.46
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	115.0	1.0 serving	0.54
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	85.0	3.0 oz	0.31
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	115.0	1.0 serving	0.25
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.37
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	113.0	4.0 oz	0.50
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.24
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	113.0	4.0 oz	0.25
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.29
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	113.0	4.0 oz	0.38
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.29
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	113.0	4.0 oz	0.37
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	85.0	3.0 oz	0.53
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	113.0	4.0 oz	0.41
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	85.0	3.0 oz	0.48
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	113.0	4.0 oz	0.27
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.40
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	113.0	4.0 oz	0.42
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.29
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	113.0	4.0 oz	0.24
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.28
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	113.0	4.0 oz	0.40
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.25
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	113.0	4.0 oz	0.36
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	85.0	1.0 serving	0.38
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	115.0	1.0 serving	0.46
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	85.0	1.0 serving	0.31
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	115.0	1.0 serving	0.32

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NDB_No	Description	Weight(g)	Measure ^{(alpl}	Vitamin E ha-tocopherol)(mg)
				Per Measure
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	85.0	3.0 oz	0.59
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	113.0	4.0 oz	0.59
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	85.0	3.0 oz	0.54
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	113.0	4.0 oz	0.44
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.34
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	115.0	1.0 serving	0.61
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.19
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	115.0	1.0 serving	0.46
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	85.0	3.0 oz	0.96
17375	Lamb, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0.54
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.47
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	0.46
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.47
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	0.46
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	85.0	3.0 oz	0.72
17377	Lamb, New Zealand, imported, testes, raw	113.0	4.0 oz	0.35
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	85.0	3.0 oz	0.14
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	113.0	4.0 oz	0.64
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.34
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	113.0	4.0 oz	0.34
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.28
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	113.0	4.0 oz	0.34
11245	Lambsquarters, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	3.33
04002	Lard	12.8	1.0 tbsp	0.08
22916	Lasagna with meat & amp; sauce, frozen entree	134.0	1.0 piece side	1.17
22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	1.05
22910	Lasagna, cheese, frozen, prepared	225.0	1.0 cup 1 serving	1.98
32019	Lasagna, cheese, frozen, unprepared	237.0	1.0 cup 1 serving	1.56
22956	Lasagna, Vegetable, frozen, baked	227.0	1.0 serving	1.04
22962	LEAN POCKETS, Ham N Cheddar	127.0	1.0 hot pocket (1 NLEA serving)	0.37
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1.0 tsp	0.00
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1.0 tsp	0.00
18371	Leavening agents, baking powder, low-sodium	5.0	1.0 tsp	0.00

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NDB_No	Description	Weight(g)	Measure (Vitamin E alpha-tocopherol)(mg)
				Per Measure
18372	Leavening agents, baking soda	4.6	1.0 tsp	0.00
18373	Leavening agents, cream of tartar	3.0	1.0 tsp	0.00
18375	Leavening agents, yeast, baker's, active dry	4.0	1.0 tsp	0.00
18374	Leavening agents, yeast, baker's, compressed	17.0	1.0 cake (0.6 oz)	0.00
07039	Lebanon bologna, beef	57.0	1.0 serving 2 slices	0.32
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	124.0	1.0 leek	0.62
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	0.62
11246	Leeks, (bulb and lower leaf-portion), raw	89.0	1.0 cup	0.82
09524	Lemon juice from concentrate, bottled, REAL LEMON	15.0	1.0 tbsp	0.03
09153	Lemon juice from concentrate, canned or bottled	15.0	1.0 tbsp	0.03
09154	Lemon juice, frozen, unsweetened, single strength	244.0	1.0 cup	0.20
09152	Lemon juice, raw	244.0	1.0 cup	0.37
09156	Lemon peel, raw	6.0	1.0 tbsp	0.02
14542	Lemonade, frozen concentrate, pink	36.4	1.0 fl oz	0.03
14292	Lemonade, frozen concentrate, white	36.5	1.0 fl oz	0.03
14293	Lemonade, frozen concentrate, white, prepared with water	30.9	1.0 fl oz	0.00
14288	Lemonade, powder, prepared with water	33.0	1.0 fl oz	0.00
09150	Lemons, raw, without peel	212.0	1.0 cup, sections	0.32
16370	Lentils, mature seeds, cooked, boiled, with salt	198.0	1.0 cup	0.22
16070	Lentils, mature seeds, cooked, boiled, without salt	198.0	1.0 cup	0.22
16069	Lentils, raw	192.0	1.0 cup	0.94
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	0.10
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	0.06
11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	0.08
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	0.13
11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	0.04
21413	Light Ice Cream, soft serve, blended with cookie pieces	337.0	12.0 fl oz cup	0.30
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	348.0	12.0 fl oz cup	0.28
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	248.0	1.0 cup	0.72
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	170.0	1.0 cup	0.24
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	0.24
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	180.0	1.0 cup	1.15
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	1.15
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	170.0	1.0 cup	0.49

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NDB_No	Description	Weight(g)	Measure ^{(alp.}	Vitamin E ha-tocopherol)(mg)
				Per Measure
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	0.49
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	1.15
11031	Lima beans, immature seeds, raw	156.0	1.0 cup	0.50
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	188.0	1.0 cup	0.34
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188.0	1.0 cup	0.34
16071	Lima beans, large, mature seeds, raw	178.0	1.0 cup	1.28
16074	Lima beans, thin seeded (baby), mature seeds, raw	202.0	1.0 cup	1.41
09161	Lime juice, canned or bottled, unsweetened	246.0	1.0 cup	0.30
09160	Lime juice, raw	242.0	1.0 cup	0.53
14303	Limeade, frozen concentrate, prepared with water	30.9	1.0 fl oz	0.00
09159	Limes, raw	67.0	1.0 fruit (2" dia)	0.15
09165	Litchis, dried	2.5	1.0 fruit	0.01
09164	Litchis, raw	190.0	1.0 cup	0.13
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	102.0	1.0 slice	0.83
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	48.0	1.0 slice	0.58
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	89.0	1.0 slice	0.54
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	115.0	1.0 slice	1.04
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	90.0	1.0 slice	0.68
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	104.0	1.0 slice	0.84
09167	Loganberries, frozen	147.0	1.0 cup, unthawed	1.28
11255	Lotus root, cooked, boiled, drained, without salt	60.0	0.5 cup	0.01
07909	Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite	56.0	2.0 oz (1 serving)	0.13
07908	Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)	56.0	2.0 oz 1 NLEA serving	0.24
07045	Luncheon meat, pork, canned	28.35	1.0 oz	0.07
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	0.13
43131	Luncheon slices, meatless	14.0	1.0 slice, thin	0.42
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	70.0	1.0 serving (makes about 1 cup prepared)	0.09
32005	Macaroni and cheese, box mix with cheese sauce, prepared	189.0	1.0 cup prepared	1.02
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	25.0	1.0 serving (3.5 oz)	0.37
22247	Macaroni and Cheese, canned entree	244.0	1.0 serving	0.12
22970	Macaroni and cheese, frozen entree	137.0	1.0 cup	0.34
32014	Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared	99.0	1.0 serving (3.5 oz)	0.55
32016	Macaroni or noodles with cheese, microwaveable, unprepared	61.0	1.0 serving 1 pouch	0.08

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NDB_No	Description	Weight(g)	Measure	Vitamin E alpha-tocopherol)(mg)
				Per Measure
20106	Macaroni, vegetable, enriched, cooked	134.0	1.0 cup spiral shaped	0.28
14305	Malt beverage, includes non-alcoholic beer	29.6	1.0 fl oz	0.00
09436	Mango nectar, canned	251.0	1.0 cup	0.53
09176	Mangos, raw	165.0	1.0 cup pieces	1.48
09328	Maraschino cherries, canned, drained	5.0	1.0 cherry (NLEA serving)	0.00
04630	Margarine Spread, approximately 48% fat, tub	14.0	1.0 tbsp	0.55
04628	Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils	14.0	1.0 tbsp	0.73
04684	Margarine, 80% fat, tub, CANOLA HARVEST Soft Spread (canola, palm and palm kernel oils)	14.0	1.0 tablespoon (1 NLEA serving)	3.73
04665	Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated), for flaky pastries	14.0	1.0 tbsp	0.64
04668	Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy	14.0	1.0 tbsp	0.87
04683	Margarine, margarine-like vegetable oil spread, 67-70% fat, tub	14.0	1.0 tbsp (1 NLEA serving)	1.82
04629	Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick	14.0	1.0 tbsp (1 NLEA serving)	0.78
04610	Margarine, regular, 80% fat, composite, stick, with salt	14.0	1.0 tbsp	1.26
04691	Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	14.0	1.0 tablespoon	1.26
04617	Margarine, regular, 80% fat, composite, stick, without salt	14.2	1.0 tbsp	1.28
04696	Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D	14.0	1.0 tbsp	1.26
04611	Margarine, regular, 80% fat, composite, tub, with salt	14.2	1.0 tbsp	2.19
04692	Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	14.0	1.0 tbsp	2.16
04618	Margarine, regular, 80% fat, composite, tub, without salt	14.2	1.0 tbsp	2.19
04073	Margarine, regular, hard, soybean (hydrogenated)	4.7	1.0 tsp	0.15
04655	Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries	14.0	1.0 tbsp	0.86
04626	Margarine-like spread with yogurt, 70% fat, stick, with salt	14.0	1.0 tablespoon	0.70
04627	Margarine-like spread with yogurt, approximately 40% fat, tub, with salt	14.0	1.0 tablespoon	0.70
04687	Margarine-like spread, BENECOL Light Spread	14.0	1.0 tablespoon (1 NLEA serving)	5.21
04674	Margarine-like spread, SMART BALANCE Light Buttery Spread	14.0	1.0 tbsp	2.20
04677	Margarine-like spread, SMART BALANCE Omega Plus Spread (with plant sterols & amp; fish oil)	14.0	1.0 tablespoon	1.65
04673	Margarine-like spread, SMART BALANCE Regular Buttery Spread with flax oil	14.0	1.0 tablespoon	2.71
04676	Margarine-like spread, SMART BEAT Smart Squeeze	14.0	1.0 tablespoon	0.03
04675	Margarine-like spread, SMART BEAT Super Light without saturated fat	14.0	1.0 tablespoon	0.24
04695	Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D	14.0	1.0 tbsp	0.70
42307	Margarine-like, butter-margarine blend, 80% fat, stick, without salt	14.0	1.0 tablespoon	0.70
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.1	1.0 tbsp	0.55
04633	Margarine-like, vegetable oil spread, 20% fat, with salt	15.0	1.0 tbsp	0.68

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NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
04634	Margarine-like, vegetable oil spread, 20% fat, without salt	12.8	1.0 tbsp	0.58
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1.0 tbsp	0.72
04693	Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	14.0	1.0 tbsp	0.70
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	14.3	1.0 tbsp	0.72
04620	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt	14.0	1.0 tbsp	2.96
04697	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D	14.0	1.0 tbsp	2.96
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	14.0	1.0 tbsp	2.96
04694	Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	14.0	1.0 tbsp	2.96
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	14.9	1.0 tbsp	2.00
04624	Margarine-like, vegetable oil spread, fat free, liquid, with salt	15.0	1.0 tbsp	0.75
04631	Margarine-like, vegetable oil spread, fat-free, tub	14.6	1.0 tbsp	0.08
42256	Margarine-like, vegetable oil spread, stick or tub, sweetened	14.0	1.0 tablespoon	0.70
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	14.9	1.0 tbsp	2.00
42309	Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt	14.0	1.0 tablespoon	0.80
04600	Margarine-like, vegetable oil-butter spread, tub, with salt	14.0	1.0 tablespoon	0.63
19303	Marmalade, orange	20.0	1.0 tbsp	0.01
43598	Mayonnaise dressing, no cholesterol	15.0	1.0 tbsp	1.77
43355	Mayonnaise, low sodium, low calorie or diet	14.0	1.0 tbsp	0.90
42178	Mayonnaise, made with tofu	15.0	1.0 tbsp	0.36
04708	Mayonnaise, reduced fat, with olive oil	15.0	1.0 tbsp	0.33
42138	Mayonnaise, reduced-calorie or diet, cholesterol-free	14.6	1.0 tbsp	0.94
21324	McDONALD'S, Baked Apple Pie	77.0	2.7 oz	1.49
21310	McDONALD'S, Barbeque Sauce	28.0	1.0 package	0.30
21311	McDONALD'S, Creamy Ranch Sauce	43.0	1.5 oz	1.47
21357	McDONALD'S, Egg McMUFFIN	126.0	1.0 sandwich	0.74
21232	McDONALD'S, FILET-O-FISH	134.0	1.0 sandwich	1.57
21238	McDONALD'S, french fries	71.0	1.0 small serving	0.98
21319	McDONALD'S, Hash Brown	53.0	1.0 serving 1 patty	1.13
21335	McDONALD'S, Hot Caramel Sundae	182.0	1.0 item (6.4 oz)	0.02
21336	McDONALD'S, Hot Fudge Sundae	179.0	1.0 item (6.3 oz)	0.34
21313	McDONALD'S, Hot Mustard Sauce	28.0	1.0 package	0.24
21321	McDONALD'S, Hotcakes (plain)	149.0	3.0 hotcakes 5.3 oz	1.04
21343	McDONALD'S, Low Fat Caramel Sauce	21.0	0.8 oz	0.00

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NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
21338	McDONALD'S, McFLURRY with M&M'S CANDIES	348.0	1.0 regular (12 fl oz)	0.28
21339	McDONALD'S, McFLURRY with OREO cookies	337.0	1.0 regular (12 fl oz)	0.30
21346	McDONALD'S, NEWMAN'S OWN Cobb Dressing	62.0	2.0 fl oz	0.00
21348	McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette	47.0	2.0 fl oz	0.00
21337	McDONALD'S, Peanuts (for Sundaes)	7.0	0.3 oz	0.58
21402	McDONALD'S, Premium Grilled Chicken Classic Sandwich	200.0	1.0 item 7 oz	1.06
21361	McDONALD'S, Sausage Biscuit	117.0	1.0 item 4.1 oz	0.88
21362	McDONALD'S, Sausage Biscuit with Egg	163.0	1.0 item 5.7 oz	1.60
21358	McDONALD'S, Sausage McMUFFIN	115.0	1.0 item 4 oz	0.32
21359	McDONALD'S, Sausage McMUFFIN with Egg	165.0	1.0 item 5.8 oz	0.82
21314	McDONALD'S, Spicy Buffalo Sauce	43.0	1.5 oz	1.17
21334	McDONALD'S, Strawberry Sundae	178.0	1.0 item (6.3 oz)	0.00
21315	McDONALD'S, Sweet 'N Sour Sauce	28.0	1.0 package	0.20
21316	McDONALD'S, Tangy Honey Mustard Sauce	43.0	1.5 oz	0.30
21333	McDONALD'S, Vanilla Reduced Fat Ice Cream Cone	90.0	1.0 item (3.2 oz)	0.03
04606	Meat drippings (lard, beef tallow, mutton tallow)	12.8	1.0 tablespoon	0.08
07972	Meatballs, frozen, Italian style	85.0	3.0 oz	0.36
43132	Meatballs, meatless	144.0	1.0 cup	2.49
09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	0.09
09183	Melons, casaba, raw	170.0	1.0 cup, cubes	0.08
09184	Melons, honeydew, raw	170.0	1.0 cup, diced (approx 20 pieces per cup)	0.03
08510	Milk and cereal bar	25.0	1.0 bar	0.10
01244	Milk dessert bar, frozen, made from lowfat milk	68.0	1.0 bar	0.14
42131	Milk dessert, frozen, milk-fat free, chocolate	137.0	1.0 cup	0.00
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	0.01
01111	Milk shakes, thick vanilla	28.4	1.0 fl oz	0.01
01094	Milk, buttermilk, dried	30.0	0.25 cup	0.03
01088	Milk, buttermilk, fluid, cultured, lowfat	245.0	1.0 cup	0.12
42189	Milk, buttermilk, fluid, cultured, reduced fat	245.0	1.0 cup	0.27
01230	Milk, buttermilk, fluid, whole	245.0	1.0 cup	0.17
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	0.06
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	0.00
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	0.04
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	252.0	1.0 cup	0.40

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Constraint of the strength of	NDB_No	Description	Weight(g)	Vitamin E Measure (alpha-tocopherol)(mg)
DillsMilk, chocolate, fluid, commercial, nedwaed fat, with added vitamin A and vitamin D250010.0 cp0.010Milk, chocolate, fluid, commercial, nedwaed fat, with added vitamin A and vitamin D25001.0 cp0.010Milk, chocolate, fluid, commercial, nedwaed fat, with added vitamin A and vitamin D25001.0 cp0.00101012Milk, chocolate, fluid, commercial, nedwaed vitamin A and vitamin D25001.0 cp0.00101015Milk, chocolate, fluid, with added vitamin A and vitamin D6801.0 cp0.00101154Milk, dy, conofit, regular, with added vitamin A and vitamin D6800.052 cp0.00101154Milk, dy, conofit, regular, with added vitamin A and vitamin D6300.255 cp0.00101091Milk, dy, conofit, regular, with added vitamin A and vitamin D12801.0 cp0.74101212Milk, dy, onofit, regular, with added vitamin A and vitamin D12801.0 cp0.02501212Milk, dy, onofit, regular, with added vitamin D24101.0 cp0.02501214Milk, fluid, fuid, indin add vitamin A and vitamin D24101.0 cp0.02501215Milk, fluid, fuid, indin fuid, fuid refer or skin)24101.0 cp0.02601214Milk, fluid, indin fuid, fuid refer or skin)24101.0 cp0.02601215Milk, fluid, indin A and vitamin D (fuif fee or skin)24101.0 cp0.02601314Milk, fluid, with added vitamin A and vitamin D (fuif fee or skin)24101.0 cp0.01701415 <td< th=""><th></th><th></th><th></th><th>Per Measure</th></td<>				Per Measure
0103Nik, drazdar, fluid, commercial, reduced fat, with added vitamin A and vitamin D200010.0 cp0.0000104Mik, drocodar, fluid, with added vitamin A and vitamin D200010.0 cp0.0000105Mik, drocodar, fluid, with added vitamin A and vitamin D0.000.0	01105	Milk, chocolate beverage, hot cocoa, homemade	250.0	1.0 cup 0.08
01102Mik, chocolar, fuid, commercial, whole, with added vitamin A and vitamin D25001.0 com0.0000102Mik, dry, noffa, fustar, with added vitamin A and vitamin D6601.0 com0.0010115Mik, dry, noffa, fustar, with added vitamin A and vitamin D6600.0 com0.00201154Mik, dry, noffa, fustar, with added vitamin A and vitamin D6800.0 com0.0 com01154Mik, dry, mofar, regular, with added vitamin A and vitamin D7000.0 com0.0 com01090Mik, dry, mofar, regular, with added vitamin A and vitamin D7200.0 com0.0 com0117Mik, dry, mofar, regular, with added vitamin A and vitamin D7200.0 com0.0 com01190Mik, dry, mofar, regular, with added vitamin A and vitamin D7200.0 com0.0 com01191Mik, dry, mofar, regular, with added vitamin A and vitamin D12800.0 com0.0 com01192Mik, fudi, fud	01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	250.0	1.0 cup 0.10
01104Nik, dy, nordi, instar, with added vitamin A and vitamin D250010.0000.000000105Mik, dy, nordi, tinstar, with added vitamin A and vitamin D6600.00000.000001134Mik, dy, nordi, tingtar, with added vitamin A and vitamin D67000.0000.000	01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup 0.10
01092Milk dry, nonfat, instant, with added vitamin A and vitamin D68.001.0 cmp0.01001155Milk, dry, nonfat, regular, with added vitamin A and vitamin D30.000.02 cmp0.00001014Milk, dry, nonfat, regular, with out added vitamin A and vitamin D30.000.02 cmp0.00001019Milk, dry, nonfat, regular, with out added vitamin A and vitamin D30.000.02 cmp0.00001010Milk, dry, nonfat, regular, with out added vitamin A and vitamin D30.000.02 cmp0.01001021Milk, cryonorta, Tegular, with added vitamin A and vitamin D128.001.0 cmp0.02501030Milk, dry, nohic, without added vitamin A and vitamin D244.001.0 cmp0.02501040Milk, fould, with added vitamin A and vitamin D244.001.0 cmp0.00001051Milk, fould, nofat, fould refore or skim244.001.0 cmp0.00001064Milk, fould, with added vitamin A and vitamin D244.001.0 cmp0.00001075Milk, fould, with added vitamin A and vitamin D244.001.0 cmp0.00001084Milk, nors, non-sory0.0001.0 cmp0.00001085Milk, sordift, fuid, with added vitamin A and vitamin D245.001.0 cmp0.00001086Milk, sordift, fuid, with added vitamin A and vitamin D245.001.0 cmp0.00001085Milk, sordift, fuid, with added vitamin A and vitamin D245.001.0 cmp0.00001086Milk, sonfat, fuid, with added vitamin A and vitamin D <t< td=""><td>01102</td><td>Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D</td><td>250.0</td><td>1.0 cup 0.18</td></t<>	01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup 0.18
01151Milk, dy, nonfat, ristant, without added vitamin A and vitamin D6601.0 cm0.0101154Milk, dy, nonfat, regular, with added vitamin A and vitamin D3000.25 cm0.00001091Milk, dy, nonfat, regular, with added vitamin A and vitamin D3200.25 cm0.01901092Milk, dy, nonfat, regular, with added vitamin A and vitamin D1200.02 cm0.02 cm01212Milk, div, whole, with added vitamin A and vitamin D25201.0 cm0.0301214Milk, filted, filted, with added vitamin A and vitamin D24101.0 cm0.0301005Milk, filted, filted, with added vitamin A and vitamin D24101.0 cm0.0201016Milk, gast, fild, with added vitamin A and vitamin D24101.0 cm0.0201016Milk, gast, fild, with added vitamin A and vitamin D24101.0 cm0.0201016Milk, gast, fild, with added vitamin A and vitamin D3.011.0 fm0.0201016Milk, gast, fild, with added vitamin A and vitamin D24101.0 cm0.0201016Milk, gast, fild, with added vitamin A and vitamin D (falt fee or skim)24101.0 cm0.0201015Milk, nonfat, fild, Nik, with added vitamin A and vitamin D (falt fee or skim)24501.0 cm0.0201016Milk, nonfat, fild, Nik, without added vitamin A and vitamin D24501.0 cm0.0201018Milk, nonfat, fild, Nik, without added vitamin A and vitamin D24501.0 cm0.0201018Milk, nonfat, fild, Nik,	01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	250.0	1.0 cup 0.00
01154Milk dy, nonfar, regular, with added vitamin A and vitamin D3000.025 cm0.00001090Milk, dy, whofa, without added vitamin A and vitamin D3200.25 cm0.00001090Milk, dy, whote, with added vitamin D3200.02 cm0.02 cm01212Milk, dy, whote, without added vitamin D2200.0 cm0.02 cm01213Milk, field, Hind, with lauric acti off0.0 cm0.0 cm0.0 cm01075Milk, field, Hind, with lauric acti off0.0 cm0.0 cm0.0 cm01175Milk, field, Vist, without added vitamin A and vitamin D0.0 cm0.0 cm0.0 cm01176Milk, field, Vist, without added vitamin A and vitamin D0.0 cm0.0 cm0.0 cm01175Milk, field, Vist, with added vitamin A and vitamin D0.0 cm0.0 cm0.0 cm01176Milk, field, Nink, with added vitamin A and vitamin D0.0 cm0.0 cm0.0 cm01080Milk, norfa, field, With added vitamin A and vitamin D far free or skim0.4 cm0.0 cm0.0 cm01081Milk, norfa, field, With added vitamin A and vitamin D far free or skim0.4 cm0.0 cm0.0 cm01084Milk, norfa, field, With added vitamin A and vitamin D far free or skim0.4 cm0.0 cm0.0 cm01084Milk, norfa, field, With added vitamin A and vitamin D far free or skim0.4 cm0.0 cm0.0 cm01084Milk, norfa, field, With added vitamin A and vitamin D0.4 cm0.0 cm0.0 cm0118Milk, norfa, field, With added vitamin A and	01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	68.0	1.0 cup 0.01
0191Milk, dry, notak, regular, without added vitamin A and vitamin D3000.025 cap0.00001090Milk, dry, whole, with added vitamin D128.00.025 cap0.01901214Milk, caporated, 25% far, with added vitamin A and vitamin D128.01.0 cap0.02501015Milk, filted, fluid, With lauric aci oil244.01.0 cap0.02501016Milk, span, fati, vith added vitamin A and vitamin D244.01.0 cap0.02501175Milk, fluid, fluid, With lauric aci oil244.01.0 cap0.02501106Milk, span, fluid, with added vitamin A and vitamin D244.01.0 cap0.02501106Milk, span, fluid, wha added vitamin A and vitamin D30.81.0 flor0.02501106Milk, span, fluid, wha added vitamin A and vitamin D30.81.0 flor0.02101107Milk, nonfar, fluid, wha added vitamin A and vitamin D30.81.0 flor0.02101082Milk, lowaf, fluid, With Mathed vitamin A and vitamin D (far free or skim)244.01.0 cap0.02101082Milk, nonfar, fluid, with added vitamin A and vitamin D (far free or skim)245.01.0 cap0.02101084Milk, nonfar, fluid, with added vitamin A and vitamin D (far free or skim)245.01.0 cap0.02101085Milk, nonfar, fluid, with added vitamin A and vitamin D245.01.0 cap0.02101074Milk, reducer far, fluid, 2% milkfar, with added vitamin A and vitamin D245.01.0 cap0.02101075Milk, reducer far, flu	01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	68.0	1.0 cup 0.01
01990Milk, dry, whole, without added vitamin D32.00.25 cm0.1901212Milk, dry, whole, without added vitamin A and vitamin D128.01.0 cm0.7401291Milk, evaporated, 2% fat, with added vitamin A and vitamin D244.01.0 cm0.3201000Milk, fluid, fluid, with added vitamin A and vitamin D244.01.0 cm0.0201175Milk, fluid, fluid, with added vitamin A and vitamin D247.01.0 cm0.0201060Milk, fluid, uith, acticium fortified (fat free or skim)247.01.0 cm0.0201076Milk, fluid, with added vitamin A and vitamin D247.01.0 cm0.0201087Milk, fluid, with added vitamin A and vitamin D30.81.0 floid0.0201088Milk, invitation, non-scy0.020.020.0201089Milk, lowfar, fluid, with added vitamin A and vitamin D (fat free or skim)245.01.0 cm0.0201084Milk, nonfar, fluid, with added vitamin A and vitamin D (fat free or skim)245.01.0 cm0.0201085Milk, nonfar, fluid, with added vitamin A and vitamin D (fat free or skim)245.01.0 cm0.0201084Milk, nonfar, fluid, with added vitamin A and vitamin D244.01.0 cm0.0201085Milk, nonfar, fluid, with added vitamin A and vitamin D244.01.0 cm0.0101070Milk, nedec fat, fluid, 2% milkfat, with added vitamin A and vitamin D244.01.0 cm0.0101174Milk, nedec fat, fluid, 2% milkfat, with added vitamin A and vitam	01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	30.0	0.25 cup 0.00
01212Milk, dy, whole, without added vitamin D128.01.0 cup0.7 dt01281Milk, orgonated, 2%, fut, with added vitamin D252.00.0 cup0.8 dt01080Milk, fluid, fut, with laric acid oil244.00.0 cup0.0 cup01175Milk, fluid, fut, with added vitamin A and vitamin D247.00.0 cup0.0 cup01080Milk, fluid, sofat, cucium fortified (far fer or skim)247.00.0 cup0.0 cup01081Milk, goat, fluid, with added vitamin D247.00.0 cup0.0 cup01082Milk, goat, fluid, with added vitamin D30.80.0 fluid0.0 cup01084Milk, goat, fluid, with added vitamin A and vitamin D244.00.0 cup0.0 cup01085Milk, lowfar, fluid, with added vitamin A and vitamin D (far fer or skim)245.00.0 cup0.0 cup01084Milk, norfar, fluid, with added vitamin A and vitamin D (far fer or skim)245.00.0 cup0.0 cup01085Milk, norfar, fluid, with added vitamin A and vitamin D (far fer or skim)245.00.0 cup0.0 cup01084Milk, norfar, fluid, with added vitamin A and vitamin D (far fer or skim)245.00.0 cup0.0 cup01084Milk, nordar, fluid, with added vitamin A and vitamin D245.00.0 cup0.0 cup01084Milk, nordar, fluid, with added vitamin A and vitamin D245.00.0 cup0.0 cup01084Milk, nordar, fluid, With added vitamin A and vitamin D245.00.0 cup0.0 cup01084Milk, nordar, fluid, with adde	01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup 0.00
01291Milk, evaporated, 2% fat, with added vitamin A and vitamin D252.010 cp0.0 cp01050Milk, filled, fluid, with lauric acid oil0.0 cp0.244.01.0 cp0.0 cp01175Milk, filled, fluid, with added vitamin A and vitamin D244.01.0 cp0.0 cp42300Milk, fluid, onoffa, calcium fortified (fat free or skim)0.0 cp0.0 cp0.0 cp01060Milk, sont, fluid, with added vitamin D30.51.0 fl or0.0 cp01070Milk, huma, mature, fluid30.81.0 fl or0.0 cp01084Milk, limitation, non-soy0.0 cp0.0 cp0.0 cp01085Milk, low sodium, fluid with added vitamin A and vitamin D (fat free or skim)244.01.0 cup0.0 cp01086Milk, nonfa, fluid, with added vitamin A and vitamin D (fat free or skim)245.01.0 cup0.0 cp01086Milk, nonfa, fluid, with added vitamin A and vitamin D (fat free or skim)245.01.0 cup0.0 cp01081Milk, nonfa, fluid, with added vitamin A and vitamin D (fat free or skim)245.01.0 cup0.0 cp01081Milk, nonfa, fluid, with added vitamin A and vitamin D245.01.0 cup0.0 cp01074Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D245.01.0 cup0.0 cup0174Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D245.01.0 cup0.0 cup0174Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D246.01.0 cup0.0 cup <td>01090</td> <td>Milk, dry, whole, with added vitamin D</td> <td>32.0</td> <td>0.25 cup 0.19</td>	01090	Milk, dry, whole, with added vitamin D	32.0	0.25 cup 0.19
Nilk, filled, filled, filled, filled, with haarie acid oil9244010 cup0.0 cup01175Milk, filled, filled, filled, with added vitamin A and vitamin D24401.0 cup0.0 cup42200Milk, filled, nonft, calcium fortified (far fer or skim)24701.0 cup0.0 cup01000Milk, goat, fluid, with added vitamin D30.51.0 ft ocup0.0 cup01017Milk, human, mature, fluid30.81.0 ft ocup0.0 cup01030Milk, human, mature, fluid0.0 cup0.0 cup0.0 cup01040Milk, hords, ft uid, with added vitamin A and vitamin D24401.0 cup0.0 cup01050Milk, hords, ft uid, with added vitamin A and vitamin D ffar fer or skim24501.0 cup0.0 cup01050Milk, nofar, fluid, with added vitamin A and vitamin D ffar fer or skim24501.0 cup0.0 cup01051Milk, nofar, fluid, with added vitamin A and vitamin D ffar fer or skim24501.0 cup0.0 cup01052Milk, nofar, fluid, with added vitamin A and vitamin D far fer or skim24501.0 cup0.0 cup01054Milk, nofar, fluid, with added vitamin A and vitamin D far fer or skim24501.0 cup0.0 cup01054Milk, nofar, fluid, with added vitamin A and vitamin D24501.0 cup0.0 cup01054Milk, reduced far, fluid, 2% milkfar, with added vitamin A and vitamin D24601.0 cup0.0 cup01074Milk, reduced far, fluid, 2% milkfar, with added vitamin A and vitamin D24401.0 cup0.0 cup01	01212	Milk, dry, whole, without added vitamin D	128.0	1.0 cup 0.74
NHK, Ruid, HK, Ruid, NK, Ruid, NK, Ruid, Sam, Sam, Sam, Sam, Sam, Sam, Sam, Sam	01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	252.0	1.0 cup 0.45
4290Mik, huid, nonfat, calcium fortified (fat free or skim)247.01.0 cup0.001106Mik, goat, fluid, with added vitamin D30.51.0 ft oz0.020107Mik, human, mature, fluid30.81.0 ft oz0.024353Mik, initation, non-soy0.020.020.000.000.0001080Mik, low sodium, fluid0.0 cup0.020.020.020.0201081Mik, low sodium, fluid, with added vitamin A and vitamin D244.00.0 cup0.0201082Mik, lowfat, fluid, with added vitamin A and vitamin D (fat free or skim)245.01.0 cup0.0201084Mik, norfat, fluid, with added vitamin A and vitamin D (fat free or skim)245.01.0 cup0.0201085Mik, norfat, fluid, with added vitamin A and vitamin D (fat free or skim)245.01.0 cup0.0201084Mik, norfat, fluid, with added vitamin A and vitamin D (fat free or skim)245.01.0 cup0.0201085Mik, norfat, fluid, 2% mikfat, protein fortified, with added vitamin A and vitamin D245.01.0 cup0.0101070Mik, neduced fat, fluid, 2% mikfat, with added vitamin A and vitamin D246.01.0 cup0.0201071Mik, neduced fat, fluid, 2% mikfat, with added vitamin A and vitamin D244.01.0 cup0.0101070Mik, neduced fat, fluid, 2% mikfat, with added vitamin A and vitamin D244.01.0 cup0.0101710Mik, neduced fat, fluid, 2% mikfat, with added vitamin A and vitamin D244.01.0 cup0.01<	01060	Milk, filled, fluid, with lauric acid oil	244.0	1.0 cup 0.32
0106Milk, goat, fluid, with added vitamin D30.51.0 fl or0.0020117Milk, human, mature, fluid30.81.0 fl or0.0243543Milk, imitation, non-soy0.244.01.0 cup0.00001089Milk, low sodium, fluid244.01.0 cup0.02001082Milk, low faft, fluid, lw milk fatt, with added vitamin A and vitamin D (fat free or skim)245.01.0 cup0.02001086Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)245.01.0 cup0.02001086Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)245.01.0 cup0.02001081Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)245.01.0 cup0.02001081Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)245.01.0 cup0.02001081Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D245.01.0 cup0.0100179Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D244.01.0 cup0.0170174Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D244.01.0 cup0.0170174Milk, hole, 3.25% milkfat, with added vitamin A and vitamin D244.01.0 cup0.0170174Milk, hole, 3.25% milkfat, with added vitamin A and vitamin D244.01.0 cup0.0170174Milk, hole, 3.25% milkfat, without added vitamin A and vitamin D244.01.0 cup <t< td=""><td>01175</td><td>Milk, fluid, 1% fat, without added vitamin A and vitamin D</td><td>244.0</td><td>1.0 cup 0.02</td></t<>	01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	244.0	1.0 cup 0.02
N1107Milk, human, mature, fluid30.81.0 fl oz0.0243543Milk, human, mature, fluid0.0 cup0.0 cup	42290	Milk, fluid, nonfat, calcium fortified (fat free or skim)	247.0	1.0 cup 0.02
43543Milk, imitation, non-soy0.000.000	01106	Milk, goat, fluid, with added vitamin D	30.5	1.0 fl oz 0.02
Nilk, low sodium, fluid244.01.0 cup0.0201082Nilk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D244.01.0 cup0.0201086Nilk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)245.01.0 cup0.0201085Nilk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)245.01.0 cup0.0201151Nilk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)245.01.0 cup0.0201081Nilk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D246.01.0 cup0.0101070Nilk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D246.01.0 cup0.0701714Nilk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D246.01.0 cup0.0101714Nilk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D244.01.0 cup0.0101714Nilk, whole, 3.25% milkfat, without added vitamin A and vitamin D244.01.0 cup0.1701714Nilk, whole, 3.25% milkfat, without added vitamin A and vitamin D244.01.0 cup0.1701715Nilk, whole, 3.25% milkfat, without added vitamin A and vitamin D244.01.0 cup0.1701714Nilk (nocked1.0 cup0.130.010.010.0101715Nille flour1.0 cup1.0 cup0.130.0101725Nillet, cooked1.0 cup0.100.100.10 <td>01107</td> <td>Milk, human, mature, fluid</td> <td>30.8</td> <td>1.0 fl oz 0.02</td>	01107	Milk, human, mature, fluid	30.8	1.0 fl oz 0.02
01082Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D (fat free or skim)244.01.0 cup0.0201086Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)245.01.0 cup0.0201087Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)245.01.0 cup0.0201151Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)245.01.0 cup0.0201081Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D246.01.0 cup0.0201070Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D246.01.0 cup0.0701714Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D246.01.0 cup0.0701715Milk, nole, 3.25% milkfat, with added vitamin A and vitamin D246.01.0 cup0.1701714Milk, nole, 3.25% milkfat, without added vitamin A and vitamin D244.01.0 cup0.1701715Milk, nole, 3.25% milkfat, without added vitamin A and vitamin D244.01.0 cup0.1701714Milk, nole, 3.25% milkfat, without added vitamin A and vitamin D244.01.0 cup0.1701715Milk, nole, 3.25% milkfat, without added vitamin A and vitamin D244.01.0 cup0.1301714Milk (none, 3.25% milkfat, without added vitamin A and vitamin D244.01.0 cup0.1301715Mile (none1.0 cup0.01.0 cup0.00172<	43543	Milk, imitation, non-soy	244.0	1.0 cup 0.00
N1086Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)245.01.0 cup0.0201085Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)245.01.0 cup0.0201151Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)245.01.0 cup0.0201081Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D246.01.0 cup0.0101070Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D244.01.0 cup0.0701714Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D246.01.0 cup0.070173Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D246.01.0 cup0.070174Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D246.01.0 cup0.070174Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D246.01.0 cup0.070174Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D244.01.0 cup0.170171Milk (whole, 3.25% milkfat, without added vitamin A and vitamin D244.01.0 cup0.132032Millet flour1.0 cup0.031.0 cup0.032033Millet, cooked1.0 cup0.100.010.012034Millet, raw20001.0 cup0.100.012031Millet, raw1.0 cup0.010.01 <td< td=""><td>01089</td><td>Milk, low sodium, fluid</td><td>244.0</td><td>1.0 cup 0.20</td></td<>	01089	Milk, low sodium, fluid	244.0	1.0 cup 0.20
N1085Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)245.01.0 cup0.0201151Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)245.01.0 cup0.0201081Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D246.01.0 cup0.0701070Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D244.01.0 cup0.0701714Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D244.01.0 cup0.070174Milk, whole, 3.25% milkfat, with added vitamin A and vitamin D244.01.0 cup0.070175Milk, whole, 3.25% milkfat, with added vitamin A and vitamin D244.01.0 cup0.170176Milk, cooked fat, fluid, 2% milkfat, without added vitamin A and vitamin D244.01.0 cup0.070177Milk, whole, 3.25% milkfat, with added vitamin A and vitamin D244.01.0 cup0.170178Milk, cooked fat, fluid, 2% milkfat, without added vitamin A and vitamin D244.01.0 cup0.170179Milk, kohe, 3.25% milkfat, without added vitamin A and vitamin D244.01.0 cup0.130170Milk, cooked1.0 cup0.020.1302647Milet, cooked1.0 cup0.031383Milet, raw1.0 cup0.100.101012Miso1.0 cup1.0 cup0.101612Miso1.0 cup0.000.00	01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup 0.02
01151Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)245.01.0 cup0.0201081Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D246.01.0 cup0.1001079Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D244.01.0 cup0.0701174Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D246.01.0 cup0.0701174Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D246.01.0 cup0.070107Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D244.01.0 cup0.1701211Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D244.01.0 cup0.1702647Millet flour1.0 cup0.130.020.1720647Millet, cooked1.0 cup0.130.020.0320320Millet, cooked1.0 cup0.030.020.1420310Millet, raw21.01.0 cup0.1420311Miso1.0 cup0.100.100.1020322Milet, raw0.01.0 cup0.1020333Milet, raw0.001.0 cup0.0120344Milet, raw0.000.000.002035Milet, raw0.000.000.0020344Milet, raw0.000.000.0020344Milet, raw0.000.000.0020344Milet, raw	01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup 0.02
01081Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D246.01.0 cup0.1001079Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D244.01.0 cup0.0701174Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D246.01.0 cup0.0701077Milk, whole, 3.25% milkfat, with added vitamin A and vitamin D244.01.0 cup0.1701211Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D244.01.0 cup0.1701211Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D244.01.0 cup0.1701211Milk, cooked1.0 cup0.130.00.1701212Millet, cooked1.0 cup0.030.00.132032Millet, puffed1.0 cup0.030.00.0313483Millet, puffed21.01.0 cup0.0316112Miso1.0 cup0.100.101612Miso1.0 cup0.000.00	01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup 0.02
Note Note <th< td=""><td>01151</td><td>Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)</td><td>245.0</td><td>1.0 cup 0.02</td></th<>	01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup 0.02
01174Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D246.01.0 cup0.0701077Milk, whole, 3.25% milkfat, with added vitamin D244.01.0 cup0.1701211Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D244.01.0 cup0.1720647Milet flour1.0 cup0.1320032Milet, cooked1.0 cup0.0343483Milet, puffed1.0 cup0.1420310Milet, raw200.01.0 cup0.1116112Miso1.0 cup0.00	01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup 0.10
01077 Milk, whole, 3.25% milkfat, with added vitamin D 244.0 1.0 cup 0.17 01211 Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D 244.0 1.0 cup 0.17 20647 Milet flour 1.0 cup 0.13 20032 Milet, cooked 1.0 cup 0.13 43483 Milet, puffed 1.0 cup 0.03 20031 Milet, raw 200.0 1.0 cup 0.14 16112 Miso 1.0 cup 0.10	01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup 0.07
01211Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D244.01.0 cup0.1720647Millet flour119.01.0 cup0.1320032Millet, cooked174.01.0 cup0.0343483Millet, puffed21.01.0 cup0.1420031Millet, raw200.01.0 cup0.1016112Miso174.01.0 cup0.00	01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup 0.07
20647 Millet flour 119.0 1.0 cup 0.13 20032 Millet, cooked 174.0 1.0 cup 0.03 43483 Millet, puffed 21.0 1.0 cup 0.14 20031 Millet, raw 200.0 1.0 cup 0.10 16112 Miso 17.0 1.0 tbsp 0.00	01077	Milk, whole, 3.25% milkfat, with added vitamin D	244.0	1.0 cup 0.17
20032 Millet, cooked 174.0 1.0 cup 0.03 43483 Millet, puffed 21.0 1.0 cup 0.14 20031 Millet, raw 2000 1.0 cup 0.10 16112 Miso 17.0 1.0 tbsp 0.00	01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	244.0	1.0 cup 0.17
43483 Millet, puffed 21.0 1.0 cup 0.14 20031 Millet, raw 200.0 1.0 cup 0.10 16112 Miso 17.0 1.0 tbsp 0.00	20647	Millet flour	119.0	1.0 cup 0.13
20031 Millet, raw 200.0 1.0 cup 0.10 16112 Miso 17.0 1.0 tbsp 0.00	20032	Millet, cooked	174.0	1.0 cup 0.03
16112 Miso 17.0 1.0 tbsp 0.00	43483	Millet, puffed	21.0	1.0 cup 0.14
	20031	Millet, raw	200.0	1.0 cup 0.10
19304 Molasses 337.0 1.0 cup 0.00	16112	Miso	17.0	1.0 tbsp 0.00
	19304	Molasses	337.0	1.0 cup 0.00

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NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
15155	Mollusks, abalone, mixed species, raw	85.0	3.0 oz	3.40
15160	Mollusks, clam, mixed species, canned, drained solids	85.0	3.0 oz	0.95
15162	Mollusks, clam, mixed species, canned, liquid	85.0	3.0 oz	0.26
15157	Mollusks, clam, mixed species, raw	85.0	3.0 oz	0.58
15250	Mollusks, conch, baked or broiled	127.0	1.0 cup, sliced	8.04
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	0.82
15230	Mollusks, octopus, common, cooked, moist heat	85.0	3.0 oz	1.02
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	1.02
15170	Mollusks, oyster, eastern, canned	85.0	3.0 oz	0.72
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	1.12
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	1.44
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	0.71
15231	Mollusks, oyster, Pacific, cooked, moist heat	25.0	1.0 medium	0.21
90240	Mollusks, scallop, (bay and sea), cooked, steamed	85.0	3.0 oz	0.00
15172	Mollusks, scallop, mixed species, raw	30.0	1.0 unit 2 large or 5 small	0.00
90560	Mollusks, snail, raw	85.0	3.0 oz	4.25
15175	Mollusks, squid, mixed species, raw	28.35	1.0 oz, boneless	0.34
15177	Mollusks, whelk, unspecified, raw	85.0	3.0 oz	0.11
16600	MORNINGSTAR FARMS Sesame Chik'n Entree, frozen, unprepared	269.0	1.0 package	1.21
07050	Mortadella, beef, pork	28.35	1.0 oz	0.06
28197	MOTHER'S, Coconut Cocadas Cookies	32.0	5.0 cookies	0.14
28208	MOTHER'S, Peanut Butter Gauchos Cookies	38.0	2.0 cookies	0.17
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	0.14
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	0.28
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	28.35	1.0 oz	0.46
18277	Muffins, blueberry, toaster-type	28.35	1.0 oz	0.26
18386	Muffins, blueberry, toaster-type, toasted	28.35	1.0 oz	0.28
18279	Muffins, corn, commercially prepared	28.35	1.0 oz	0.23
18283	Muffins, oat bran	28.35	1.0 oz	0.19
18388	Muffins, wheat bran, toaster-type with raisins, toasted	28.35	1.0 oz	0.28
09190	Mulberries, raw	140.0	1.0 cup	1.22
16381	Mung beans, mature seeds, cooked, boiled, with salt	202.0	1.0 cup	0.30
16081	Mung beans, mature seeds, cooked, boiled, without salt	202.0	1.0 cup	0.30
16080	Mung beans, mature seeds, raw	207.0	1.0 cup	1.06

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NDB_No	Description	Weight(g)	Measure ^{(a}	Vitamin E alpha-tocopherol)(mg)
				Per Measure
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	124.0	1.0 cup	0.09
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	0.09
11043	Mung beans, mature seeds, sprouted, raw	104.0	1.0 cup	0.10
16384	Mungo beans, mature seeds, cooked, boiled, with salt	180.0	1.0 cup	0.27
16084	Mungo beans, mature seeds, cooked, boiled, without salt	180.0	1.0 cup	0.27
11938	Mushroom, white, exposed to ultraviolet light, raw	70.0	1.0 cup pieces or slices	0.01
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	87.0	1.0 cup whole	0.01
11266	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole	0.01
11264	Mushrooms, canned, drained solids	156.0	1.0 cup	0.02
11950	Mushrooms, enoki, raw	5.0	1.0 large	0.00
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	0.01
11987	Mushrooms, oyster, raw	148.0	1.0 large	0.00
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	121.0	1.0 cup sliced	0.00
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	0.02
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	0.00
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	0.02
11798	Mushrooms, shiitake, cooked, with salt	145.0	1.0 cup pieces	0.00
11269	Mushrooms, shiitake, cooked, without salt	145.0	1.0 cup pieces	0.00
11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	0.00
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	0.00
11797	Mushrooms, white, cooked, boiled, drained, with salt	156.0	1.0 cup pieces	0.02
11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	0.02
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	0.01
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	0.00
11799	Mustard greens, cooked, boiled, drained, with salt	140.0	1.0 cup, chopped	2.49
11271	Mustard greens, cooked, boiled, drained, without salt	140.0	1.0 cup, chopped	2.49
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	150.0	1.0 cup, chopped or diced	2.02
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	150.0	1.0 cup, chopped	2.02
11270	Mustard greens, raw	56.0	1.0 cup, chopped	1.13
02046	Mustard, prepared, yellow	5.0	1.0 tsp or 1 packet	0.02
35141	Mutton, cooked, roasted (Navajo)	28.35	1.0 oz	0.23
18621	NABISCO, NABISCO RITZ Crackers	3.3	1.0 cracker	0.12
09449	Nance, frozen, unsweetened	112.0	1.0 cup without pits, thawed	1.40
09450	Naranjilla (lulo) pulp, frozen, unsweetened	120.0	1.0 cup thawed	0.90

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NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
16113	Natto	175.0	1.0 cup	0.02
09191	Nectarines, raw	143.0	1.0 cup slices	1.10
11802	New zealand spinach, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	2.21
11277	New Zealand spinach, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	2.21
11276	New Zealand spinach, raw	56.0	1.0 cup, chopped	0.80
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	140.0	1.0 cup	0.18
20113	Noodles, chinese, chow mein	28.0	0.5 cup dry	0.64
20310	Noodles, egg, cooked, enriched, with added salt	160.0	1.0 cup	0.27
20510	Noodles, egg, cooked, unenriched, with added salt	160.0	1.0 cup	0.27
20109	Noodles, egg, dry, enriched	38.0	1.0 cup	0.14
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	0.14
20110	Noodles, egg, enriched, cooked	160.0	1.0 cup	0.27
20112	Noodles, egg, spinach, enriched, cooked	160.0	1.0 cup	0.88
20410	Noodles, egg, unenriched, cooked, without added salt	160.0	1.0 cup	0.27
20118	Noodles, flat, crunchy, Chinese restaurant	45.0	1.0 cup	1.48
11964	Nopales, cooked, without salt	149.0	1.0 cup	0.00
11963	Nopales, raw	86.0	1.0 cup, sliced	0.00
01250	Nutritional supplement for people with diabetes, liquid	227.0	1.0 can	3.31
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	3.87
12195	Nuts, almond butter, plain, without salt added	16.0	1.0 tbsp	3.87
12071	Nuts, almond paste	28.35	1.0 oz	3.84
12061	Nuts, almonds	143.0	1.0 cup, whole	36.65
12062	Nuts, almonds, blanched	145.0	1.0 cup whole kernels	34.44
12563	Nuts, almonds, dry roasted, with salt added	138.0	1.0 cup whole kernels	32.98
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	32.98
12665	Nuts, almonds, oil roasted, lightly salted	157.0	1.0 cup whole kernels	40.77
12565	Nuts, almonds, oil roasted, with salt added	157.0	1.0 cup whole kernels	40.77
12567	Nuts, almonds, oil roasted, with salt added, smoke flavor	28.0	1.0 oz (28 almonds)	7.04
12065	Nuts, almonds, oil roasted, without salt added	157.0	1.0 cup whole kernels	40.77
12078	Nuts, brazilnuts, dried, unblanched	133.0	1.0 cup, whole	7.51
12588	Nuts, cashew butter, plain, with salt added	16.0	1.0 tbsp	0.81
12585	Nuts, cashew nuts, dry roasted, with salt added	137.0	1.0 cup, halves and whole	1.26
12085	Nuts, cashew nuts, dry roasted, without salt added	137.0	1.0 cup, halves and whole	1.26
12586	Nuts, cashew nuts, oil roasted, with salt added	129.0	1.0 cup, whole	1.19
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NDB_No	Description	Weight(g)	Measure (Vitamin E alpha-tocopherol)(mg)
				Per Measure
12086	Nuts, cashew nuts, oil roasted, without salt added	129.0	1.0 cup, whole	1.19
12087	Nuts, cashew nuts, raw	28.35	1.0 oz	0.26
12167	Nuts, chestnuts, european, roasted	143.0	1.0 cup	0.72
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	0.02
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	0.12
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	0.00
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93.0	1.0 cup, shredded	0.36
12104	Nuts, coconut meat, raw	80.0	1.0 cup, shredded	0.19
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	240.0	1.0 cup	0.36
12119	Nuts, coconut water (liquid from coconuts)	240.0	1.0 cup	0.00
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	17.28
12121	Nuts, hazelnuts or filberts, blanched	28.35	1.0 oz	4.96
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	28.35	1.0 oz	4.33
12632	Nuts, macadamia nuts, dry roasted, with salt added	132.0	1.0 cup, whole or halves	0.75
12132	Nuts, macadamia nuts, dry roasted, without salt added	132.0	1.0 cup, whole or halves	0.75
12131	Nuts, macadamia nuts, raw	134.0	1.0 cup, whole or halves	0.72
12136	Nuts, mixed nuts, dry roasted, with peanuts, salt added, PLANTERS pistachio blend	147.0	1.0 cup	8.31
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	137.0	1.0 cup	14.99
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	131.0	1.0 cup	8.03
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	2.22
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	134.0	1.0 cup	10.48
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	134.0	1.0 cup	10.48
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	28.35	1.0 oz	2.18
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	144.0	1.0 cup	11.81
12142	Nuts, pecans	109.0	1.0 cup, chopped	1.53
12643	Nuts, pecans, dry roasted, with salt added	28.35	1.0 oz	0.37
12143	Nuts, pecans, dry roasted, without salt added	28.35	1.0 oz	0.37
12644	Nuts, pecans, oil roasted, with salt added	110.0	1.0 cup	2.78
12144	Nuts, pecans, oil roasted, without salt added	110.0	1.0 cup	2.78
12147	Nuts, pine nuts, dried	135.0	1.0 cup	12.60
12652	Nuts, pistachio nuts, dry roasted, with salt added	123.0	1.0 cup	2.67
12152	Nuts, pistachio nuts, dry roasted, without salt added	123.0	1.0 cup	2.67
12151	Nuts, pistachio nuts, raw	123.0	1.0 cup	3.52
12154	Nuts, walnuts, black, dried	125.0	1.0 cup, chopped	2.60

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IP INS weak weak weak weak weak weak weak weak	NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
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048501. cooking and salad, ENOVA, 80% diglycerides14.01.0 thyp (1 NLEA serving)3.031428901. corn and canola01.0 thyp0.0 thyp0.0 thyp0451001. corn, industrial and relail, all purpose salad or cooking01.001.0 thyp0.1 thyp1400501. corn, industrial and relail, all purpose salad or cooking01.001.0 thyp0.1 thyp0452001. cotton seed, stald or cooking01.60.1 th thistepoor4.800453101. cup assu01.0 thyp0.0 thistepoor0.0081423101. furges ed01.0 thistepoor0.0080457201. faxseed, codit pressed01.60.1 th thistepoor0.0080457301. faxseed, contains added sliced flaxseed01.60.1 th thistepoor0.9290453201. hazelnat01.0 the far frying01.60.1 th thistepoor0.9290454301. industrial, canola for stalads, woks and light frying01.60.1 th thistepoor0.2370464401. industrial, canola with attriforming agent, principal uses stads, woks and light frying01.60.1 th thistepoor0.2370464401. industrial, canola, high tole0.160.1 th thistepoor0.010465901. industrial, canola, high tole0.160.1 th thistepoor0.010466101. industrial, canola, high tole0.160.1 th thistepoor0.010466401. industrial, canola, high tole0.160.1 th thistepoor0.010466401. industrial, contal, tripingl uses candy c	04501	Oil, cocoa butter	13.6	1.0 tablespoon	0.24
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9418Oil, corn, industrial and retail, all purpose salad or cooking13.61.0 thyse1.9.414005Oil, corn, peanut, and olive0.101.0 tablespoon2.0704520Oil, cornseed, salad or cooking13.61.0 tablespoon4.8004541Oil, cupu assu0.101.0 tablespoon0.0804542Oil, flavseed, cold pressed13.61.0 tablespoon0.0604707Oil, flaxseed, contains added sliced flaxseed13.61.0 tablespoon0.01004517Oil, grapescod13.61.0 tablespoon0.0204520Oil, industrial, canola (partially hydrogenated) oil for deep fat frying13.61.0 tablespoon0.23704542Oil, industrial, canola for salads, woks and light frying13.61.0 tablespoon2.3304643Oil, industrial, canola vith antifoaming agent, principal uses salads, woks and light frying13.61.0 tablespoon2.3304644Oil, industrial, canola, high oleic1.3.61.0 tablespoon2.3304645Oil, industrial, canola, tight opticg oil projeg and offee whiteres13.61.0 tablespoon2.3304646Oil, industrial, coconut, tydrogenated), used for whipped toppings and clice whiteres13.61.0 tablespoon2.3404645Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts13.61.0 tablespoon2.3404646Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts13.61.0 tablespoon3.5004646Oil, indus	04685	Oil, cooking and salad, ENOVA, 80% diglycerides	14.0	1.0 tbsp (1 NLEA serving)	3.03
44005Oil, corn, peanut, and olive14.01.0 tablespoon2.0704502Oil, cottonseed, salad or cooking13.61.0 tablespoon4.8004541Oil, cupu assu13.61.0 tablespoon0.0842231Oil, fuxseed, cold pressed13.61.0 tablespoon0.00804707Oil, faxseed, cold pressed13.71.0 tablespoon0.1004707Oil, acced, contains added sliced flaxseed13.61.0 tablespoon0.92904532Oil, hazseed, cold pressed13.61.0 tablespoon0.92904543Oil, industrial, canola (partially hydrogenated) oil for deep fat frying13.61.0 tablespoon2.3704644Oil, industrial, canola for salads, woks and light frying13.61.0 tablespoon2.3304643Oil, industrial, canola, high oleic13.61.0 tablespoon2.3304644Oil, industrial, canola, with antifoaming agent, principlu ses salads, woks and light frying13.61.0 tablespoon2.3404645Oil, industrial, coconut, dydrogenated), used for whipped toppings and coffee whiteners13.61.0 tablespoon2.3404650Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts13.61.0 tablespoon2.4404702Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts13.61.0 tablespoon2.4504645Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts13.61.0 tablespoon2.4604647Oil, industria	42289	Oil, corn and canola	14.0	1.0 tbsp	2.08
045020il, cottonseed, salad or cooking13.61.0 tablespoon4.80045410il, cupa assu13.61.0 tablespoon0.08422310il, flaxseed, cold pressed13.61.0 tablespoon0.06047070il, flaxseed, contains added sliced flaxseed13.71.0 tablespoon0.10045170il, grapseed13.61.0 tablespoon0.422045320il, hazkend, contains added sliced flaxseed13.61.0 tablespoon0.423045430il, industrial, canola (partially hydrogenated) oil for deep fat frying13.61.0 tablespoon2.37046440il, industrial, canola with antifoaming agent, principal uses salads, woks and light frying13.61.0 tablespoon2.33046430il, industrial, canola, high oleic0.101.0 tablespoon2.33046440il, industrial, canola, high oleic13.61.0 tablespoon2.34046450il, industrial, canola, high oleic13.61.0 tablespoon2.34046460il, industrial, conout (hydrogenated), used for whipped toppings and coffee whiteners13.61.0 tablespoon0.01046470il, industrial, conout, principal uses candy coatings, oil sprays, roasting nuts13.61.0 tablespoon0.48046420il, industrial, conout, principal uses candy coatings, oil sprays, roasting nuts13.61.0 tablespoon0.59046420il, industrial, nuti-oleic, sunflower13.61.0 tablespoon0.59046430il, industrial, palm and palm kernel, filing fat (non-hydrogenated)	04518	Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1.0 tbsp	1.94
045410il, cupu assu13.61.0 tablespoor0.08422310il, flaxseed, cold pressed13.61.0 tbsp0.06047070il, flaxseed, contains added sliced flaxseed13.71.0 tablespoor0.10045170il, grapseed13.61.0 tablespoor3.92045320il, industrial, canola (partially hydrogenated) oil for deep fat frying13.61.0 tablespoor6.42046440il, industrial, canola (partially hydrogenated) oil for deep fat frying13.61.0 tablespoor2.37046440il, industrial, canola with antifoaming agent, principal uses salads, woks and light frying13.61.0 tablespoor2.33046430il, industrial, canola, high oleic14.01.0 tablespoor2.33046440il, industrial, coconut, confection fat, typical basis for ice cream coatings13.61.0 tablespoor2.33046590il, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts13.61.0 tablespoor2.44046400il, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts13.61.0 tbsp0.01047020il, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts13.61.0 tablespoor5.59046450il, industrial, palm and palm kernel, flilling fat (non-hydrogenated)13.61.0 tablespoor5.59046600il, industrial, palm kernel (hydrogenated), used for whipped toppings, non-dairy13.61.0 tbsp0.52046620il, industrial, palm kernel (hydrogenated), used for w	44005	Oil, corn, peanut, and olive	14.0	1.0 tablespoon	2.07
42231Oil, flaxseed, cold pressed13.61.0 tbsp0.0604707Oil, flaxseed, contains added sliced flaxseed13.71.0 tablespoon0.1004517Oil, grapeseed13.61.0 tablespoon3.9204532Oil, hazelnut13.61.0 tablespoon6.4204645Oil, industrial, canola (partially hydrogenated) oil for deep fat frying13.61.0 tablespoon2.3704644Oil, industrial, canola for salads, woks and light frying13.61.0 tablespoon2.3304643Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying13.61.0 tablespoon2.3304643Oil, industrial, canola, high oleic14.01.0 tablespoon2.3304643Oil, industrial, canola, tigh oleic13.61.0 tablespoon2.4404661Oil, industrial, coconut, typricejal uses for ice cream coatings13.61.0 tablespoon2.4404661Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts13.61.0 tablespoon0.0104530Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts13.61.0 tablespoon5.5904662Oil, industrial, cotonsed, fully hydrogenated)13.61.0 tablespoon5.5904662Oil, industrial, cotonsed, fully hydrogenated)13.61.0 tablespoon5.5904662Oil, industrial, noth-oker, filling fat (non-hydrogenated)13.61.0 tablespoon5.5904662Oil, industrial, palm kernel (hydrogena	04502	Oil, cottonseed, salad or cooking	13.6	1.0 tablespoon	4.80
047070il, flaxseed, contains added sliced flaxseed13.71.0 tablespoon0.01045170il, grapesed13.61.0 tablespoon3.92045320il, hazelnut13.61.0 tablespoon6.42046450il, industrial, canola (partially hydrogenated) oil for deep fat frying13.61.0 tablespoon2.37046440il, industrial, canola with antifoaming agent, principal uses salads, woks and light frying13.61.0 tablespoon2.33046430il, industrial, canola with antifoaming agent, principal uses salads, woks and light frying13.61.0 tablespoon2.33046490il, industrial, canola, high oleic10.41.0 tablespoon2.33046610il, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners13.61.0 tablespoon2.44046610il, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts13.61.0 tablespoon2.44046640il, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts13.61.0 tablespoon4.80046420il, industrial, cotonseed, fully hydrogenated13.61.0 tablespoon4.80046420il, industrial, nid-oleic, sunflower13.61.0 tablespoon5.59046600il, industrial, nid-oleic, sunflower13.61.0 tablespoon5.59046610il, industrial, palm and palm kernel, filling fat (non-hydrogenated)13.61.0 tablespoon5.59046620il, industrial, palm kernel (hydrogenated), used for whipped toppings, non-dair	04541	Oil, cupu assu	13.6	1.0 tablespoon	0.08
04517Oil, grapeseed13.61.0 tablespoor3.9204532Oil, hazelnut13.61.0 tablespoor6.4204645Oil, industrial, canola (partially hydrogenated) oil for deep fat frying13.61.0 tablespoor2.3704644Oil, industrial, canola for salads, woks and light frying13.61.0 tablespoor2.3304643Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying13.61.0 tablespoor2.3304643Oil, industrial, canola, high oleic14.01.0 tablespoor2.3304649Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners13.61.0 tablespoor2.4404661Oil, industrial, coconut, confection fat, typical basis for ice cream coatings13.61.0 tablespoor2.4404645Oil, industrial, coconut, principal uses candy coating, oil sprays, roasting nuts13.61.0 tablespoor0.0104642Oil, industrial, cotonseed, fully hydrogenated13.61.0 tablespoor4.8004642Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)13.61.0 tablespoor5.5904660Oil, industrial, palm kernel (hydrogenated), used for whipped toppings, non-dairy13.61.0 tablespoor5.5204658Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product13.61.0 tablespoor5.5204659Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product13.61.0 tablespoor5.52<	42231	Oil, flaxseed, cold pressed	13.6	1.0 tbsp	0.06
045320il, hazelnut13.61.0 tablespoon6.42046450il, industrial, canola (partially hydrogenated) oil for deep fat frying13.61.0 tablespoon2.37046440il, industrial, canola for salads, woks and light frying13.61.0 tablespoon2.33046430il, industrial, canola with antifoaming agent, principal uses salads, woks and light frying13.61.0 tablespoon2.33046430il, industrial, canola, high oleic14.01.0 tablespoon2.44046610il, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners13.61.0 tablespoon2.44046590il, industrial, coconut, confection fat, typical basis for ice cream coatings13.61.0 tablespoon0.01046460il, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts13.61.0 tablespoon4.80046420il, industrial, cottonseed, fully hydrogenated13.61.0 tablespoon5.59046620il, industrial, palm and palm kernel, filling fat (non-hydrogenated)13.61.0 tablespoon5.59046600il, industrial, palm kernel (hydrogenated), used for whipped toppings, non-dairy13.61.0 tablespoon5.52046580il, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product13.61.0 tablespoo5.52046590il, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product13.61.0 tablespoo5.52046500il, industrial, palm kernel (hydrogenated), confection fat, intermediate grad	04707	Oil, flaxseed, contains added sliced flaxseed	13.7	1.0 tablespoon	0.10
046450il, industrial, canola (partially hydrogenated) oil for deep fat frying13.61.0 tablespoon2.37046440il, industrial, canola for salads, woks and light frying13.61.0 tablespoon2.37046430il, industrial, canola with antifoaming agent, principal uses salads, woks and light frying13.61.0 tablespoon2.33046980il, industrial, canola, high oleic1.0 tablespoon2.34046100il, industrial, canola, high oleic14.01.0 tablespoon2.44046610il, industrial, coconut, (hydrogenated), used for whipped toppings and coffee whiteners13.61.0 tablespoon0.01046590il, industrial, coconut, confection fat, typical basis for ice cream coatings13.61.0 tablespoon0.01046460il, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts13.61.0 tablespoon0.01046420il, industrial, cottonseed, fully hydrogenated13.61.0 tablespoon4.80046420il, industrial, and palm kernel, filling fat (non-hydrogenated)13.61.0 tablespoon5.59046620il, industrial, palm and palm kernel, filling fat (non-hydrogenated)13.61.0 tablespoon5.59046630il, industrial, palm kernel (hydrogenated), used for whipped toppings, non-dairy13.61.0 tablespoon5.59046630il, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product13.61.0 tablespoo0.52046630il, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product <td>04517</td> <td>Oil, grapeseed</td> <td>13.6</td> <td>1.0 tablespoon</td> <td>3.92</td>	04517	Oil, grapeseed	13.6	1.0 tablespoon	3.92
046440il, industrial, canola for salads, woks and light frying13.61.0 tablespoon2.37046430il, industrial, canola with antifoaming agent, principal uses salads, woks and light frying13.61.0 tablespoon2.33046980il, industrial, canola, high oleic14.01.0 tablespoon2.44046610il, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners13.61.0 tablespoon0.01046590il, industrial, coconut, confection fat, typical basis for ice cream coatings13.61.0 tbsp0.01046460il, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts13.61.0 tbsp0.01046420il, industrial, cotonseed, fully hydrogenated13.61.0 tablespoon4.80046420il, industrial, palm and palm kernel, filling fat (non-hydrogenated)13.61.0 tablespoon5.59046600il, industrial, palm kernel (hydrogenated), used for whipped toppings, non-dairy13.61.0 tbsp0.52046580il, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product13.61.0 tbsp0.52046570il, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter13.61.0 tbsp0.52046570il, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter13.61.0 tbsp0.52046570il, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter13.61.0 tbsp0.5204657<	04532	Oil, hazelnut	13.6	1.0 tablespoon	6.42
046430il, industrial, canola with antifoaming agent, principal uses salads, woks and light frying13.61.0 tablespoon2.33046980il, industrial, canola, high oleic14.01.0 tablespoon2.44046910il, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners13.61.0 tablespoon0.01046590il, industrial, coconut, confection fat, typical basis for ice cream coatings13.61.0 tbsp0.01046400il, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts13.61.0 tbsp0.01046420il, industrial, cotonseed, fully hydrogenated13.61.0 tablespoon4.80046420il, industrial, not-loic, sunflower13.61.0 tablespoon5.59046620il, industrial, palm and palm kernel, filling fat (non-hydrogenated)13.61.0 tbsp0.52046600il, industrial, palm kernel (hydrogenated), used for whipped toppings, non-dairy13.61.0 tbsp0.52046580il, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product13.61.0 tbsp0.52046570il, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter13.61.0 tbsp0.52046570il, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter13.61.0 tbsp0.52046570il, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter13.61.0 tbsp0.52046570il, industrial, palm ke	04645	Oil, industrial, canola (partially hydrogenated) oil for deep fat frying	13.6	1.0 tablespoon	2.37
04698Oil, industrial, canola, high oleic14.01.0 tablespoon2.4404661Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners13.61.0 tbsp0.0104659Oil, industrial, coconut, confection fat, typical basis for ice cream coatings13.61.0 tbsp0.0104646Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts13.61.0 tbsp0.0104702Oil, industrial, cottonseed, fully hydrogenated13.61.0 tablespoon4.8004642Oil, industrial, nuid-oleic, sunflower13.61.0 tablespoon5.5904662Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)13.61.0 tablespoon5.5904660Oil, industrial, palm kernel (hydrogenated), used for whipped toppings, non-dairy13.61.0 tbsp0.5204658Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product13.61.0 tbsp0.5204657Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter13.61.0 tbsp0.5204657Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter13.61.0 tbsp0.52	04644	Oil, industrial, canola for salads, woks and light frying	13.6	1.0 tablespoon	2.37
04661Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners13.61.0 tbsp0.0104659Oil, industrial, coconut, confection fat, typical basis for ice cream coatings13.61.0 tbsp0.0104646Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts13.61.0 tbsp0.0104702Oil, industrial, cottonseed, fully hydrogenated13.61.0 tablespoon4.8004642Oil, industrial, mid-oleic, sunflower13.61.0 tablespoon5.5904662Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)13.61.0 tbsp0.5204662Oil, industrial, palm kernel (hydrogenated), used for whipped toppings, non-dairy13.61.0 tbsp0.5204658Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product13.61.0 tbsp0.5204657Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter13.61.0 tbsp0.5204657Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter13.61.0 tbsp0.5204657Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter13.61.0 tbsp0.5204657Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter13.61.0 tbsp0.5204657Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter13.61.0 tbsp0.52 <td>04643</td> <td>Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying</td> <td>13.6</td> <td>1.0 tablespoon</td> <td>2.33</td>	04643	Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying	13.6	1.0 tablespoon	2.33
046590il, industrial, coconut, confection fat, typical basis for ice cream coatings13.61.0 tbsp0.01046460il, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts13.61.0 tbsp0.01047020il, industrial, cottonseed, fully hydrogenated13.61.0 tablespoon4.80046420il, industrial, mid-oleic, sunflower13.61.0 tablespoon5.59046620il, industrial, palm and palm kernel, filling fat (non-hydrogenated)13.61.0 tablespoon5.59046620il, industrial, palm kernel (hydrogenated), used for whipped toppings, non-dairy13.61.0 tbsp0.52046580il, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product13.61.0 tbsp0.52046570il, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter13.61.0 tbsp0.52046570il, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter13.61.0 tbsp0.52	04698	Oil, industrial, canola, high oleic	14.0	1.0 tablespoon	2.44
04646Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts13.61.0 tbsp0.0104702Oil, industrial, cottonseed, fully hydrogenated13.61.0 tablespoon4.8004642Oil, industrial, mid-oleic, sunflower13.61.0 tablespoon5.5904662Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)13.61.0 tablespoon5.5904662Oil, industrial, palm kernel (hydrogenated), used for whipped toppings, non-dairy13.61.0 tbsp0.5204658Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product13.61.0 tbsp0.5204657Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter13.61.0 tbsp0.52	04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	13.6	1.0 tbsp	0.01
04702Oil, industrial, cottonseed, fully hydrogenated13.61.0 tablespoon4.8004642Oil, industrial, mid-oleic, sunflower13.61.0 tablespoon5.5904662Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)13.61.0 tablespoon5.5904660Oil, industrial, palm kernel (hydrogenated), used for whipped toppings, non-dairy13.61.0 tbsp0.5204658Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product13.61.0 tbsp0.5204657Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter13.61.0 tbsp0.52	04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	13.6	1.0 tbsp	0.01
04642Oil, industrial, mid-oleic, sunflower13.61.0 tablespoon5.5904662Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)13.61.0 tbsp0.5204660Oil, industrial, palm kernel (hydrogenated), used for whipped toppings, non-dairy13.61.0 tbsp0.5204658Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product13.61.0 tbsp0.5204657Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter13.61.0 tbsp0.52	04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	13.6	1.0 tbsp	0.01
04662Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)13.61.0 tbsp0.5204660Oil, industrial, palm kernel (hydrogenated), used for whipped toppings, non-dairy13.61.0 tbsp0.5204658Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product13.61.0 tbsp0.5204657Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter13.61.0 tbsp0.5204657Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter13.61.0 tbsp0.52	04702	Oil, industrial, cottonseed, fully hydrogenated	13.6	1.0 tablespoon	4.80
046600il, industrial, palm kernel (hydrogenated), used for whipped toppings, non-dairy13.61.0 tbsp0.52046580il, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product13.61.0 tbsp0.52046570il, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter13.61.0 tbsp0.52	04642	Oil, industrial, mid-oleic, sunflower	13.6	1.0 tablespoon	5.59
04658Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product13.61.0 tbsp0.5204657Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter13.61.0 tbsp0.52	04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	13.6	1.0 tbsp	0.52
04657Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter13.61.0 tbsp0.52	04660	Oil, industrial, palm kernel (hydrogenated), used for whipped toppings, non-dairy	13.6	1.0 tbsp	0.52
	04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	13.6	1.0 tbsp	0.52
04663Oil, industrial, palm kernel (hydrogenated), filling fat13.61.0 tbsp0.52	04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	13.6	1.0 tbsp	0.52
	04663	Oil, industrial, palm kernel (hydrogenated), filling fat	13.6	1.0 tbsp	0.52

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NDB_No	Description	Weight(g)	Measure (Vitamin E alpha-tocopherol)(mg)
				Per Measure
04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	13.6	1.0 tbsp	0.52
04652	Oil, industrial, soy (partially hydrogenated), all purpose	13.6	1.0 tbsp	1.10
04653	Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry	13.6	1.0 tbsp	1.10
04664	Oil, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings	13.6	1.0 tbsp	1.10
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	13.6	1.0 tbsp	1.65
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	13.6	1.0 tbsp	1.10
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	13.6	1.0 tbsp	1.10
04701	Oil, industrial, soy, fully hydrogenated	13.6	1.0 tablespoon	1.11
04699	Oil, industrial, soy, low linolenic	14.0	1.0 tablespoon	1.15
04650	Oil, industrial, soy, refined, for woks and light frying	13.6	1.0 tbsp	1.11
04700	Oil, industrial, soy, ultra low linolenic	13.6	1.0 tablespoon	1.11
04572	Oil, nutmeg butter	13.6	1.0 tbsp	0.03
04588	Oil, oat	13.6	1.0 tbsp	1.96
04053	Oil, olive, salad or cooking	13.5	1.0 tablespoon	1.94
04055	Oil, palm	13.6	1.0 tbsp	2.17
04679	Oil, PAM cooking spray, original	0.3	1.0 spray, about 1/3 second (1 NLEA serving)	0.00
04042	Oil, peanut, salad or cooking	13.5	1.0 tbsp	2.12
04514	Oil, poppyseed	13.6	1.0 tablespoon	1.55
04037	Oil, rice bran	13.6	1.0 tablespoon	4.39
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1.0 tablespoon	4.64
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	13.6	1.0 tbsp	4.64
04058	Oil, sesame, salad or cooking	13.6	1.0 tablespoon	0.19
04536	Oil, sheanut	13.6	1.0 tablespoon	0.00
04531	Oil, soybean lecithin	13.6	1.0 tablespoon	1.11
04044	Oil, soybean, salad or cooking	13.6	1.0 tbsp	1.11
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1.0 tbsp	1.10
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1.0 tablespoon	1.65
04584	Oil, sunflower, high oleic (70% and over)	14.0	1.0 tbsp	5.75
04060	Oil, sunflower, linoleic (less than 60%)	13.6	1.0 tbsp	5.59
04506	Oil, sunflower, linoleic, (approx. 65%)	13.6	1.0 tbsp	5.59
04545	Oil, sunflower, linoleic, (partially hydrogenated)	13.6	1.0 tbsp	5.59
04516	Oil, teaseed	13.6	1.0 tablespoon	0.00
04515	Oil, tomatoseed	13.6	1.0 tablespoon	0.52
04573	Oil, ucuhuba butter	13.6	1.0 tbsp	0.08

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NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
04678	Oil, vegetable, Natreon canola, high stability, non trans, high oleic (70%)	14.0	1.0 tbsp	3.05
04528	Oil, walnut	13.6	1.0 tbsp	0.05
04038	Oil, wheat germ	4.5	1.0 tsp	6.72
11803	Okra, cooked, boiled, drained, with salt	80.0	0.5 cup slices	0.22
11279	Okra, cooked, boiled, drained, without salt	80.0	0.5 cup slices	0.22
11804	Okra, frozen, cooked, boiled, drained, with salt	92.0	0.5 cup slices	0.29
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	0.29
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	0.31
11278	Okra, raw	100.0	1.0 cup	0.27
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	454.0	1.0 serving varied from 7-9 ravioli per serving	2.04
36058	OLIVE GARDEN, chicken parmigiana without pasta	304.0	1.0 serving	4.83
36042	OLIVE GARDEN, lasagna classico	422.0	1.0 serving	3.63
36631	OLIVE GARDEN, spaghetti with meat sauce	525.0	1.0 serving	3.04
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	478.0	1.0 serving	3.78
07051	Olive loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.07
09195	Olives, pickled, canned or bottled, green	2.7	1.0 olive	0.10
09194	Olives, ripe, canned (jumbo-super colossal)	15.0	1.0 super colossal	0.25
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	0.14
36049	ON THE BORDER, cheese enchilada	250.0	1.0 serving serving size varied from 1 to 3 enchiladas	2.22
36051	ON THE BORDER, cheese quesadilla	203.0	1.0 serving 1 quesadilla	1.38
36044	ON THE BORDER, Mexican rice	114.0	1.0 cup	0.67
36045	ON THE BORDER, refried beans	135.0	1.0 cup	0.14
36060	ON THE BORDER, soft taco with ground beef, cheese and lettuce	324.0	1.0 serving varied from 2-3 tacos per serving	1.43
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	0.22
11285	Onions, canned, solids and liquids	63.0	1.0 onion	0.04
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	0.04
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	0.04
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	0.01
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	15.0	1.0 tbsp chopped	0.00
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0.00
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	210.0	1.0 cup	0.02
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	0.02
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	0.02
11282	Onions, raw	160.0	1.0 cup, chopped	0.03

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1124Nones, singer scales, singer scales	NDB_No	Description	Weight(g)	Measure	Vitamin E alpha-tocopherol)(mg)
11244Olion, server, new118411.0 NLEA serving0.00011284Olion, serving erst, child, inclusion, serving erst, robon, through ends, stated0.000.0000.00002077Orange juice, child, inclusion from concentrat, with addet claium24000.0000.00002080Orange juice, child, inclusion from concentrat, with addet claium and vitamin D24000.0000.00002010Orange juice, child, inclusion from concentrat, with addet claium and vitamin A, D, E24000.0000.00002012Orange juice, frome concentrat, with addet claium and vitamin A, D, E24000.0000.00002014Orange juice, frome concentrat, with addet claium and vitamin A, D, E24000.0000.00002015Orange juice, frome concentrat, with addet claium and vitamin A, D, E24000.0000.00002124Orange juice, frome concentrat, unswettend, dilated with 3 volume water, with addet claium24000.0000.00002134Orange juice, frome concentrat, unswettend, undilated claium24000.0000.00002145Orange juice, frome concentrat, unswettend, undilated claium24000.0000.00002146Orange juice, frome concentrat, unswettend, undilated claium24000.0000.00002147Orange juice, frome concentrat, unswettend, undilated claium24000.0000.00002148Orange juice, frome concentrat, unswettend, undilated claium24000.0000.00002140Orange juice, frome concentrat, unswettend, undilated clai					
11280Nino, squared, squ		Onions, spring or scallions (includes tops and bulb), raw			
11220 mins. yang geen. upo only6.01.0 thp0.0102070Orage juic., camed, unswetered24001.0 c up0.50020710 range juic., child, includes from concentrate. with added calcium24001.0 c up0.50020120 range juic., child, includes from concentrate. with added calcium and viamin D24001.0 c up0.50020140 range juic., child, includes from concentrate. with added calcium and viamin S. D. E24001.0 c up2.8102150 range juic., child, includes from concentrate. with added calcium and viamin S. D. E24001.0 c up2.8102150 range juic., frozen concentrate. with added calcium and viamin S. D. E24001.0 c up0.3102140 range juic., frozen concentrate., with added calcium24001.0 c up0.31021400 range juic., frozen concentrate., with added calcium26201.0 c up1.57021400 range juic., frozen concentrate., with added calcium26201.0 c up0.10021410 range juic., frozen concentrate., with added calcium26201.0 c up0.10021420 range juic., frozen concentrate., with added calcium26201.0 c up0.100.10021450 range juic., frozen concentrate., with added calcium26201.0 c up0.100.10021450 range juic., frozen concentrate., with added calcium26201.0 c up0.100.100.100.100.100.100.100.100.100.100.100.10			148.0		
9297929792979290092900929009290092900929009290092900 <td></td> <td>Onions, yellow, sauteed</td> <td></td> <td>1.0 cup chopped</td> <td></td>		Onions, yellow, sauteed		1.0 cup chopped	
9009Omage juice, chilled, includes from concentrate, with added calcium244901.0 cup0.0 cup90210Orange juice, chilled, includes from concentrate, with added calcium and vitamin D24901.0 cup2.8 cup90215Orange juice, fruide, inconcentrate, with added calcium and vitamin A, D, E24901.0 cup2.8 cup90214Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water24901.0 cup0.0 cup90214Orange juice, frozen concentrate, unsweetened, undiluted with 3 volume water with added calcium24901.0 cup0.1 for cup90214Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium24901.0 cup0.1 for cup90214Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium24801.0 cup0.1 for cup90214Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium24801.0 cup0.0 cup90216Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium24600.0 cup0.0 cup90216Orange prince, frozen concentrate, unsweetened24701.0 cup0.0 cup90216Orange prince, frozen concentrate, unsweetened1.0 cup1.0 cup0.0 cup90217Orange prince, frozen concentrate, unsweetened1.0 cup1.0 cup0.0 cup90218Orange prince, frozen concentrate, unsweetened2.6 cup1.0 cup0.0 cup90219Orange prince, frozen concentrate, unsweetened2.6 cup1.0 cup0.0 cup9				1.0 tbsp	0.01
02110range juice, chilled, includes from concentrate, with addet calcium and vitamin D24901.0 cm0.0 cm020100range juice, chilled, includes from concentrate, with addet calcium and vitamin A, D, E24901.0 cm2.0 cm02150range juice, chilled, includes from concentrate, with addet calcium and vitamin A, D, E24901.0 cm0.0 cm02120range juice, frozen concentrate, unsweetened, diluted with 3 volume water1.0 cm0.0 cm0.0 cm02130range juice, frozen concentrate, unsweetened, undiluted2.0 cm1.0 cm0.0 cm02130range juice, frozen concentrate, unsweetened, undiluted, with addet calcium2.0 cm1.0 cm0.0 cm02140range juice, frozen concentrate, unsweetened, undiluted, with addet calcium2.0 cm1.0 cm0.0 cm02130range juice, frozen concentrate, unsweetened, undiluted, with addet calcium2.0 cm1.0 cm0.0 cm02140range juice, frozen concentrate, unsweetened2.0 cm1.0 cm0.0 cm02150range price, rozen concentrate, unsweetened2.0 cm1.0 cm0.0 cm02160range grapefrai juice, canned or bottled, unsweetened2.0 cm1.0 cm0.0 cm02170range grapefrai juice, canned or bottled, unsweetened1.0 cm1.0 cm0.0 cm02180ranges, nw, anels0.0 cm1.0 cm0.0 cm02190ranges, nw, anels0.0 cm1.0 cm0.0 cm02140range, nw, florich, grand, row0.0 cm0.0 cm0.0 cm02140r		Orange juice, canned, unsweetened		1.0 cup	0.50
092100 range juice, thilled, includes from concentrate, with added calcium and vitamins D. D. E24901.0 cup0.500 range juice, thirde, includes from concentrate, with added calcium and vitamins A. D. E24901.0 cup2.81092120 range juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium24901.0 cup0.037092140 range juice, frozen concentrate, unsweetened, diluted, with added calcium26201.0 cup1.57092150 range juice, frozen concentrate, unsweetened, undiluted, with added calcium26201.0 cup1.57092160 range juice, frozen concentrate, unsweetened, undiluted, with added calcium26401.0 cup1.57092160 range red, raw601.0 cup0.0100.010092150 range red, raw601.0 cup0.0100.010092160 range red, raw6161.0 cup sections, vitation tembranes0.031092170 range red, raw61601.0 cup sections, vitation tembranes0.031092180 range, raw, Florida1.0 cup sections, vitation tembranes0.031092190 range, raw, Florida1.0 cup sections, vitatu tembranes0.031092100 range, raw, Florida1.0 cup sections, vitatu tembranes0.031092130 range, raw, Florida1.0 cup sections, vitatu tembranes0.031092140 strich, fariade g, raw1.0 strich (rad, raw0.011092150 strich, fariade strip, now1.0 strip (rad, raw0.01109216 <td>09209</td> <td>Orange juice, chilled, includes from concentrate</td> <td>249.0</td> <td>1.0 cup</td> <td>0.50</td>	09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	0.50
09360range juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E240.1.0 cap2.81092150 range juice, froze concentrate, unsweetend, diluted with 3 volume water240.01.0 cap0.037092140 range juice, froze concentrate, unsweetend, diluted with 3 volume water, with added calcium240.01.0 cap0.037092140 range juice, froze concentrate, unsweetend, undiluted, with added calcium262.01.0 cap1.57092160 range juice, froze concentrate, unsweetend, undiluted, with added calcium262.01.0 cap1.67092160 range juice, froze concentrate, unsweetend, undiluted, with added calcium262.01.0 cap1.67092160 range juice, froze concentrate, unsweetend, undiluted, with added calcium262.01.0 cap1.67092160 range pince, froze concentrate, unsweetend246.02.88.00.017092170 range pince, froze concentrate, unsweetend246.02.89.00.017092180 range pince, froze concentrate, unsweetend247.01.0 cap2.89.0092190 range pince, froze concentrate, unsweetend2.81.01.0 cap2.81.0092100 range pince, froze concentrate, unsweetend2.81.01.0 cap2.81.0092170 range pince, froze concentrate, unsweetend2.81.01.0 cap2.81.0092180 range pince, froze concentrate, unsweetend2.81.01.0 cap2.81.0092190 range, raw, all connnecial vancies2.81.01.0 cap2.81.0 <t< td=""><td>09211</td><td>Orange juice, chilled, includes from concentrate, with added calcium</td><td>249.0</td><td>1.0 cup</td><td>0.50</td></t<>	09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	0.50
0 Prage juice, frozen concentrate, unsweetened, diluted with 3 volume water24901.0 cup0.37 0 Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium24001.0 cup0.37 0 Orange juice, frozen concentrate, unsweetened, undiluted26201.0 cup1.57 0 Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium26201.0 cup1.57 0 Orange juice, rave concentrate, unsweetened, undiluted, with added calcium26201.0 cup0.10 0 Orange pince, raw0248.01.0 cup0.02 0 Orange pencer new6.01.0 tup0.02 0 Orange pencer new6.01.0 tup0.02 0 Orange prace frait juice, cauned or bottled, unsweetened247.01.0 cup0.33 0 Orange, raw, all commercial varieties185.01.0 cup sections, without membranes0.33 0 Orange, raw, Florida165.01.0 cup sections, without membranes0.33 0 Orange, raw, Rorida, panely Juice, frozen de bottled, unsweetened105.01.0 cup sections, without membranes0.35 0 Orange ray, Rorida, cooked, pan-broiled105.01.0 cup sections, without membranes0.35 0 Orange, raw, Rorida, panely Juice, frozen de bottled, panely for the fair, fai	09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	0.50
0212Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium249.1.0 cm, y0214Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium2620.0 cm, y.0.1 cm, y0215Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium2620.0 cm, y.0.0 cm, y0216Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium2480.0 cm, y.0.0 cm, y0216Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium2480.0 cm, y.0.0 cm, y0216Orange price, raw6.0.0.0 cm, y.0.0 cm, y.0.0 cm, y0452.Orange, raw, all commercial varieties247.0.0.0 cm, y.0.0 cm, y0217.Oranges, raw, all commercial varieties.0.0 cm, y.0.0 cm, y.0.0 cm, y0218.Orange, raw, all commercial varieties.0.0 cm, y.0.0 cm, y.0.0 cm, y0219.Orange, raw, and commercial varieties.0.0 cm, y.0.0 cm, y.0.0 cm, y0210.Orange, raw, and commercial varieties.0.0 cm, y.0.0 cm, y.0.0 cm, y0211.Orange, raw, and commercial varieties.0.0 cm, y.0.0 cm, y.0.0 cm, y0216.Orange, raw, and commercial varieties.0.0 cm, y.0.0 cm, y.0.0 cm, y0219.Orange, raw, and commercial varieties.0.0 cm, y.0.0 cm, y.0.0 cm, y0210.Orange, raw, and commercial varieties.0.0 cm, y.0.0 cm, y.0.0 cm, y <tr< td=""><td>09506</td><td>Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E</td><td>249.0</td><td>1.0 cup</td><td>2.81</td></tr<>	09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	249.0	1.0 cup	2.81
09214Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium262.01.0 cm1.5 r09216Orange juice, raw1.0 cm1.5 r1.0 cm1.5 r09206Orange juice, raw248.01.0 cm1.0 cm1.0 cm09216Orange juice, raw248.01.0 cm0.0 cm09216Orange fueg ple, raw246.08.0 ft no0.0 cm09217Orange fueg ple like Blend246.08.0 ft no0.0 cm09210Orange, raw, all commercial varieties247.01.0 cm, sections0.0 cm09203Orange, raw, Piorida1.8 cm1.0 cm sections, without membrane0.0 cm09204Orange, raw, norde1.8 cm1.0 cm sections, without membrane0.0 cm09205Orange, raw, navels0.0 cm1.0 cm0.0 cm09206Orange, raw, navels0.0 cm0.0 cm0.0 cm09207Orange, raw, navels1.0 cm0.0 cm0.0 cm09208Orange, raw, navels1.0 cm0.0 cm0.0 cm09209Orange, raw, navels0.0 cm0.0 cm0.0 cm09209Orande, raw0.0	09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249.0	1.0 cup	0.37
0213Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium0262.01.0 cup1.0 cup09206Orange juice, raw1.0 cup1.0 cup0.0009216Orange pice, raw6.01.0 clup0.0109216Orange Pincaple Juice Blend24.02.600.010.0109217Orange-grape/fini juice, canced or bottled, unsweetened24.701.0 cup, sections, without membranes0.0309200Oranges, raw, all commercial varieties185.01.0 cup sections, without membranes0.0309202Oranges, raw, nevels1.0 cup0.100.0205643Ostrich, ground, cooked, pan-broiled85.01.0 cup sections, without membranes0.0205644Ostrich, inside leg, cooked85.01.0 serving (cooked from 4 oz raw)0.1105645Ostrich, inside leg, cooked85.01.0 serving (cooked from 4 oz raw)0.1105646Ostrich, inside leg, raw85.01.0 serving (cooked from 4 oz raw)0.1105647Ostrich, inside leg, raw85.01.0 serving (cooked from 4 oz raw)0.1105648Ostrich, inside leg, raw85.01.0 serving (cooked from 4 oz raw)0.1105649Ostrich, inside leg, raw85.01.0 serving (cooked from 4 oz raw)0.1105640Ostrich, inside strip, cooked85.01.0 serving (cooked from 4 oz raw)0.1105641Ostrich, inside strip, cooked85.01.0 serving (cooked from 4 oz raw)0.1105642Ostrich, outside st	09212	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium	249.0	1.0 cup	0.37
09206Orange juice, raw024800.10 cm0.01009216Orange pel, raw1.0 cm, set0.0209452Orange Pineapple Juice Blend0.010.0140.01709217Orange, grapefriit juice, canned or bottled, unswetened247.01.0 cm, setion0.03209203Oranges, raw, all commercial varieties0.0320.10 cm pections, vithout membranes0.03209204Oranges, raw, navels1.0 cm pections, vithout membranes0.03209205Oranges, raw, navels1.0 cm pections, vithout membranes0.02505430Ostrich, ground, cooked, pan-broiled85.01.0 curp sections, vithout membranes0.02505441Ostrich, ground, raw0.011.0 gerking0.0105442Ostrich, inside leg, raw85.01.0 serving (o.00 ranges)0.1105443Ostrich, inside leg, raw85.01.0 serving (o.00 range)0.1705444Ostrich, inside leg, raw85.01.0 serving (o.00 range)0.1705445Ostrich, inside leg, raw85.01.0 serving (o.00 range)0.1705446Ostrich, inside leg, raw85.01.0 serving (o.00 range)0.1705450Ostrich, inside leg, raw85.01.0 serving (o.00 range)0.1005450Ostrich, inside leg, raw85.01.0 serving (o.00 range)0.1005550Ostrich, inside leg, raw85.01.0 serving (o.00 range)0.1005550Ostrich, outside strip, roxoled85.01.0 serving (o.00 range) <td< td=""><td>09214</td><td>Orange juice, frozen concentrate, unsweetened, undiluted</td><td>262.0</td><td>1.0 cup</td><td>1.57</td></td<>	09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	1.57
0216Orange perl, raw6.01.0 they0.0209452Orange Pineapple Juice Blend024.08.0 fl oz0.1109217Orange-grapefruit juice, canned or bottled, unsweetened247.01.0 cup0.3509200Oranges, raw, all commercial varieties188.01.0 cup sections, without membranes0.3309202Oranges, raw, flaroida185.01.0 cup sections, without membranes0.3309202Oranges, raw, navels616.01.0 cup sections, without membranes0.3205643Ostrich, fan, raw85.01.0 serving (cocked from 4.0 raw)0.1705642Ostrich, ground, cocked, pan-broiled109.01.0 serving (cocked from 4.0 raw)0.1005643Ostrich, inside leg, cooked1.0 serving (cocked from 4.0 raw)0.1005644Ostrich, inside leg, naw65.01.0 serving (a oz)0.1005645Ostrich, inside leg, naw65.01.0 serving (a oz)0.1005646Ostrich, inside leg, raw65.01.0 serving (a oz)0.1005646Ostrich, inside leg, raw65.01.0 serving (a oz)0.1005647Ostrich, inside leg, raw65.01.0 serving (a oz)0.1005648Ostrich, inside leg, raw65.01.0 serving (a oz)0.1005649Ostrich, outside strip, cooked65.01.0 serving (a oz)0.1005649Ostrich, inside leg, raw65.01.0 serving (a oz)0.1005640Ostrich, inside leg, raw65.01.0 serving	09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	262.0	1.0 cup	1.57
09452Orange Pineapple Juice Blend246.08.0 ft or0.1709217Orange-grapefruit juice, canned or bottled, unsweetened247.01.0 cup0.3509200Oranges, raw, all commercial varieties180.01.0 cup sections0.3209203Oranges, raw, Florida185.01.0 cup sections, without membranes0.3309204Oranges, raw, navels165.01.0 cup sections, without membranes0.3309205Oranges, raw, navels165.01.0 cup sections, without membranes0.2505643Ostrich, fan, raw85.01.0 serving (cooked from 4oz raw)0.1705642Ostrich, ground, cooked, pan-broiled109.01.0 party0.2605643Ostrich, inside leg, cooked109.01.0 party0.2605644Ostrich, inside leg, raw185.01.0 serving (3 oz)0.1705645Ostrich, inside leg, raw85.01.0 serving (cooked from 4 oz raw)0.1705646Ostrich, inside leg, raw85.01.0 serving (cooked from 4 oz raw)0.1805647Ostrich, inside leg, raw85.01.0 serving (cooked from 4 oz raw)0.1805648Ostrich, outside strip, raw85.01.0 serving (cooked from 4 oz raw)0.1905649Ostrich, outside strip, raw85.01.0 serving (cooked from 4 oz raw)0.1005640Ostrich, outside strip, cooked85.01.0 serving (cooked from 4 oz raw)0.10056450Ostrich, outside strip, raw85.01.0 serving (cooked from 4 oz raw	09206	Orange juice, raw	248.0	1.0 cup	0.10
0217Orange-grapefruit juice, eaned or bottled, unsweetened247.01.0 cup0.3509200Oranges, raw, all commercial varieties180.01.0 cup, sections0.3209203Oranges, raw, Florida185.01.0 cup sections, without membranes0.3309204Oranges, raw, navels10.501.0 cup sections, without membranes0.250543Ostrich, fan, raw85.01.0 serving (cooked from 4oz raw)0.170544Ostrich, ground, cooked, pan-broiled93.01.0 serving (cooked from 4oz raw)0.250545Ostrich, inside leg, cooked1.0 serving (3 oz)0.100.100544Ostrich, inside leg, raw85.01.0 serving (cooked from 4 oz raw)0.170545Ostrich, inside leg, raw85.01.0 serving (cooked from 4 oz raw)0.170546Ostrich, inside leg, raw85.01.0 serving (cooked from 4 oz raw)0.170547Ostrich, inside strip, cooked85.01.0 serving (cooked from 4 oz raw)0.170546Ostrich, inside strip, cooked85.01.0 serving (cooked from 4 oz raw)0.180546Ostrich, outside strip, raw85.01.0 serving (cooked from 4 oz raw)0.1805470Ostrich, outside strip, cooked85.01.0 serving (cooked from 4 oz raw)0.180546Ostrich, outside strip, cooked85.01.0 serving (cooked from 4 oz raw)0.1805470Ostrich, outside strip, cooked85.01.0 serving (cooked from 4 oz raw)0.100546Ostrich,	09216	Orange peel, raw	6.0	1.0 tbsp	0.02
09200Oranges, raw, all commercial varieties18001.0 cup, sections0.3209203Oranges, raw, Florida18501.0 cup sections, without membranes0.3309204Oranges, raw, navels16501.0 cup sections, without membranes0.2505643Ostrich, fan, raw8501.0 serving (cooked from 4oz raw)0.1705642Ostrich, ground, cooked, pan-broiled10901.0 getty0.2205643Ostrich, ground, raw10901.0 serving (cooked from 4oz raw)0.1705644Ostrich, inside leg, cooked8501.0 serving (3 oz)0.1005645Ostrich, inside leg, raw8501.0 serving (cooked from 4 oz raw)0.1705646Ostrich, inside strip, cooked8501.0 serving (cooked from 4 oz raw)0.1705647Ostrich, inside strip, cooked8501.0 serving (cooked from 4 oz raw)0.1705648Ostrich, inside strip, cooked8501.0 serving (cooked from 4 oz raw)0.1805649Ostrich, outside strip, cooked8501.0 serving (cooked from 4 oz raw)0.1705640Ostrich, outside strip, cooked8501.0 serving (cooked from 4 oz raw)0.1005650Ostrich, outside strip, cooked8501.0 serving (cooked from 4 oz raw)0.1005650Ostrich, outside strip, raw0.8501.0 serving (cooked from 4 oz raw)0.1005650Ostrich, outside strip, raw8501.0 serving (cooked from 4 oz raw)0.1005650Ostrich, outside strip, raw<	09452	Orange Pineapple Juice Blend	246.0	8.0 fl oz	0.17
09203Oranges, raw, Florida185.01.0 cup sections, without membranes0.3309202Oranges, raw, navels165.01.0 cup sections, without membranes0.250543Ostrich, raw85.01.0 serving (cooked from 4oz raw)0.170542Ostrich, ground, cooked, pan-broiled03.01.0 gerving (cooked from 4oz raw)0.220541Ostrich, ground, raw109.01.0 gerving (3 oz 20.190545Ostrich, inside leg, cooked85.01.0 serving (3 oz 20.190544Ostrich, inside leg, raw85.01.0 serving (3 oz 20.100545Ostrich, inside leg, raw85.01.0 serving (3 oz 20.200546Ostrich, inside leg, raw85.01.0 serving (3 oz 20.200545Ostrich, unside strip, raw85.01.0 serving (3 oz 20.200546Ostrich, outside leg, raw85.01.0 serving (3 oz 20.200547Ostrich, outside strip, raw85.01.0 serving (3 oz 20.200548Ostrich, outside strip, raw85.01.0 serving (3 oz 20.2005549Ostrich, outside strip, raw85.01.0 serving (3 oz 20.2005520Ostrich, outside strip, raw85.01.0 serving (3 oz 20.2005531Ostrich, outside strip, raw85.01.0 serving (3 oz 20.2005531Ostrich, outside, raw85.01.0 serving (3 oz 20.2005531Ostrich, noud, raw85.01.0 serving (3 oz 40.21<	09217	Orange-grapefruit juice, canned or bottled, unsweetened	247.0	1.0 cup	0.35
09202Oranges, raw, navels165.01.0 cur sections, without membranes0.2505643Ostrich, fan, raw85.01.0 serving (cooked from 4oz raw)0.1705642Ostrich, ground, cooked, pan-broiled93.01.0 ground (cooked, pan-broiled)0.2205641Ostrich, ground, raw109.01.0 ground (cooked from 4oz raw)0.2605645Ostrich, inside leg, cooked85.01.0 serving (cooked from 4oz raw)0.1705647Ostrich, inside leg, raw85.01.0 serving (cooked from 4oz raw)0.1705648Ostrich, inside strip, cooked85.01.0 serving (cooked from 4oz raw)0.1705649Ostrich, inside strip, raw85.01.0 serving (cooked from 4oz raw)0.1805640Ostrich, outside leg, raw85.01.0 serving (cooked from 4oz raw)0.1805641Ostrich, outside leg, raw85.01.0 serving (cooked from 4oz raw)0.1805642Ostrich, outside leg, raw85.01.0 serving (cooked from 4oz raw)0.1005643Ostrich, outside strip, cooked85.01.0 serving (cooked from 4oz raw)0.1005644Ostrich, outside strip, cooked85.01.0 serving (cooked from 4oz raw)0.1005654Ostrich, outside strip, raw85.01.0 serving (cooked from 4oz raw)0.1005654Ostrich, oyster, cooked85.01.0 serving (cooked from 4oz raw)0.1005654Ostrich, oyster, raw85.01.0 serving (cooked from 4oz raw)0.1005654Ostrich, o	09200	Oranges, raw, all commercial varieties	180.0	1.0 cup, sections	0.32
05643Ostrich, raw85.01.0 serving (cooked from 4oz raw)0.1705642Ostrich, ground, cooked, pan-broiled93.093.000.0 patty0.2205641Ostrich, ground, raw109.01.0 patty0.2605645Ostrich, inside leg, cooked85.01.0 serving (3 oz)0.1905644Ostrich, inside leg, raw85.01.0 serving (cooked from 4 oz raw)0.1705647Ostrich, inside strip, cooked85.01.0 serving (cooked from 4 oz raw)0.1705648Ostrich, inside strip, cooked85.01.0 serving (cooked from 4 oz raw)0.1805649Ostrich, outside strip, raw85.01.0 serving (cooked from 4 oz raw)0.1805640Ostrich, outside strip, cooked85.01.0 serving (cooked from 4 oz raw)0.1805640Ostrich, outside strip, cooked85.01.0 serving (cooked from 4 oz raw)0.1805640Ostrich, outside strip, cooked85.01.0 serving (cooked from 4 oz raw)0.1005640Ostrich, outside strip, cooked85.01.0 serving (cooked from 4 oz raw)0.1005640Ostrich, outside strip, raw0.100.100.100.1005640S5.01.0 serving (cooked from 4 oz raw)0.100.1005641Ostrich, outside strip, raw0.100.100.1005642Ostrich, outside strip, raw0.100.100.1005643Ostrich, outside strip, raw0.100.100.1005644 </td <td>09203</td> <td>Oranges, raw, Florida</td> <td>185.0</td> <td>1.0 cup sections, without membranes</td> <td>0.33</td>	09203	Oranges, raw, Florida	185.0	1.0 cup sections, without membranes	0.33
05642Ostrich, ground, cooked, pan-broiled93.01.0 patty0.2205641Ostrich, ground, raw109.01.0 patty0.2605645Ostrich, inside leg, cooked85.01.0 serving (3 oz)0.1905646Ostrich, inside leg, raw85.01.0 serving (cooked from 4 oz raw)0.1705647Ostrich, inside strip, cooked85.01.0 serving (cooked from 4 oz raw)0.1705648Ostrich, inside strip, raw85.01.0 serving (cooked from 4 oz raw)0.1805649Ostrich, outside leg, raw85.01.0 serving (cooked from 4 oz raw)0.1805640Ostrich, outside strip, cooked85.01.0 serving (cooked from 4 oz raw)0.1805641Ostrich, outside strip, raw85.01.0 serving (cooked from 4 oz raw)0.1705652Ostrich, outside strip, raw85.01.0 serving (cooked from 4 oz raw)0.1805652Ostrich, oyter, cooked85.01.0 serving (cooked from 4 oz raw)0.1805651Ostrich, oyter, raw85.01.0 serving (cooked from 4 oz raw)0.1705653Ostrich, out, raw85.01.0 serving (cooked from 4 oz raw)0.1705653Ostrich, out, raw85.01.0 serving (cooked from 4 oz raw)0.1705653Ostrich, raw85.01.0 serving (cooked from 4 oz raw)0.1705653Ostrich, raw85.01.0 serving (cooked from 4 oz raw)0.1705654Ostrich, raw85.01.0 serving (cooked from 4 oz raw)0.17 <td>09202</td> <td>Oranges, raw, navels</td> <td>165.0</td> <td>1.0 cup sections, without membranes</td> <td>0.25</td>	09202	Oranges, raw, navels	165.0	1.0 cup sections, without membranes	0.25
05641Ostrich, ground, raw109.01.0 patty0.2605645Ostrich, inside leg, cooked85.01.0 serving (3 oz)0.1905644Ostrich, inside leg, raw85.01.0 serving (cooked from 4 oz raw)0.1705647Ostrich, inside strip, cooked85.01.0 serving (3 oz)0.2005648Ostrich, inside strip, raw85.01.0 serving (3 oz)0.2005649Ostrich, outside leg, raw85.01.0 serving (cooked from 4 oz raw)0.1805649Ostrich, outside strip, cooked85.01.0 serving (cooked from 4 oz raw)0.1005652Ostrich, outside strip, raw85.01.0 serving (3 oz)0.2005654Ostrich, outside strip, cooked85.01.0 serving (3 oz)0.2005649Ostrich, outside strip, raw85.01.0 serving (3 oz)0.2005652Ostrich, outside strip, raw85.01.0 serving (cooked from 4 oz raw)0.1805651Ostrich, outside, raw85.01.0 serving (cooked from 4 oz raw)0.2005653Ostrich, outside, raw85.01.0 serving (cooked from 4 oz raw)0.2005653Ostrich, outside, raw85.01.0 serving (cooked from 4 oz raw)0.2005653Ostrich, naw85.01.0 serving (cooked from 4 oz raw)0.1705653Ostrich, naw85.01.0 serving (cooked from 4 oz raw)0.1705654Ostrich, naw85.01.0 serving (cooked from 4 oz raw)0.1705653	05643	Ostrich, fan, raw	85.0	1.0 serving (cooked from 4oz raw)	0.17
05645Ostrich, inside leg, cooked85.01.0 serving (3 oz)0.1905644Ostrich, inside leg, raw85.01.0 serving (cooked from 4 oz raw)0.1705647Ostrich, inside strip, cooked85.01.0 serving (3 oz)0.2005646Ostrich, inside strip, raw85.01.0 serving (cooked from 4 oz raw)0.1805648Ostrich, outside leg, raw85.01.0 serving (cooked from 4 oz raw)0.1705650Ostrich, outside strip, cooked85.01.0 serving (cooked from 4 oz raw)0.1705650Ostrich, outside strip, raw85.01.0 serving (cooked from 4 oz raw)0.1705650Ostrich, outside strip, raw85.01.0 serving (cooked from 4 oz raw)0.2005649Ostrich, outside strip, raw85.01.0 serving (3 oz)0.2005651Ostrich, oyster, cooked85.01.0 serving (cooked from 4 oz raw)0.1805653Ostrich, outside strip, raw85.01.0 serving (cooked from 4 oz raw)0.2005651Ostrich, outside strip, raw85.01.0 serving (cooked from 4 oz raw)0.2005651Ostrich, outside strip, raw85.01.0 serving (cooked from 4 oz raw)0.1705653Ostrich, raw85.01.0 serving (cooked from 4 oz raw)0.1705653Ostrich, raw85.01.0 serving (cooked from 4 oz raw)0.17	05642	Ostrich, ground, cooked, pan-broiled	93.0	1.0 patty	0.22
05644Ostrich, inside leg, raw85.01.0 serving (cooked from 4 oz raw)0.1705647Ostrich, inside strip, cooked85.01.0 serving (3 oz)0.2005646Ostrich, inside strip, raw85.01.0 serving (cooked from 4 oz raw)0.1805647Ostrich, outside leg, raw85.01.0 serving (cooked from 4 oz raw)0.1805648Ostrich, outside leg, raw85.01.0 serving (cooked from 4 oz raw)0.1705650Ostrich, outside strip, cooked85.01.0 serving (cooked from 4 oz raw)0.2005649Ostrich, outside strip, raw85.01.0 serving (cooked from 4 oz raw)0.1805652Ostrich, oyster, cooked85.01.0 serving (cooked from 4 oz raw)0.1805651Ostrich, oyster, raw85.01.0 serving (cooked from 4 oz raw)0.2005653Ostrich, raw85.01.0 serving (cooked from 4 oz raw)0.1705653Ostrich, oyster, raw85.01.0 serving (cooked from 4 oz raw)0.17	05641	Ostrich, ground, raw	109.0	1.0 patty	0.26
05647Ostrich, inside strip, cooked056485.01.0 serving (3 oz)0.2005646Ostrich, inside strip, raw85.01.0 serving (cooked from 4 oz raw)0.1805648Ostrich, outside leg, raw85.01.0 serving (cooked from 4 oz raw)0.1705650Ostrich, outside strip, cooked85.01.0 serving (3 oz)0.2005649Ostrich, outside strip, raw85.01.0 serving (3 oz)0.2005652Ostrich, oyster, cooked85.01.0 serving (3 oz)0.2005651Ostrich, oyster, raw85.01.0 serving (cooked from 4 oz raw)0.1705653Ostrich, raw85.01.0 serving (cooked from 4 oz raw)0.17	05645	Ostrich, inside leg, cooked	85.0	1.0 serving (3 oz)	0.19
05646Ostrich, inside strip, raw85.01.0 serving (cooked from 4 oz raw)0.1805648Ostrich, outside leg, raw85.01.0 serving (cooked from 4 oz raw)0.1705650Ostrich, outside strip, cooked85.01.0 serving (3 oz)0.2005649Ostrich, outside strip, raw85.01.0 serving (cooked from 4 oz raw)0.1805652Ostrich, oyster, cooked85.01.0 serving (3 oz)0.2005651Ostrich, oyster, raw85.01.0 serving (3 oz)0.2005653Ostrich, raw85.01.0 serving (cooked from 4 oz raw)0.17	05644	Ostrich, inside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.17
05648Ostrich, outside leg, raw85.01.0 serving (cooked from 4 oz raw)0.1705650Ostrich, outside strip, cooked85.01.0 serving (3 oz)0.2005649Ostrich, outside strip, raw85.01.0 serving (cooked from 4 oz raw)0.1805652Ostrich, oyster, cooked85.01.0 serving (3 oz)0.2005651Ostrich, oyster, raw85.01.0 serving (3 oz)0.2005653Ostrich, raw85.01.0 serving (a oz)0.17	05647	Ostrich, inside strip, cooked	85.0	1.0 serving (3 oz)	0.20
05650Ostrich, outside strip, cooked1.0 serving (3 oz)0.2005649Ostrich, outside strip, raw85.01.0 serving (cooked from 4 oz raw)0.1805652Ostrich, oyster, cooked85.01.0 serving (3 oz)0.2005651Ostrich, oyster, raw85.01.0 serving (cooked from 4 oz raw)0.1705653Ostrich, raw85.01.0 serving (cooked from 4 oz raw)0.17	05646	Ostrich, inside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.18
05649Ostrich, outside strip, raw85.01.0 serving (cooked from 4 oz raw)0.1805652Ostrich, oyster, cooked85.01.0 serving (3 oz)0.2005651Ostrich, oyster, raw85.01.0 serving (cooked from 4 oz raw)0.1705653Ostrich, raw85.01.0 serving (cooked from 4 oz raw)0.17	05648	Ostrich, outside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.17
05652Ostrich, oyster, cooked85.01.0 serving (3 oz)0.2005651Ostrich, oyster, raw85.01.0 serving (cooked from 4 oz raw)0.1705653Ostrich, round, raw85.01.0 serving (cooked from 4 oz raw)0.17	05650	Ostrich, outside strip, cooked	85.0	1.0 serving (3 oz)	0.20
05651Ostrich, oyster, raw85.01.0 serving (cooked from 4 oz raw)0.1705653Ostrich, round, raw85.01.0 serving (cooked from 4 oz raw)0.17	05649	Ostrich, outside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.18
05653 Ostrich, round, raw 85.0 1.0 serving (cooked from 4 oz raw) 0.17	05652	Ostrich, oyster, cooked	85.0	1.0 serving (3 oz)	0.20
	05651	Ostrich, oyster, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.17
05654 Ostrich, tenderloin, raw 85.0 1.0 serving (cooked from 4 oz raw) 0.18	05653	Ostrich, round, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.17
	05654	Ostrich, tenderloin, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.18

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NDB_No	Description	Weight(g)	Measure ^{(a}	Vitamin E lpha-tocopherol)(mg)
				Per Measure
05656	Ostrich, tip trimmed, cooked	85.0	1.0 serving (3 oz)	0.20
05655	Ostrich, tip trimmed, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.17
05658	Ostrich, top loin, cooked	85.0	1.0 serving (3 oz)	0.20
05657	Ostrich, top loin, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.17
07935	Oven-roasted chicken breast roll	56.0	1.0 serving 2 oz	0.04
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	28.35	1.0 oz	0.18
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	0.14
28347	Pancakes, gluten-free, frozen, ready-to-heat	48.0	1.0 pancake	0.20
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	28.35	1.0 oz	0.11
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	28.35	1.0 oz	0.11
28323	Pancakes, plain, low fat, dry mix, incomplete (includes buttermilk)	41.0	0.33 cup 1 serving	0.40
28305	Pancakes, plain, reduced fat	105.0	1.0 serving 3 pancakes	0.26
28324	Pancakes, whole wheat, dry mix, incomplete	38.0	0.25 cup mix 1 serving	0.10
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	117.0	1.0 slice	1.33
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	87.0	1.0 slice	1.55
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	123.0	1.0 slice	1.35
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	153.0	1.0 slice	1.62
09229	Papaya nectar, canned	250.0	1.0 cup	0.60
09226	Papayas, raw	145.0	1.0 cup 1" pieces	0.44
01185	Parmesan cheese topping, fat free	5.0	1.0 tablespoon	0.00
11297	Parsley, fresh	60.0	1.0 cup chopped	0.45
11808	Parsnips, cooked, boiled, drained, with salt	78.0	0.5 cup slices	0.78
11299	Parsnips, cooked, boiled, drained, without salt	78.0	0.5 cup slices	0.78
11298	Parsnips, raw	133.0	1.0 cup slices	1.98
09232	Passion-fruit juice, purple, raw	247.0	1.0 cup	0.02
09233	Passion-fruit juice, yellow, raw	247.0	1.0 cup	0.02
09231	Passion-fruit, (granadilla), purple, raw	236.0	1.0 cup	0.05
32009	Pasta mix, classic beef, unprepared	122.0	1.0 package	0.40
32008	Pasta mix, classic cheeseburger macaroni, unprepared	123.0	1.0 package	0.53
32017	Pasta mix, Italian four cheese lasagna, unprepared	117.0	1.0 package	0.63
32010	Pasta mix, Italian lasagna, unprepared	141.0	1.0 package	1.14
22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	252.0	1.0 serving (1 cup)	1.86
22914	Pasta with tomato sauce, no meat, canned	252.0	1.0 serving (1 NLEA serving)	1.56
20321	Pasta, cooked, enriched, with added salt	124.0	1.0 cup spaghetti not packed	0.07

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NDB_No	Description	Weight(g)	Measure ^{(a}	Vitamin E alpha-tocopherol)(mg)
				Per Measure
20121	Pasta, cooked, enriched, without added salt	124.0	1.0 cup spaghetti not packed	0.07
20521	Pasta, cooked, unenriched, with added salt	124.0	1.0 cup spaghetti not packed	0.07
20421	Pasta, cooked, unenriched, without added salt	124.0	1.0 cup spaghetti not packed	0.07
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	0.10
20420	Pasta, dry, unenriched	91.0	1.0 cup spaghetti	0.10
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	169.0	1.0 cup spaghetti not packed	0.00
20657	Pasta, gluten-free, corn and rice flour, cooked	141.0	1.0 cup spaghetti	0.00
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	166.0	1.0 cup spaghetti packed	0.38
20136	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, cooked	116.0	1.0 cup spaghetti not packed	0.12
20135	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry	91.0	1.0 cup spaghetti	0.15
20125	Pasta, whole-wheat, cooked	117.0	1.0 cup spaghetti not packed	0.27
20124	Pasta, whole-wheat, dry	91.0	1.0 cup spaghetti	0.42
07052	Pastrami, turkey	57.0	2.0 slices	0.13
18959	Pastry, Pastelitos de Guava (guava pastries)	86.0	1.0 piece	0.82
07053	Pate, chicken liver, canned	13.0	1.0 tbsp	0.13
09251	Peach nectar, canned, without added ascorbic acid	249.0	1.0 cup	0.72
09241	Peaches, canned, heavy syrup pack, solids and liquids	262.0	1.0 cup	1.28
09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	2.64
09238	Peaches, canned, juice pack, solids and liquids	250.0	1.0 cup	1.22
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	1.23
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	1.20
09247	Peaches, dried, sulfured, stewed, without added sugar	258.0	1.0 cup	0.15
09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	0.30
09250	Peaches, frozen, sliced, sweetened	250.0	1.0 cup, thawed	1.55
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	242.0	1.0 cup, whole	1.19
09236	Peaches, yellow, raw	154.0	1.0 cup slices	1.12
16399	Peanut butter with omega-3, creamy	16.0	1.0 tbsp	1.65
16097	Peanut butter, chunk style, with salt	32.0	2.0 tbsp	2.02
16397	Peanut butter, chunk style, without salt	32.0	2.0 tbsp	2.02
16156	Peanut butter, chunky, vitamin and mineral fortified	32.0	2.0 tbsp	13.82
42291	Peanut butter, reduced sodium	16.0	1.0 tbsp	1.45
16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	2.91
16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	2.91
16150	Peanut butter, smooth, reduced fat	36.0	2.0 tablespoon	3.25

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between some some some some some some some some	NDB_No	Description	Weight(g)	Measure ^{(;}	Vitamin E alpha-tocopherol)(mg)
10099Penut flora, detailed10 (1)10 (2) (0)10189Penut, schnack, urbaced sagar3.012.01 (0)2.01 (0)10180Penuts, all types, chy-mated, with alt3.031.0 cgn i bellet, althyl vel2.8310500Penuts, all types, chy-mated, with alt2.831.0 cgn1.0 cgn10809Penuts, all types, chy-mated, with alt1.0 cgn2.831.0 cgn10809Penuts, all types, chy-mated, with alt1.0 cgn2.831.0 cgn10819Penuts, all types, chy-mated, without salt1.0 tgn2.831.0 cgn10820Penuts, all types, chy-mated, without salt1.0 tgn2.831.0 cgn10830Penuts, all types, chy-mated, without salt2.001.0 cgn2.9310840Penuts, stippis, chy-mated, without salt2.001.0 cgn2.0110840Penuts, all types, chy-mated, without salt2.001.0 cgn2.0210847Penuts, all types, chy-mated, without salt2.001.0 cgn2.0210840Penuts, cannot, kuy type, chy-mated, without salt2.001.0 cgn2.0210841Penuts, cannot, kuy type, chy-mated, salt type, chy-mated, chy2.001.0 cgn2.0210842Pens, cannot, kuy type, chy-mated, salt type, chy-mated, chy2.001.0 cgn2.0210844Pens, cannot, kuy type, chy-mated, chy2.011.0 cgn2.0210845Pens, cannot, kuy type, chy-mated, salt type, chy-mated, chy2.011.0 cgn2.0110844Pens					Per Measure
16149Penn spread, reduced ugar2.0 (2.0 m)2.0 (2.0 m)2.	16155	Peanut butter, smooth, vitamin and mineral fortified	32.0	2.0 tbsp	13.82
1688Pennuk, all types, dyr-coated, with salt6101.0 cup in shell, edibb yield2.181600Pennuk, all types, dyr-coated, with salt14401.0 cup1.0 cup1608Pennuk, all types, dir-coated, with salt14401.0 cup, chopped9.991638Pennuk, all types, dir-coated, without salt14401.0 cup, chopped9.991638Pennuk, all types, dir-coated, without salt2.831.0 cup9.991638Pennuk, all types, dir-coated, without salt2.831.0 cup9.991638Pennuk, all types, dir-coated, without salt2.831.0 cup9.991638Pennuk, striptin, raw2.831.0 cup9.910920Perns, canned, kurthout added acorbic acid2.501.0 cup9.0109340Perns, canned, heavy syrup pack, solids and liquids2.6601.0 cup, halves9.0209374Perns, canned, heavy syrup pack, solids and liquids2.8101.0 cup, halves9.0209375Perns, canned, heavy syrup pack, solids and liquids2.8101.0 cup, halves9.0209376Perns, canned, liquids2.8101.0 cup, halves9.019.0209379Perns, canned, heavy syrup pack, solids and liquids2.8101.0 cup, halves9.0209370Perns, canned, havy syrup pack, solids and liquids2.8101.0 cup, halves9.0109370Perns, canned, havy syrup chalved, dispace1.0 cup1.0 cup1.0 cup09370Perns, favid, solid and liquids2.810 <td< td=""><td>16099</td><td>Peanut flour, defatted</td><td>60.0</td><td>1.0 cup</td><td>0.03</td></td<>	16099	Peanut flour, defatted	60.0	1.0 cup	0.03
1690Pearus, all types, dry-roasted, without salt28.351.0.021.0.001698Pearus, all types, dry-roasted, without salt14.401.0.0.00, edyped9991689Pearus, all types, roin-roasted, without salt14.401.0.0.00, edyped9991689Pearus, all types, roin-roasted, without salt14.401.0.0.00, edyped9931689Pearus, all types, roin-roasted, without salt24.501.0.0.009931689Pearus, strigtina, row24.001.0.0.009930690Pearus, tyrigtina, row25.001.0.0.000.0.10.000730Pears, canced, keary syrup, drained20.001.0.0.000.2010731Pears, canced, keary syrup, drained20.001.0.0.000.2010732Pears, canced, keary syrup, drained24.601.0.0.000.2010734Pears, canced, keary syrup, drained24.601.0.0.00, halves0.2010735Pears, canced, keary syrup, drained24.601.0.0.00, halves0.2010736Pears, canced, keary syrup, drained draing24.601.0.0.00, halves0.20107325Pears, canced, keary syrup, drained draing24.601.0.0.00, halves0.2010736Pears, canced, keary syrup, drained draing strasted, stra	16149	Peanut spread, reduced sugar	31.0	2.0 tbsp	2.50
1630Peanurs, all types, dirvasate, without salt14401.0 cup, chopped7.001639Peanurs, all types, dirvasate, without salt14401.0 cup, chopped9.991638Peanurs, all types, dirvasate, without salt28.351.0 cup2.3316095Peanurs, aling ray, raw28.351.0 cup9.9516095Peanurs, raignia, raw28.051.0 cup9.95816095Peanurs, singinia, raw28.001.0 cup9.95810926Pear nectar, camed, without added ascorbic acid20001.0 cup9.02110937Pears, camed, heavy symp pack, solids and liquids26601.0 cup0.02110954Pears, camed, heavy symp pack, solids and liquids24601.0 cup, halves0.20110955Pears, camed, liquid symp pack, solids and liquids24601.0 cup, halves0.20110954Pears, camed, liquid symp pack, solids and liquids24601.0 cup, halves0.20110955Pears, camed, liquid symp pack, solids and liquids24501.0 cup, halves0.20110954Pears, camed, liquid sundi valuta added agar24501.0 cup, halves0.20110952Pears, dired, sulfured, uscoaded18001.0 cup, halves0.20110952Pears, raw, bacet1.0 cup, halves0.2010.20110952Pears, raw, bacet1.0 cup, halves0.2010.20110952Pears, raw, speca anjon1.0 cup, halves0.2010.20110941Pears, raw, greet anjon	16088	Peanuts, all types, cooked, boiled, with salt	63.0	1.0 cup in shell, edible yield	2.58
1689Pennts, all types, oil-roasted, with alt14401.0 eup, chopped9991689Pennts, all types, oil-roasted, without salt14401.0 eup, chopped99516887Pennts, all types, raw28351.0 or2.3616955Pearns, singin, raw16400.0 eup0.12109340Pears, sain, raw12001.0 cmit 2.14" high x 2.12" dia10.1510937Pears, canned, heavy syrup, diaida diapids26601.0 cmit 2.14" high x 2.12" dia10.1510937Pears, canned, heavy syrup, drained20101.0 cmit 2.14" high x 2.12" dia10.210934Pears, canned, heavy syrup, drained26601.0 cmit 2.14" high x 2.12" dia10.210934Pears, canned, heavy syrup, drained26601.0 cmit 2.14" high x 2.12" dia10.210934Pears, canned, heavy syrup, drained2801.0 cmit 1.0 cm	16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	1.40
1689Peanuts, all types, ail-roasted, without sailt14401440140001400016087Peanuts, all types, raw28.51.0 cor2.3616095Peanuts, virginin, raw28.61.0 cor9.5105262Pear cedur, canned, without added ascorbic acid25001.0 cor9.6105263Pears, saina, raw12201.0 frait 2.14* high x 2.12* dia0.0105274Pears, canned, heavy syrup pack, solids and liquids26601.0 cor, hales0.0205254Pears, canned, heavy syrup, drained20101.0 cor, hales0.0205255Pears, canned, heavy syrup, drained24401.0 cor, hales0.0205266Pears, canned, kyrup pack, solids and liquids24401.0 cor, hales0.0205267Pears, canned, kyrup pack, solids and liquids24401.0 cor, hales0.0205268Pears, canned, kyrup pack, solids and liquids24401.0 cor, hales0.0205269Pears, canned, kyrup pack, solids and liquids24401.0 cor, hales0.0205260Pears, frait, suffured, uncocked1.01.0 cor, hales0.0105270Pears, frait, suffured, uncocked1.01.0 cor, hales0.0105280Pears, frait, suffured, uncocked1.01.0 cor, hales0.0105291Pears, frait, suffured, uncocked1.01.0 cor, hales0.0105292Pears, raw, ford, suffured, suffured, suffured1.01.0 cor, hales0.0105412Pears, raw, f	16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	7.20
1687Peanuts, all types, raw28.3510.022.5516095Peanuts, virginia, raw14.601.0 cmp9.5809262Pear nextri, canned, without added asorbic acid28.001.0 fmit 2.14/4 bigk 5.21/2 fmit0.1509340Pears, sain, raw26.001.0 fmit 2.14/4 bigk 5.21/2 fmit0.1509374Pears, canned, havy symp, ach solids and liquids26.001.0 cmp, halves0.2109374Pears, canned, biny symp, ach solids and liquids24.001.0 cmp, halves0.2009254Pears, canned, hiy symp pack, solids and liquids24.001.0 cmp, halves0.2009256Pears, canned, uither yamp pack, solids and liquids24.001.0 cmp, halves0.2009250Pears, canned, hiy symp pack, solids and liquids24.001.0 cmp, halves0.2009250Pears, farid, sulfured, stowed, without added sugar24.001.0 cmp, halves0.2009251Pears, farid, sulfured, stowed, without added sugar24.001.0 cmp, halves0.1009252Pears, farw, barlett140.01.0 cmp, halves0.1109141Pears, raw, barlett140.01.0 cmp, halves0.1109142Pears, raw, barlett25.001.0 cmp, halves0.1119143Pears, raw, gean anjon25.001.0 cmp, halves0.1119144Pears, raw, canned, huid, with alt80.001.0 cmp, halves0.1219145Peas and nearots, forzen, cooked, boiled, drinned, with salt180.001.0 cmp<	16089	Peanuts, all types, oil-roasted, with salt	144.0	1.0 cup, chopped	9.99
I609Pennuts, virginin, nawI6160I.0 eup9.88800262Pear, exained, without added acorbic acid25000.0 eup0.1209340Pears, saine, naw26001.0 fruit 2.1/4' high 2.1-2' al0.1509374Pears, canned, heavy syrup pack, solids and liquids26600.0 funt 2.1/4' high 2.1-2' al0.2109374Pears, canned, heavy syrup pack, solids and liquids24800.0 cup, halves0.2009254Pears, canned, hitter pack, solids and liquids24801.0 cup, halves0.2009256Pears, canned, kingt pack, solids and liquids24400.10 cup, halves0.2009257Pears, canned, kingt pack, solids and liquids24400.10 cup, halves0.2009258Pears, dried, sulfured, uncooked18000.0 cup, halves0.0009259Pears, dried, sulfured, uncooked18000.0 cup, halves0.0109250Pears, raw, fartel14000.10 cup, halves0.0109251Pears, raw, fartel14000.10 cup, sliced0.1709414Pears, raw, fartel14001.0 cup, sliced0.1709415Pears, raw, arced anjou25500.10 cup0.0010161Pears, raw, force, cocked, boiled, drinined, with slit27500.0 cup0.0011816Pears and carrots, frozen, cocked, boiled, drinined, with slit18000.0 cup0.0011817Pear and carrots, frozen, cocked, boiled, drinined, with slit18000.0 cup0.0011818<	16389	Peanuts, all types, oil-roasted, without salt	144.0	1.0 cup,	9.95
0262Per nectar. cumed, without added ascorble acid25001.0 cup0.120330Perrs, saina, raw12201.0 furit 2:1/4" high x 2:1/2" dia0.150257Perrs, canned, heavy syrup, drained26000.0 cup0.210374Perrs, canned, heavy syrup, drained26100.0 cup, halves0.200254Perrs, canned, luice pack, solids and liquids24800.10 cup, halves0.200255Perrs, canned, uter pack, solids and liquids24400.10 cup, halves0.200256Perrs, canned, uter pack, solids and liquids24500.10 cup, halves0.200257Perrs, canned, uter pack, solids and liquids24500.10 cup, halves0.200258Perrs, dried, suffured, sureword without added sugar10400.10 cup, halves0.000259Perrs, raw, bardted, uter pack, solids and liquids14000.10 cup, halves0.110252Perrs, raw, bartlet14000.10 cup, halves0.110254Perrs, raw, bartlet14000.10 cup, sliced0.170414Perrs, raw, bartlet0.100.000.000515Perrs, raw, canned, no sult added, solids and liquids25500.10 cup, sliced0.170414Pers, raw, canned, no sult added, solids and liquids25500.10 cup, sliced0.1611816Pers, and carots, fozen, cocked, boiled, drained, with sult16000.10 cup0.6211817Pers, and carots, fozen, cocked, boiled, drained, with sult161000.10 cup<	16087	Peanuts, all types, raw	28.35	1.0 oz	2.36
9840Pears, asian, raw112.01.0 fmit 2-1/4" high x 2-1/2" di0.159257Pears, canned, heavy syrup pack, solids and liquids26601.0 cup0.2190374Pears, canned, heavy syrup drained26101.0 cup, halves0.2090254Pears, canned, light syrup pack, solids and liquids24101.0 cup, halves0.2090256Pears, canned, inter pack, solids and liquids24101.0 cup, halves0.2090257Pears, canned, water pack, solids and liquids24401.0 cup, halves0.2090258Pears, dried, sulfured, stewed, without added sugar24501.0 cup, halves0.0090259Pears, dried, sulfured, uncooked18001.0 cup, halves0.1090250Pears, raw14001.0 cup, slaves0.1190251Pears, raw, partett14001.0 cup, slaves0.1190412Pears, raw, partett14001.0 cup, slaves0.1190414Pears, raw, red anjou1.0 cup, slaves0.110.1190415Pears, raw, red anjou1.0 cup, slaves0.110.1190416Pears, raw, red anjou1.0 cup, slaves0.110.1190417Pears, raw, red anjou1.0 cup, slaves0.110.1190418Pears, raw, red anjou1.0 cup, slaves0.110.1190419Pears, raw, red anjou1.0 cup, slaves0.110.1190419Pears, raw, red anjou1.0 cup, slaves0.110.110.1190419 <t< td=""><td>16095</td><td>Peanuts, virginia, raw</td><td>146.0</td><td>1.0 cup</td><td>9.58</td></t<>	16095	Peanuts, virginia, raw	146.0	1.0 cup	9.58
Pears, caned, heavy syrup pack, solids and liquids26601.0 cm0.2100934Pears, caned, heavy syrup, drained02101.0 cm0.24009254Pears, caned, juic pack, solids and liquids24801.0 cm, halves0.20109253Pears, caned, uter pack, solids and liquids24101.0 cm, halves0.20209254Pears, caned, uter pack, solids and liquids24401.0 cm, halves0.20209250Pears, caned, uter pack, solids and liquids24401.0 cm, halves0.20309260Pears, dried, suffured, tewed, without added sugar18001.0 cm, halves0.00109259Pears, raw1.0 cm, halves0.0100.0100.01009260Pears, raw, bardett1.0 cm, halves0.0100.0100.01009250Pears, raw, bardett1.0 cm, halves0.0100.0100.0100.01009260Pears, raw, bardett1.0 cm, halves0.010 </td <td>09262</td> <td>Pear nectar, canned, without added ascorbic acid</td> <td>250.0</td> <td>1.0 cup</td> <td>0.12</td>	09262	Pear nectar, canned, without added ascorbic acid	250.0	1.0 cup	0.12
09374Pears, canned, heavy syrup, drained021002100.0 cup0.24209254Pears, canned, linice pack, solids and liquids248.01.0 cup, halves0.0009256Pears, canned, light syrup pack, solids and liquids241.01.0 cup, halves0.0009257Pears, canned, water pack, solids and liquids244.01.0 cup, halves0.0009258Pears, dried, sulfured, stewed, without added sugar255.01.0 cup, halves0.0109259Pears, dried, sulfured, uncooked10001.0 cup, halves0.1709259Pears, raw, bartlett10001.0 cup, halves0.1709412Pears, raw, bartlett140.01.0 cup, slices0.1709414Pears, raw, green anjou140.01.0 cup, slices0.1709415Pears, raw, green anjou126.01.0 cup, slices0.1711816Pears, raw, canned, no salt addet, solids and liquids25.01.0 cup0.4111817Pears and carrots, frozen, cooked, boiled, drained, with salt278.01.0 package (100 zu) yields1.4111818Peas and carrots, frozen, cooked, boiled, drained, with salt180.01.0 cup0.0411829Peas, and onions, frozen, cooked, boiled, drained, with salt180.01.0 cup0.6211829Peas, and onios, frozen, cooked, boiled, drained, with salt180.01.0 cup0.6211840Peas, edibip-podded, boiled, drained, with salt160.01.0 cup0.6211840Peas, and onios, frozen, coo	09340	Pears, asian, raw	122.0	1.0 fruit 2-1/4" high x 2-1/2" dia	0.15
0254Pers, camed, juice pack, solids and liquids248.01.0 cup, halves0.0009256Pears, camed, uight syrup pack, solids and liquids251.01.0 cup, halves0.0009250Pears, camed, water pack, solids and liquids244.01.0 cup, halves0.0009260Pears, dried, sulfured, stewed, without added sugar255.01.0 cup, halves0.0009252Pears, dried, sulfured, stewed, without added sugar180.01.0 cup, halves0.0109252Pears, dried, sulfured, stewed, without added sugar140.01.0 cup, slices0.1709412Pears, raw, bartlett140.01.0 cup, slices0.1709414Pears, raw, pose140.01.0 cup, slices0.1709415Pears, raw, raw, angino140.01.0 cup, slices0.1709414Pears, raw, conden, os alt added, solids and liquids255.01.0 cup0.0511816Peas and carrots, frozen, cooked, boiled, drained, with salt278.01.0 package (100.0) yields1.4511817Peas and carrots, frozen, cooked, boiled, drained, without salt180.01.0 cup0.0011323Peas and onions, frozen, cooked, boiled, drained, without salt180.01.0 cup0.0011310Peas, cubite-podded, boiled, drained, without salt180.01.0 cup0.0011321Peas, cubite-podded, cooked, boiled, drained, without salt160.01.0 cup0.0011323Peas, cubite-podded, cooked, boiled, drained, without salt160.01.0 cup0.00<	09257	Pears, canned, heavy syrup pack, solids and liquids	266.0	1.0 cup	0.21
09256Pears, canned, light syrup pack, solids and liquids251.01.0 cup, halves0.2009253Pears, canned, water pack, solids and liquids244.01.0 cup, halves0.2009260Pears, dried, sulfured, stewed, without added sugar255.01.0 cup, halves0.0809259Pears, dried, sulfured, uncooked180.01.0 cup, halves0.1109252Pears, raw140.01.0 cup, halves0.1709412Pears, raw, barllett140.01.0 cup, sliced0.1709414Pears, raw, green anjou140.01.0 cup, sliced0.1709415Pears, raw, green anjou140.01.0 cup, sliced0.1709413Pears, raw, red anjou140.01.0 cup, sliced0.1711816Peas and carrots, conced, boiled, drained, with salt255.01.0 cup0.9711817Peas and carrots, frozen, cooked, boiled, drained, with salt278.01.0 package (10 oz) yields1.4511818Peas and onions, frozen, cooked, boiled, drained, with salt180.01.0 cup0.0411321Peas, ado nions, frozen, cooked, boiled, drained, with salt180.01.0 cup0.0411324Peas, ado nions, frozen, cooked, boiled, drained, with salt180.01.0 cup0.0411325Peas, edible-podded, boiled, drained, without salt180.01.0 cup0.0411326Peas, edible-podded, boiled, drained, without salt180.01.0 cup0.0411327Peas and onions, frozen, cooked, boiled, drained, without sa	09374	Pears, canned, heavy syrup, drained	201.0	1.0 cup	0.24
0253Pears, canned, water pack, solids and liquids244.01.0 cup, halves0.0009260Pears, dried, sulfured, stewed, without added sugar255.01.0 cup, halves0.0809259Pears, dried, sulfured, uncooked180.01.0 cup, halves0.1109252Pears, raw140.01.0 cup, sliced0.1709412Pears, raw, bartlett140.01.0 cup, sliced0.1709414Pears, raw, bose140.01.0 cup, sliced0.1709415Pears, raw, green anjou140.01.0 cup, sliced0.1709416Pears, raw, eren anjou1.0 cup, sliced0.1709417Pears and carrots, cooked, boiled, and liquids255.01.0 cup0.9711816Peas and carrots, frozen, cooked, boiled, drained, without salt278.01.0 package (10 cz) yields1.4511327Peas and onions, frozen, cooked, boiled, drained, without salt180.01.0 cup0.0411321Peas, drained, without salt180.01.0 cup0.0411321Peas, drained, without salt180.01.0 cup0.0411321Peas, drained, without salt180.01.0 cup0.0411323Peas, drained, without salt180.01.0 cup0.041134Peas, drained, without salt180.01.0 cup0.0411324Peas, drained, without salt180.01.0 cup0.0411334Peas, drained, without salt180.01.0 cup0.0211334Peas, drained, witho	09254	Pears, canned, juice pack, solids and liquids	248.0	1.0 cup, halves	0.20
09260Pears, dried, sulfured, stewed, without added sugar255.01.0 cup, halves0.0809259Pears, dried, sulfured, uncooked1.0 cup, halves0.1109252Pears, raw140.01.0 cup, slices0.1709412Pears, raw, bartlett140.01.0 cup, slices0.1709414Pears, raw, bosc140.01.0 cup, slices0.1709415Pears, raw, green anjou1.0 cup, slices0.1709416Pears, raw, green anjou1.0 cup, slices0.1709417Pears, raw, erd anjou1.0 cup, slices0.1711816Peas and carrots, frozen, cooked, boiled, drained, with salt255.01.0 cup11817Peas and carrots, frozen, cooked, boiled, drained, with salt278.01.0 package (10 oz) yields11818Peas and norins, frozen, cooked, boiled, drained, with salt180.01.0 cup11327Peas and norins, frozen, cooked, boiled, drained, without salt180.01.0 cup11340Peas, cubie-podded, boiled, drained, without salt160.01.0 cup11370Peas, dible-podded, boiled, drained, without salt160.01.0 cup11301Peas, cubiel-podded, boiled, drained, with salt160.01.0 cup11303Peas, cubiel-podded, boiled, drained, with salt160.01.0 cup11303Peas, cubiel-podded, frozen, cooked, boiled, drained, with salt160.01.0 cup11303Peas, cubiel-podded, frozen, cooked, boiled, drained, with salt160.01.0 cup11303Peas, cubiel-p	09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	0.20
09259Pears, dried, sulfured, uncooked18001.0 cup, halves0.1109252Pears, raw14001.0 cup, sliced0.0709412Pears, raw, bartlett14001.0 cup, sliced0.1709414Pears, raw, bosc14001.0 cup, sliced0.1709415Pears, raw, green anjou14001.0 cup, sliced0.1709416Pears, raw, end anjou1001.0 cup, sliced0.171816Pears and carrots, canned, no salt added, solids and liquids25501.0 cup0.971817Peas and carrots, frozen, cooked, boiled, drained, with salt278.01.0 package (10 cz) yields1.451818Peas and onions, frozen, cooked, boiled, drained, without salt180.01.0 cup0.0411301Peas, edible-podded, cooked, boiled, drained, with salt160.01.0 cup0.6211800Peas, edible-podded, frozen, cooked, boiled, drained, with salt160.01.0 cup0.6211810Peas, edible-podded, fr	09253	Pears, canned, water pack, solids and liquids	244.0	1.0 cup, halves	0.20
Pears, raw14001.0 cup, slices0.1709412Pears, raw, bartlett14001.0 cup, sliced0.1709414Pears, raw, bosc14001.0 cup, sliced0.1709415Pears, raw, green anjou14001.0 cup, sliced0.1709416Pears, raw, green anjou14001.0 cup, sliced0.1719417Pears, raw, red anjou14001.0 cup, sliced0.171816Pears and carrots, canned, no salt added, solids and liquids25501.0 cup, sliced0.971817Peas and carrots, frozen, cooked, boiled, drained, with salt27801.0 package (10 oz) yields1.451818Peas and onions, frozen, cooked, boiled, drained, without salt18001.0 cup0.041327Peas and onions, frozen, cooked, boiled, drained, without salt18001.0 cup0.041310Peas, edible-podded, boiled, drained, without salt18001.0 cup0.041311Peas, edible-podded, boiled, drained, without salt16001.0 cup0.621180Peas, edible-podded, forzen, cooked, boiled, drained, without salt16001.0 cup0.6211810Peas, edible-podded, forzen, cooked, boiled, drained, without salt16001.0 cup0.621180Peas, edible-podded, forzen, cooked, boiled, drained, without salt16001.0 cup0.6211810Peas, edible-podded, forzen, cooked, boiled, drained, without salt16001.0 cup0.621180Peas, edible-podded, forzen, cooked, boiled, drained, witho	09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	0.08
Pears, raw, bartlett14001.0 cup, sliced0.1709414Pears, raw, bosc14001.0 cup, sliced0.1709415Pears, raw, green anjou14001.0 cup, sliced0.1709416Pears, raw, green anjou14001.0 cup, sliced0.1709417Pears, raw, red anjou12601.0 cup, sliced0.171816Pears, raw, red anjou25501.0 cup0.971817Peas and carrots, frozen, cooked, boiled, drained, with salt8801.0 package (10 oz) yields0.4211323Peas and carrots, frozen, cooked, boiled, drained, with salt27801.0 package (10 oz) yields1.4511818Peas and onions, frozen, cooked, boiled, drained, with salt18001.0 cup0.0411324Peas, edible-podded, boiled, drained, without salt18001.0 cup0.0411304Peas, edible-podded, cooked, boiled, drained, without salt18001.0 cup0.0411304Peas, edible-podded, frozen, cooked, boiled, drained, with salt16001.0 cup0.0211305Peas, edible-podded, frozen, cooked, boiled, drained, with salt16001.0 cup0.0511304Peas, edible-podded, frozen, cooked, boiled, drained, without salt16001.0 cup0.0511305Peas, edible-podded, frozen, cooked, boiled, drained, without salt16001.0 cup0.0511305Peas, edible-podded, frozen, cooked, boiled, drained, without salt16001.0 cup0.0511305Peas, edible-podded, frozen, cooked,	09259	Pears, dried, sulfured, uncooked	180.0	1.0 cup, halves	0.11
09414Pears, raw, bosc114001.0 cup, sliced0.1709415Pears, raw, green anjou140.01.0 cup, sliced0.1709413Pears, raw, red anjou126.01.0 cup, sliced0.1711816Peas and carrots, canned, no salt added, solids and liquids255.01.0 cup0.9711817Peas and carrots, frozen, cooked, boiled, drained, with salt80.00.0 cup0.4211323Peas and carrots, frozen, cooked, boiled, drained, without salt278.01.0 package (10 cz) yields1.4511818Peas and onions, frozen, cooked, boiled, drained, without salt180.00.0 cup0.0411327Peas and onions, frozen, cooked, boiled, drained, without salt180.00.0 cup0.0411301Peas, edible-podded, boiled, drained, without salt180.00.0 cup0.0411301Peas, edible-podded, cooked, boiled, drained, with salt160.00.0 cup0.0211809Peas, edible-podded, frozen, cooked, boiled, drained, with salt160.00.0 cup0.0 cup11303Peas, edible-podded, frozen, cooked, boiled, drained, with salt160.00.0 cup0.0 cup11303Peas, edible-podded, frozen, cooked, boiled, drained, without salt160.00.0 cup0.0 cup11303Peas, edible-podded, frozen, cooked, boiled, drained, without salt160.00.0 cup0.0 cup11303Peas, edible-podded, frozen, cooked, boiled, drained, without salt160.00.0 cup0.0 cup11303Peas, edible-podded, frozen, cooked, bo	09252	Pears, raw	140.0	1.0 cup, slices	0.17
09415Pears, raw, green anjou140.01.0. cup, sliced0.1709413Pears, raw, red anjou1126.01.0. cup, sliced0.1511816Peas and carrots, canned, no salt added, solids and liquids255.01.0. cup0.9711817Peas and carrots, frozen, cooked, boiled, drained, with salt80.00.5 cup0.4211323Peas and carrots, frozen, cooked, boiled, drained, without salt278.01.0 package (10 oz) yields1.4511818Peas and onions, frozen, cooked, boiled, drained, without salt180.01.0 package (10 oz) yields0.0411323Peas and onions, frozen, cooked, boiled, drained, without salt180.01.0 package (10 oz) yields1.4511818Peas and onions, frozen, cooked, boiled, drained, without salt180.01.0 cup0.0411324Peas, edible-podded, boiled, drained, without salt180.01.0 cup0.0411325Peas, adible-podded, boiled, drained, without salt180.01.0 cup0.0411301Peas, edible-podded, cooked, boiled, drained, without salt160.01.0 cup0.6211809Peas, edible-podded, frozen, cooked, boiled, drained, without salt160.01.0 cup0.7511810Peas, edible-podded, frozen, cooked, boiled, drained, without salt160.01.0 cup0.7511303Peas, edible-podded, frozen, cooked, boiled, drained, without salt160.01.0 cup0.7511303Peas, edible-podded, frozen, cooked, boiled, drained, without salt160.01.0 cup0.75 <td>09412</td> <td>Pears, raw, bartlett</td> <td>140.0</td> <td>1.0 cup, sliced</td> <td>0.17</td>	09412	Pears, raw, bartlett	140.0	1.0 cup, sliced	0.17
09413Pears, raw, red anjou126.01.0 small0.1511816Peas and carrots, canned, no salt added, solids and liquids255.01.0 cup0.9711817Peas and carrots, frozen, cooked, boiled, drained, with salt80.00.05 cup0.4211323Peas and carrots, frozen, cooked, boiled, drained, without salt278.01.0 package (10 oz) yields1.4511818Peas and onions, frozen, cooked, boiled, drained, without salt180.00.0040.0411327Peas and onions, frozen, cooked, boiled, drained, without salt180.00.0040.0411301Peas, edible-podded, boiled, drained, without salt180.00.0040.0411301Peas, edible-podded, boiled, drained, with salt160.00.0040.0211809Peas, edible-podded, cooked, boiled, drained, with salt160.00.010 cup0.6211810Peas, edible-podded, frozen, cooked, boiled, drained, with salt160.00.010 cup0.0511810Peas, edible-podded, frozen, cooked, boiled, drained, with salt160.00.01 cup0.7511303Peas, edible-podded, frozen, cooked, boiled, drained, without salt160.00.01 cup0.7511303Peas, edible-podded, frozen, cooked, boiled, drained, without salt160.00.01 cup0.7511303Peas, edible-podded, frozen, cooked, boiled, drained, without salt160.00.01 cup0.75	09414	Pears, raw, bosc	140.0	1.0 cup, sliced	0.17
11816Peas and carrots, canned, no salt added, solids and liquids255.01.0 cup0.9711817Peas and carrots, frozen, cooked, boiled, drained, with salt80.00.5 cup0.4211323Peas and carrots, frozen, cooked, boiled, drained, without salt278.01.0 package (10 oz) yields1.4511818Peas and onions, frozen, cooked, boiled, drained, with salt180.00.00 up0.0411327Peas and onions, frozen, cooked, boiled, drained, without salt180.01.0 cup0.0411301Peas, edible-podded, boiled, drained, without salt160.01.0 cup0.6211809Peas, edible-podded, frozen, cooked, boiled, drained, with salt160.01.0 cup0.6211810Peas, edible-podded, frozen, cooked, boiled, drained, with salt160.01.0 cup0.6211813Peas, edible-podded, cooked, boiled, drained, with salt160.01.0 cup0.6211809Peas, edible-podded, frozen, cooked, boiled, drained, with salt160.01.0 cup0.6211810Peas, edible-podded, frozen, cooked, boiled, drained, with salt160.01.0 cup0.7511303Peas, edible-podded, frozen, cooked, boiled, drained, without salt160.01.0 cup0.75	09415	Pears, raw, green anjou	140.0	1.0 cup, sliced	0.17
11817Peas and carrots, frozen, cooked, boiled, drained, with salt80.00.011323Peas and carrots, frozen, cooked, boiled, drained, without salt278.01.0 package (10 oz) yields1.4511818Peas and onions, frozen, cooked, boiled, drained, with salt180.01.0 cup0.0411327Peas and onions, frozen, cooked, boiled, drained, without salt180.01.0 cup0.0411321Peas, edible-podded, boiled, drained, without salt160.01.0 cup0.0411301Peas, edible-podded, boiled, drained, without salt160.01.0 cup0.6211809Peas, edible-podded, frozen, cooked, boiled, drained, with salt160.01.0 cup0.6211810Peas, edible-podded, frozen, cooked, boiled, drained, with salt160.01.0 cup0.6211813Peas, edible-podded, frozen, cooked, boiled, drained, with salt160.01.0 cup0.6211810Peas, edible-podded, frozen, cooked, boiled, drained, with salt160.01.0 cup0.7511303Peas, edible-podded, frozen, cooked, boiled, drained, without salt160.01.0 cup0.75	09413	Pears, raw, red anjou	126.0	1.0 small	0.15
11323Peas and carrots, frozen, cooked, boiled, drained, without salt278.01.0 package (10 oz) yields1.4511818Peas and onions, frozen, cooked, boiled, drained, with salt180.01.0 cup0.0411327Peas and onions, frozen, cooked, boiled, drained, without salt180.01.0 cup0.0411301Peas, edible-podded, boiled, drained, without salt160.01.0 cup0.0411809Peas, edible-podded, cooked, boiled, drained, with salt160.01.0 cup0.6211810Peas, edible-podded, frozen, cooked, boiled, drained, with salt160.01.0 cup0.6211303Peas, edible-podded, frozen, cooked, boiled, drained, without salt160.01.0 cup0.75	11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	0.97
11818Peas and onions, frozen, cooked, boiled, drained, with salt180.01.0 cup0.0411327Peas and onions, frozen, cooked, boiled, drained, without salt180.01.0 cup0.0411301Peas, edible-podded, boiled, drained, without salt160.01.0 cup0.6211809Peas, edible-podded, cooked, boiled, drained, with salt160.01.0 cup0.6211810Peas, edible-podded, frozen, cooked, boiled, drained, with salt160.01.0 cup0.6211810Peas, edible-podded, frozen, cooked, boiled, drained, with salt160.01.0 cup0.7511303Peas, edible-podded, frozen, cooked, boiled, drained, without salt160.01.0 cup0.75	11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0.42
11327Peas and onions, frozen, cooked, boiled, drained, without salt180.01.0 cup0.0411301Peas, edible-podded, boiled, drained, without salt160.01.0 cup0.6211809Peas, edible-podded, cooked, boiled, drained, with salt160.01.0 cup0.6211810Peas, edible-podded, frozen, cooked, boiled, drained, with salt160.01.0 cup0.7511303Peas, edible-podded, frozen, cooked, boiled, drained, without salt160.01.0 cup0.75	11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	1.45
11301Peas, edible-podded, boiled, drained, without salt160.01.0 cup0.6211809Peas, edible-podded, cooked, boiled, drained, with salt160.01.0 cup0.6211810Peas, edible-podded, frozen, cooked, boiled, drained, with salt160.01.0 cup0.7511303Peas, edible-podded, frozen, cooked, boiled, drained, without salt160.01.0 cup0.75	11818	Peas and onions, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	0.04
11809Peas, edible-podded, cooked, boiled, drained, with salt160.01.0 cup0.6211810Peas, edible-podded, frozen, cooked, boiled, drained, with salt160.01.0 cup0.7511303Peas, edible-podded, frozen, cooked, boiled, drained, without salt160.01.0 cup0.75	11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.04
11810Peas, edible-podded, frozen, cooked, boiled, drained, with salt160.01.0 cup0.7511303Peas, edible-podded, frozen, cooked, boiled, drained, without salt160.01.0 cup0.75	11301	Peas, edible-podded, boiled, drained, without salt	160.0	1.0 cup	0.62
11303 Peas, edible-podded, frozen, cooked, boiled, drained, without salt 160.0 1.0 cup 0.75	11809	Peas, edible-podded, cooked, boiled, drained, with salt	160.0	1.0 cup	0.62
	11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	160.0	1.0 cup	0.75
11300 Peas, edible-podded, raw 98.0 1.0 cup, chopped 0.38	11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160.0	1.0 cup	0.75
	11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	0.38

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Interface Interface Interface Interface 11380 Peak, green, functiones had ided, drained solids 168 56 cg ge 606 11382 Peak, green, cannel, no sah added, drained solids 1210 65 cg ge 600 11386 Peak, green, cannel, ros ha added, drained, with saft 1210 65 cg ge 600 11386 Peak, green, cannel, ros ha added, drained, with saft 6100 0.0 cg ge 600 11386 Peak, green, cancel, cobied, drained, with saft 6100 0.0 cg ge 600 11310 Peak, green, frazen, cooked, bolied, drained, with saft 680 0.0 cg ge 600 11312 Peak, green, frazen, cooked, bolied, drained, with saft 6100 0.0 cg 600 11312 Peak, green, frazen, cooked, bolied, with saft 6100 0.0 cg 600 11326 Peak, green, frazen, cooked, bolied, with saft 6100 0.0 cg 600 11326 Peak, green, frazen, cooked, bolied, with saft 6100 0.0 cg 600 11326 Pepek, bolied, frazen, saft 10 cg 6100 61	NDB_No	Description	Weight(g)	Measure ^{(al}	Vitamin E pha-tocopherol)(mg)
1313 Peak, prece, canned, no sik added, divider solids 85.0 0.05 cup 0.031 1312 Peak, prece, canned, no sik added, solids and liquids 124.0 0.5 cup 0.002 1316 Peak, grece, canned, no sik added, solids and liquids 124.0 0.5 cup 0.002 1311 Peak, green, concold, bolied, drained, with salt 160.0 1.0 cup 0.22 1313 Peak, green, concold, bolied, drained, with salt 600.0 0.0 cup 0.02 1313 Peak, green, fruzen, cocked, bolied, drained, with salt 800.0 0.5 cup 0.02 1313 Peak, green, fruzen, cocked, bolied, drained, without salt 800.0 0.0 cup 0.01 1314 Peak, green, fruzen, cocked, bolied, without salt 106.0 10 cup 0.01 1314 Peak, green, fruzen, cocked, bolied, without salt 106.0 1.0 cup 0.03 1315 Peak, green, fruzen, cocked, bolied, with salt 106.0 1.0 cup 0.03 1316 Pepter, bruzen, green, fruzen, cocked, bolied, with salt 106.0 1.0 cup 0.06 13172 Pepter, bruzen,		-			
11812Peas, green, canned, no sah added, solids and liquids124.00.5 cmp0.0211306Peas, green, coxel, solid, drained, with sal (1000)110 cmp0.2211317Peas, green, coxel, boiled, drained, with sal100010 cmp0.2211318Peas, green, coxel, boiled, drained, with sal80.00.5 cmp0.0211314Peas, green, forcen, coxel, boiled, drained, with salt80.00.5 cmp0.0211313Peas, green, forcen, coxeld, boiled, drained, with salt80.00.5 cmp0.0211314Peas, green, rosen, coxeld, boiled, drained, with salt80.00.5 cmp0.0311312Peas, green, rosen, coxeld, boiled, with salt104.01.0 cmp0.0311326Peas, split, matter seeds, coxeld, boiled, with salt106.00.0 cmp0.0611356Peas, split, matter seeds, coxeld, boiled, with salt106.01.0 cmp0.0611368Peas, split, matter seeds, coxeld, boiled, with salt106.01.0 cmp0.0611376Pepper, bnam, ruw101.01.0 cmp0.0611376Pepper, bnam, ruw100.03.3 2 vlices0.2211370Peppers, bnd chili, green, canned, pols, cerluding seeds, solids and liquids37.01.0 cmp0.0611380Peppers, bnd chili, green, canned, pols, cerluding seeds, solids and liquids73.01.0 pcpper0.3111370Peppers, bnd chili, green, canned, colding seeds, solids and liquids73.01.0 pcpper0.3111380Peppers, bnd chi	11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	0.66
1336Peas, green, cooked, boiled, drined, with salt124.00.5 cup0.0211811Peas, green, cooked, boiled, drined, with salt160.01.0 cup0.2211814Peas, green, cooked, boiled, drined, with salt80.00.5 cup0.0211813Peas, green, forcen, cooked, boiled, drined, with salt80.00.5 cup0.0211814Peas, green, forcen, cooked, boiled, drined, without salt80.00.5 cup0.0211312Peas, green, forcen, cooked, boiled, drined, without salt134.01.0 cup0.0311344Peas, green, norcen, cooked, boiled, with salt196.01.0 cup0.0611355Peas, spein, matter seeds, cooked, boiled, with salt196.01.0 cup0.0611685Peas, split, matter seeds, cooked, boiled, with salt196.01.0 cup0.0611686Peas, split, matter seeds, cooked, boiled, with salt196.01.0 cup0.0611686Pepers, boile, maching, and the seeds, cooked, boiled, seeds, solids and liquids5.210.0 cup0.0611697Pepers, boile, maching, and the seeds, cooked, boiled, seeds, solids and liquids7.30 <t< td=""><td>11813</td><td>Peas, green, canned, no salt added, drained solids</td><td>85.0</td><td>0.5 cup</td><td>0.03</td></t<>	11813	Peas, green, canned, no salt added, drained solids	85.0	0.5 cup	0.03
1111 Peas, green, cooked, builed, drained, with salt 1600 1.0 cup 0.22 11305 Peas, green, cooked, builed, drained, with salt 800 0.0 cup 0.02 11314 Peas, green, frozen, cooked, builed, drained, with salt 800 0.0 cup 0.02 11312 Peas, green, frozen, cooked, builed, drained, with salt 800 0.0 cup 0.00 11314 Peas, green, frozen, cooked, builed, drained, with salt 800 0.0 cup 0.00 11314 Peas, green, frozen, cooked, builed, drained, with salt 1840 1.0 cup 0.00 11314 Peas, green, frozen, conked, builed, with salt 1950 1.0 cup 0.01 1136 Peas, green, frozen, conked, builed, with salt 1950 1.0 cup 0.06 1136 Peas, split, mature secds, conked, builed, without salt 1950 1.0 cup 0.06 1137 Peas, split, mature secds, conked, builed, without salt 1950 1.0 cup 0.06 1136 Peaper, branker, builed, without salt 1950 1.0 cup 0.06 1138 Pepper, branker, builed, without salt 1.0 cup 0.06 0.02 0.06 0.06 </td <td>11812</td> <td>Peas, green, canned, no salt added, solids and liquids</td> <td>124.0</td> <td>0.5 cup</td> <td>0.02</td>	11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	0.02
11305Peas, green, rozend, cooked, boiled, drained, without salt16001.0 up0.2211814Peas, green, frozen, cooked, boiled, drained, without salt8000.5 cup0.0211313Peas, green, frozen, cooked, boiled, drained, without salt8000.5 cup0.0211314Peas, green, frozen, corked, boiled, drained, without salt13401.0 cup0.01811304Peas, green, saw14501.0 cup0.01811305Peas, green, spiit, mature seeds, cooked, boiled, without salt19701.0 cup0.01811306Peas, green, spiit, mature seeds, cooked, boiled, without salt19601.0 cup0.00611306Peas, green, spiit, mature seeds, cooked, boiled, without salt19601.0 cup0.00611306Pepper, banan, mw10401.0 cup0.00611307Peppers, bot, bef1.0 cup0.0063.5 zikes0.2211326Peppers, bot, bef1.0 cup0.0351.0 cup0.00611307Peppers, bot chili, green, canned, pods, excluding seeds, solids and liquids7.301.0 cup0.01611329Peppers, bot chili, green, canned, pods, excluding seeds, solids and liquids7.301.0 pepper0.0311304Peppers, bot chili, green, canned, codids, and liquids7.301.0 pepper0.3111329Peppers, bot chili, reen, canned, codids and liquids7.301.0 pepper0.3111320Peppers, bot chili, reen, canned, codids and liquids7.301.0 pepper0.31 <t< td=""><td>11306</td><td>Peas, green, canned, regular pack, solids and liquids</td><td>124.0</td><td>0.5 cup</td><td>0.02</td></t<>	11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	0.02
11814Peas. green, frozen. cooked, boiled, drained, without salt8000.5 cp0.0211313Peas. green, frozen, cooked, boiled, drained, without salt8000.5 cp0.0211312Peas. green, frozen, unprepared13401.0 cup0.0311314Peas. green, frozen, unprepared14401.0 cup0.0311304Peas. green, salt, mature seeds, cooked, boiled, without salt19701.0 cup0.0611305Peas. split, mature seeds, cooked, boiled, without salt19601.0 cup0.0611306Pepers, batan, raw1001.0 cup0.0611307Peppers, batan, raw1003.52 sites0.2211306Peppers, batan, boiled, sith salt1003.52 sites0.2211308Peppers, batan, raw1003.52 sites0.2211309Peppers, bot chile, smedricid1003.60.0811320Peppers, bot chile, smedricid37.01.0 cup0.0811320Peppers, bot chili, green, canned, pods, scludi and liquids7.31.0 pepper0.3311320Peppers, bot chili, green, canned, pods, culdi and liquids7.31.0 pepper0.3311320Peppers, bot chili, green, canned, pods, culdi and liquids7.31.0 pepper0.3311320Peppers, bot chili, green, canned, pods, culdi and liquids7.31.0 pepper0.3111320Peppers, bot chili, green, canned, pods, canned, culdi and liquids7.31.0 pepper0.3111321Peppers, bot	11811	Peas, green, cooked, boiled, drained, with salt	160.0	1.0 cup	0.22
11313Pars, green, frozen, cooked, boiled, drained, without salt8000.5 cm00211314Pars, green, frozen, mozen, unprepared134.01.0 cmp0.0311304Pars, green, frozen, mozen, unprepared145.01.0 cmp0.0311304Pars, green, fit, mature seeds, row197.01.0 cmp0.081685Pars, green, split, mature seeds, cooked, boiled, without salt196.01.0 cmp0.061606Pears, split, mature seeds, cooked, boiled, without salt196.01.0 cmp0.061607Pepper, Instring, fork, Feef0.0003.52 stices0.2228363PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original5210.0 goldfish0.0611329Peppers, hot chile, green, raw37.01.0 cmp7.011320Peppers, hot chile, green, raw37.01.0 pepper0.0111320Peppers, hot chili, green, raw37.01.0 pepper0.0111340Peppers, hot chili, green, raw37.01.0 pepper0.0111340Peppers, hot chili, green, raw37.01.0 pepper0.0111341Peppers, hot chili, ed, ramad, excluding seeds, solids and liquids37.01.0 pepper0.0111340Peppers, hot chili, ed, ramad36.01.0 cup, chopped0.3111341Peppers, jalpeno, camed, solids and liquids37.01.0 pepper0.0111352Peppers, jalpeno, camed, solids, drained, with salt36.01.0 cup, chopped0.3111354Pepp	11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	0.22
11312Peak, green, frozen, unprepared134.01.0 cup0.011304Peak, green, raw145.01.0 cup0.1916085Peak, green, split, mature seeds, caw197.01.0 cup0.0816086Peak, split, mature seeds, cooked, boiled, with salt196.01.0 cup0.0616086Peak, split, mature seeds, cooked, boiled, with salt196.01.0 cup0.0616086Pepper, banana, raw196.01.0 cup0.0616086Pepper, banana, raw196.01.0 cup0.0616087Pepper, banana, raw196.01.0 cup0.0616086Pepper, banana, raw196.01.0 cup0.0616087Pepper, banana, raw196.01.0 cup0.0616086Pepper, banana, raw196.03.5 cup0.0217086Pepper, banana, raw100.03.5 cup0.0217087Pepper, banana, raw100.03.6 cup0.0817086Pepper, banana, raw1.0 cup0.010.0117097Pepper, banch iki, green, raw163.01.0 cup0.0217098Peppers, banch iki, green, raw145.01.0 cup0.0117190Peppers, banch iki, red, raw136.01.0 cup, chopped0.3117181Peppers, banch iki, red, raw136.01.0 cup, chopped0.3217181Peppers, banch iki, red, raw105.01.0 cup, chopped0.3217182Peppers, banch iki, red, raw105.01.0 cup, chop	11814	Peas, green, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0.02
11304Peas, green, raw14501.0 cup0.1916085Peas, green, split, mature seeds, row19701.0 cup0.0616386Peas, split, mature seeds, cooked, boiled, with salt19601.0 cup0.0616386Peas, split, mature seeds, cooked, boiled, without salt19601.0 cup0.0610976Pepper, hanam, raw12401.0 cup0.0810976Pepperd loaf, pork, beef10003.52 slices0.2228383PEPPERIDCRE FARM, Goldfish, Baked Snack Crackers, Original5.21.00 goldfish0.911962Peppers, hot chili, green, canned, pok, sliced37.01.0 cup0.0511970Peppers, hot chili, green, raw45.01.0 pepper0.0111829Peppers, hot chili, green, raw45.01.0 pepper0.5011820Peppers, hot chili, reen, raw45.01.0 pepper0.5011820Peppers, hot chili, reed, raw45.01.0 pepper0.5111820Peppers, hot chili, reed, raw45.01.0 pepper0.5111840Peppers, hot chili, reed, raw34.00.25 cup drained0.3111841Peppers, hot pikled, canned1.0 cup, chopped0.5211852Peppers, hot pikled, canned, solids and liquids13.01.0 cup, chopped0.5211841Peppers, hot pikled, canned, solids and liquids13.01.0 cup, chopped0.5211852Peppers, hot pikled, canned, solids and liquids13.01.0 cup, chopped0.52<	11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	0.02
16085Peas, green, split, mature seeds, raw197.91.0 cup0.1816386Peas, split, mature seeds, cooked, boiled, with salt196.01.0 cup0.0016086Peas, split, mature seeds, cooked, boiled, without salt196.01.0 cup0.0016086Peaper, banana, raw196.01.0 cup0.0011976Peppere, loan, raw, ocoked, boiled, without salt196.03.5 zikes0.2228363PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original5.210.0 goldfish0.861002Pepperoni, beef and pork, sliced85.03.0 oz0.8811962Peppers, hot chili, green, camed, pols, excluding seeds, solids and liquids37.01.0 cup0.1611329Peppers, hot chili, green, camed, pols, excluding seeds, solids and liquids73.01.0 pepper0.5011800Peppers, hot chili, reen, camed, pols, excluding seeds, solids and liquids73.01.0 pepper0.5111819Peppers, hot chili, reen, raw45.01.0 pepper0.5111820Peppers, hot chili, reen, raw34.00.25 cup drained0.3111841Peppers, hot pikked, camed, excluding seeds, solids and liquids73.01.0 pepper0.3111820Peppers, hot pikked, camed34.00.25 cup drained0.3111841Peppers, hot pikked, camed34.00.10 cup, chopped0.3211852Peppers, solid sind liquids136.01.0 cup, chopped0.3211820Peppers, subte, naw106.01.0 cu	11312	Peas, green, frozen, unprepared	134.0	1.0 cup	0.03
1638ePeas, split, mature seeds, cooked, boiled, with salt19601.0 cup0.00616086Peas, split, mature seeds, cooked, boiled, without salt19601.0 cup0.00611976Pepper, banana, raw10.0 up0.02 up0.02 up07056Pepper do lad, pork, beef100.0 up3.52 sites0.22 up07057Pepper oni, beef and pork, sliced85.03.0 oz0.08 up07057Peppers, bot chile, sun-dried37.01.0 cup0.05 up11820Peppers, bot chili, green, canned, pods, excluding seeds, solids and liquids73.01.0 pepper0.5 up11820Peppers, bot chili, red, canned, cecluding seeds, solids and liquids73.01.0 pepper0.5 up11820Peppers, hot chili, green, raw45.01.0 pepper0.5 up11820Peppers, hot chili, red, canned, excluding seeds, solids and liquids73.01.0 pepper0.5 up11820Peppers, hot pikked, canned45.01.0 pepper0.5 up11820Peppers, hot pikked, canned34.00.25 cup drained0.3 up11840Peppers, hong riak, up316.01.0 cup, choppet0.1 up11820Peppers, hong riak, up316.01.0 cup, choppet0.5 up11830Peppers, hong riak, up316.01.0 cup, choppet0.3 up11841Peppers, hong riak, up316.01.0 cup, choppet0.5 up11852Peppers, hong riak, up315.01.0 cup, choppet0.5 up11852Peppers, seet, green	11304	Peas, green, raw	145.0	1.0 cup	0.19
1688Peas, split, mature seeds, cooked, boiled, without salt196.01.0 cup0.0011976Pepper, banana, raw124.01.0 cup0.8607056Peppered loaf, pork, beef100.03.52 slices0.2228363PEPPERIDGE FARM, foldfish, Baked Snack Crackers, Original5.210.0 goldfish0.1007057Pepperoni, beef and pork, sliced85.03.0 oz0.8807057Peppers, hot chile, sun-dried37.01.0 cup1.1611329Peppers, hot chile, sun-dried37.01.0 pepper0.5111670Peppers, hot chili, green, raw45.01.0 pepper0.5111820Peppers, hot chili, reen, raw45.01.0 pepper0.5111840Peppers, hot chili, reed, canned, excluding seeds, solids and liquids73.01.0 pepper0.3111840Peppers, hot piki, red, canned, solids and liquids34.00.25 cup drained0.3111841Peppers, hot piki, red, anned10.01.0 cup, chopped0.3211842Peppers, julapeno, raw105.01.0 cup, chopped0.3211970Peppers, serrano, raw105.01.0 cup, chopped0.3211820Peppers, serrano, raw105.01.0 cup, chopped0.3211842Peppers, julapeno, raw105.01.0 cup, chopped0.3211842Peppers, serrano, raw105.01.0 cup, chopped0.3211842Peppers, servent, green, cooked, boiled, drained, with salt116.01.0 cup, chopped0	16085	Peas, green, split, mature seeds, raw	197.0	1.0 cup	0.18
11976Pepper, banan, raw124.01.0 cup0.8607056Pepperdolad, pork, beef100.03.52 slices0.2228863PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original5.26.510.0 goldfish07057Pepperoni, beef and pork, sliced85.03.0 cz0.8811962Peppers, bot chile, sun-dried37.01.0 cup0.1611229Peppers, bot chili, green, raw63.01.0 pepper0.5011670Peppers, bot chili, green, raw45.01.0 pepper0.3111820Peppers, bot chili, green, raw64.501.0 pepper0.5011840Peppers, bot chili, reed, canned, excluding seeds, solids and liquids73.01.0 pepper0.5111840Peppers, bot chili, reed, canned, excluding seeds, solids and liquids73.01.0 pepper0.5111840Peppers, bot chili, reed, raw34.00.25 cup drained0.3111841Peppers, bot chili, red, raw34.00.25 cup drained0.3111842Peppers, lalgeno, canned, solids and liquids136.01.0 cup, chopped0.3211842Peppers, jalgeno, raw105.01.0 cup, chopped0.3211842Peppers, seet, green, cooked, boiled, drained, with salt11.61.0 cup, chopped0.3211842Peppers, sweet, green, cooked, boiled, drained, without salt135.01.0 cup, chopped or strip0.6811343Peppers, sweet, green, rox1.0 cup, chopped or strip0.6811344Peppers, sw	16386	Peas, split, mature seeds, cooked, boiled, with salt	196.0	1.0 cup	0.06
Orbs6 Peppered loaf, pork, beef 1000 3.52 slices 0.22 28363 PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original 5.2 10.0 goldfish 0.19 07057 Pepperoni, beef and pork, sliced 85.0 3.0 oz 0.88 11962 Peppers, bot chile, sun-dried 37.0 1.0 cup 1.16 11329 Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids 73.0 1.0 pepper 0.50 11820 Peppers, hot chili, green, raw 45.0 1.0 pepper 0.50 11820 Peppers, hot chili, red, canned, excluding seeds, solids and liquids 73.0 1.0 pepper 0.50 11820 Peppers, hot chili, red, canned, excluding seeds, solids and liquids 73.0 1.0 pepper 0.51 11820 Peppers, hot pickled, canned 34.0 0.25 cup drained 0.31 11821 Peppers, hot pickled, canned, solids and liquids 136.0 1.0 cup, chopped 0.31 11831 Peppers, solida, canned, solids and liquids 136.0 1.0 cup, chopped 0.32 11842 Peppers, siglapeno, canned,	16086	Peas, split, mature seeds, cooked, boiled, without salt	196.0	1.0 cup	0.06
PEPPERIDGE FARM. Goldfish, Baked Snack Crackers, Original 5.2 10.0 goldfish 0.19 07057 Pepperoni, beef and pork, sliced 85.0 3.0 oz 0.88 11962 Peppers, hot chile, sun-dried 37.0 1.0 cup 1.16 11329 Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids 73.0 1.0 pepper 0.50 11670 Peppers, hot chili, green, canned, excluding seeds, solids and liquids 73.0 1.0 pepper 0.50 11820 Peppers, hot chili, red, canned, excluding seeds, solids and liquids 73.0 1.0 pepper 0.50 11820 Peppers, hot chili, red, canned, excluding seeds, solids and liquids 73.0 1.0 pepper 0.50 11820 Peppers, hot chili, red, raw 34.0 1.0 pepper 0.51 11820 Peppers, hot gradu, canned, solids and liquids 73.0 1.0 pepper 0.51 11820 Peppers, hot gradu, canned, solids and liquids 73.0 1.0 pepper 0.51 11840 Peppers, hot gradu, canned, solids and liquids 70.0 1.0 pepper 0.51 11971 Peppers, s	11976	Pepper, banana, raw	124.0	1.0 cup	0.86
07057 Pepperoni, beef and pork, sliced 85.0 3.0 oz 0.88 11962 Peppers, hot chile, sun-dried 37.0 1.0 cup 1.16 11329 Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids 73.0 1.0 pepper 0.50 11670 Peppers, hot chili, green, raw 45.0 1.0 pepper 0.31 11820 Peppers, hot chili, red, canned, excluding seeds, solids and liquids 73.0 1.0 pepper 0.50 11819 Peppers, hot chili, red, raw 45.0 1.0 pepper 0.50 11819 Peppers, hot pickled, canned, excluding seeds, solids and liquids 73.0 1.0 pepper 0.50 11819 Peppers, hot pickled, canned, excluding seeds, solids and liquids 73.0 1.0 pepper 0.50 11820 Peppers, hot pickled, canned, solids and liquids 34.0 0.25 cup drained 0.31 11981 Peppers, hugarian, raw 0.0 1.0 cup, chopped 0.32 11982 Peppers, jalapeno, caw 1.0 cup, chopped 0.22 11977 Peppers, swered, green, cooked, boiled, drained, with salt <td< td=""><td>07056</td><td>Peppered loaf, pork, beef</td><td>100.0</td><td>3.52 slices</td><td>0.22</td></td<>	07056	Peppered loaf, pork, beef	100.0	3.52 slices	0.22
11962Peppers, hot chile, sun-dried1.0 cup1.1 cup11329Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids73.01.0 pepper0.5011670Peppers, hot chili, green, raw45.01.0 pepper0.3111820Peppers, hot chili, red, canned, excluding seeds, solids and liquids73.01.0 pepper0.5011810Peppers, hot chili, red, canned, excluding seeds, solids and liquids73.01.0 pepper0.5011819Peppers, hot chili, red, raw34.00.25 cup drained0.3131034Peppers, hot pickled, canned34.00.25 cup drained0.3111632Peppers, jalapeno, canned, solids and liquids1136.01.0 cup, chopped0.9411791Peppers, jalapeno, raw105.01.0 cup, chopped0.7211822Peppers, serrano, raw105.01.0 cup, chopped0.7211834Peppers, seet, green, cooked, boiled, drained, with salt115.01.0 cup, chopped or strips0.6811334Peppers, sweet, green, freeze-dried0.41.0 cup, chopped or strips0.6811333Peppers, sweet, green, raw149.01.0 cup, chopped0.5511339Peppers, sweet, green, sauteed149.01.0 cup, chopped0.5511339Peppers, sweet, green, sauteed115.01.0 cup, chopped0.55	28363	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original	5.2	10.0 goldfish	0.19
11329Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids7.3.01.0 pepper0.5011670Peppers, hot chili, green, raw45.01.0 pepper0.3111820Peppers, hot chili, red, canned, excluding seeds, solids and liquids7.3.01.0 pepper0.5011819Peppers, hot chili, red, raw45.00.25 cup drained0.3131034Peppers, hot pickled, canned34.00.25 cup drained0.3111981Peppers, hot pickled, canned, solids and liquids136.01.0 cup, chopper0.1311632Peppers, jalapeno, canned, solids and liquids136.01.0 cup, slopeper0.9411791Peppers, serrano, raw105.01.0 cup, slopeper0.7211822Peppers, sevent, green, cooked, boiled, drained, with salt116.01.0 cup, chopped0.7211334Peppers, sweet, green, cooked, boiled, drained, without salt135.01.0 cup, chopped or strips0.6811334Peppers, sweet, green, raw149.01.0 cup, chopped or strips0.6811334Peppers, sweet, green, raw149.01.0 cup, chopped or strips0.6811334Peppers, sweet, green, raw149.01.0 cup, chopped0.5511334Peppers, sweet, green, raw149.01.0 cup, chopped0.5511339Peppers, sweet, green, sauteed115.01.0 cup chopped0.5511334Peppers, sweet, green, sauteed115.01.0 cup chopped0.5511334Peppers, sweet, green, sauteed <t< td=""><td>07057</td><td>Pepperoni, beef and pork, sliced</td><td>85.0</td><td>3.0 oz</td><td>0.88</td></t<>	07057	Pepperoni, beef and pork, sliced	85.0	3.0 oz	0.88
11670Peppers, hot chili, green, raw45.01.0 pepper0.3111820Peppers, hot chili, red, canned, excluding seeds, solids and liquids73.01.0 pepper0.5011819Peppers, hot chili, red, raw45.01.0 pepper0.3131034Peppers, hot pickled, canned34.00.25 cup drained0.3111981Peppers, hot griek, solids and liquids31.00.25 cup drained0.3111981Peppers, jalapeno, canned, solids and liquids136.01.0 cup, chopper0.1311632Peppers, jalapeno, canned, solids and liquids136.01.0 cup, chopped0.9411979Peppers, serrano, raw00.01.0 cup, sliced3.2211977Peppers, serrano, raw105.01.0 cup, chopped0.7211822Peppers, sweet, green, cooked, boiled, drained, with salt11.61.0 cup, chopped0.6811334Peppers, sweet, green, cooked, boiled, drained, with ut salt135.01.0 cup, chopped or strips0.6811334Peppers, sweet, green, raw149.01.0 cup, chopped0.5511339Peppers, sweet, green, sauteed149.01.0 cup, chopped0.5511399Peppers, sweet, green, sauteed115.01.0 cup chopped0.55	11962	Peppers, hot chile, sun-dried	37.0	1.0 cup	1.16
11820Peppers, hot chili, red, canned, excluding seeds, solids and liquids73.01.0 pepper11819Peppers, hot chili, red, raw45.01.0 pepper0.3131034Peppers, hot pickled, canned34.00.25 cup drained0.3111981Peppers, hungarian, raw27.01.0 pepper0.1311632Peppers, jalapeno, canned, solids and liquids136.01.0 cup, chopped0.9411979Peppers, serrano, raw0.001.0 cup, sloepd0.7211822Peppers, sweet, green, cooked, boiled, drained, with salt11.61.0 cup, chopped0.7211334Peppers, sweet, green, raw01.61.0 cup, chopped0.6811334Peppers, sweet, green, raw0.41.0 cup, chopped0.6811334Peppers, sweet, green, raw0.41.0 cup, chopped0.6811334Peppers, sweet, green, raw0.41.0 cup, chopped0.5511339Peppers, sweet, green, sauteed115.01.0 cup, chopped0.55	11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	73.0	1.0 pepper	0.50
11819Peppers, hot chili, red, raw45.01.0 pepper0.3131034Peppers, hot pickled, canned34.00.25 cup drained0.3111981Peppers, hungarian, raw27.01.0 pepper0.1311632Peppers, jalapeno, canned, solids and liquids136.01.0 cup, chopped0.9411979Peppers, jalapeno, raw90.01.0 cup, sliced3.2211977Peppers, serrano, raw105.01.0 cup, chopped0.7211822Peppers, sweet, green, cooked, boiled, drained, with salt116.61.0 cup, chopped0.6811334Peppers, sweet, green, cooked, boiled, drained, without salt135.01.0 cup, chopped or strips0.6811334Peppers, sweet, green, raw0.41.0 cup, chopped or strips0.6811334Peppers, sweet, green, raw0.41.0 cup, chopped or strips0.6811334Peppers, sweet, green, raw149.01.0 cup, chopped or strips0.6511339Peppers, sweet, green, sauteed115.01.0 cup chopped0.55	11670	Peppers, hot chili, green, raw	45.0	1.0 pepper	0.31
31034Peppers, hot pickled, canned34.00.25 cup drained0.3111981Peppers, hungarian, raw07.01.0 pepper0.1311632Peppers, jalapeno, canned, solids and liquids136.01.0 cup, chopped0.9411970Peppers, jalapeno, raw90.01.0 cup, sliced3.2211977Peppers, serrano, raw105.01.0 cup, chopped0.7211822Peppers, sweet, green, cooked, boiled, drained, with salt111.61.0 cup, chopped0.0611334Peppers, sweet, green, cooked, boiled, drained, without salt135.01.0 cup, chopped or strips0.6811634Peppers, sweet, green, freeze-dried0.40.40.020.5511330Peppers, sweet, green, sauteed115.01.0 cup, chopped0.55	11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	73.0	1.0 pepper	0.50
11981Peppers, hungarian, raw10.0 pepper0.1311632Peppers, jalapeno, canned, solids and liquids136.01.0 cup, chopped0.9411979Peppers, jalapeno, raw90.01.0 cup, sliced3.2211977Peppers, serrano, raw105.01.0 cup, chopped0.7211822Peppers, sweet, green, cooked, boiled, drained, with salt11.61.0 cup, chopped0.7211334Peppers, sweet, green, cooked, boiled, drained, without salt135.01.0 cup, chopped or strips0.6811634Peppers, sweet, green, freeze-dried0.41.0 cup, chopped or strips0.6211333Peppers, sweet, green, raw149.01.0 cup, chopped0.551139Peppers, sweet, green, sauteed115.01.0 cup chopped1.61	11819	Peppers, hot chili, red, raw	45.0	1.0 pepper	0.31
11632Peppers, jalapeno, canned, solids and liquids136.01.0 cup, chopped0.9411632Peppers, jalapeno, canned, solids and liquids136.01.0 cup, chopped0.9411979Peppers, jalapeno, raw90.01.0 cup, sliced3.2211977Peppers, serrano, raw105.01.0 cup, chopped0.7211822Peppers, sweet, green, cooked, boiled, drained, with salt11.61.0 cup, chopped or strips0.0611334Peppers, sweet, green, cooked, boiled, drained, without salt135.01.0 cup, chopped or strips0.6811634Peppers, sweet, green, freeze-dried0.41.0 cup, chopped0.0211333Peppers, sweet, green, raw149.01.0 cup, chopped0.551139Peppers, sweet, green, sauteed115.01.0 cup chopped1.61	31034	Peppers, hot pickled, canned	34.0	0.25 cup drained	0.31
11979Peppers, jalapeno, raw90.01.0 cup, sliced3.2211977Peppers, serrano, raw105.01.0 cup, chopped0.7211822Peppers, sweet, green, cooked, boiled, drained, with salt11.60.000.0011334Peppers, sweet, green, cooked, boiled, drained, without salt135.01.0 cup, chopped or strips0.6811634Peppers, sweet, green, freeze-dried0.40.020.0211335Peppers, sweet, green, raw149.01.0 cup, chopped0.551139Peppers, sweet, green, sauteed115.01.0 cup chopped0.55	11981	Peppers, hungarian, raw	27.0	1.0 pepper	0.13
11977Peppers, serrano, raw105.01.0 cup, chopped0.7211822Peppers, sweet, green, cooked, boiled, drained, with salt11.61.0 cup, chopped0.0611334Peppers, sweet, green, cooked, boiled, drained, without salt135.01.0 cup, chopped or strips0.6811634Peppers, sweet, green, freeze-dried0.41.0 cup, chopped or strips0.6211333Peppers, sweet, green, raw149.01.0 cup, chopped0.5511339Peppers, sweet, green, sauteed115.01.0 cup chopped1.61	11632	Peppers, jalapeno, canned, solids and liquids	136.0	1.0 cup, chopped	0.94
11822Peppers, sweet, green, cooked, boiled, drained, with salt11.61.0 thsp0.0611334Peppers, sweet, green, cooked, boiled, drained, without salt135.01.0 cup, chopped or strips0.6811634Peppers, sweet, green, freeze-dried0.41.0 thsp0.0211333Peppers, sweet, green, raw149.01.0 cup, chopped0.551139Peppers, sweet, green, sauteed115.01.0 cup chopped1.61	11979	Peppers, jalapeno, raw	90.0	1.0 cup, sliced	3.22
11334Peppers, sweet, green, cooked, boiled, drained, without salt135.01.0 cup, chopped or strips0.6811634Peppers, sweet, green, freeze-dried0.41.0 tbsp0.0211333Peppers, sweet, green, raw149.01.0 cup, chopped0.5511339Peppers, sweet, green, sauteed115.01.0 cup chopped1.61	11977	Peppers, serrano, raw	105.0	1.0 cup, chopped	0.72
11634 Peppers, sweet, green, freeze-dried 0.4 1.0 tbsp 0.02 11333 Peppers, sweet, green, raw 149.0 1.0 cup, chopped 0.55 11339 Peppers, sweet, green, sauteed 115.0 1.0 cup chopped 1.61	11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	0.06
11333Peppers, sweet, green, raw149.01.0 cup, chopped0.5511339Peppers, sweet, green, sauteed115.01.0 cup chopped1.61	11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0.68
11339Peppers, sweet, green, sauteed115.01.0 cup chopped1.61	11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	0.02
	11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	0.55
11824Peppers, sweet, red, cooked, boiled, drained, with salt12.01.0 tbsp0.20	11339	Peppers, sweet, green, sauteed	115.0	1.0 cup chopped	1.61
	11824	Peppers, sweet, red, cooked, boiled, drained, with salt	12.0	1.0 tbsp	0.20
11823Peppers, sweet, red, cooked, boiled, drained, without salt135.01.0 cup, strips2.23	11823	Peppers, sweet, red, cooked, boiled, drained, without salt	135.0	1.0 cup, strips	2.23

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NDB_No	Description	Weight(g)	Measure ⁽	Vitamin E alpha-tocopherol)(mg)
				Per Measure
11931	Peppers, sweet, red, freeze-dried	0.4	1.0 tbsp	0.02
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	1.46
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	1.46
11917	Peppers, sweet, red, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	1.17
11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped	2.35
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	3.28
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	1.23
43283	Pheasant, cooked, total edible	140.0	1.0 cup, chopped or diced	0.38
18338	Phyllo dough	28.35	1.0 oz	0.02
07058	Pickle and pimiento loaf, pork	38.0	1.0 slice	0.15
11945	Pickle relish, sweet	15.0	1.0 tbsp	0.09
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	245.0	1.0 cup	0.39
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	0.01
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	0.01
11941	Pickles, cucumber, sour	155.0	1.0 cup	0.14
11946	Pickles, cucumber, sour, low sodium	143.0	1.0 cup, chopped or diced	0.13
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	0.58
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	6.0	1.0 slice	0.03
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	3.26
18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	28.35	1.0 oz	0.52
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	30.0	1.0 piece (1/8 of 9" crust)	0.68
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	129.0	1.0 cup	3.95
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	202.0	1.0 pie crust (average weight)	2.81
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	225.0	1.0 pie crust (average weight)	2.79
18946	Pie crust, refrigerated, regular, baked	198.0	1.0 pie crust	0.10
18948	Pie crust, refrigerated, regular, unbaked	229.0	1.0 pie crust (average weight)	0.11
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	18.0	1.0 piece (1/8 of 9" crust)	0.08
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	154.0	1.0 pie crust (average weight of 1 baked crust)	0.83
18336	Pie crust, standard-type, prepared from recipe, baked	23.0	1.0 piece (1/8 of 9" crust)	0.07
18402	Pie crust, standard-type, prepared from recipe, unbaked	24.0	1.0 piece (1/8 of 9" crust)	0.07
19312	Pie fillings, apple, canned	74.0	0.125 can	0.03
44158	Pie fillings, blueberry, canned	151.0	1.0 serving	0.35
43098	Pie fillings, cherry, low calorie	85.0	1.0 serving	0.00
18301	Pie, apple, commercially prepared, enriched flour	28.35	1.0 oz	0.43

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18140.kanarcane, mediafona segue24.30.10.00.01183000.kanarcane, menerially pepard24.30.10.30.02183100.keokada cera, menerially pepard0.120.10.30.01184100.keokada cera, menerially pepard0.120.10.20.010184100.keokada cera, menerially pepard0.230.10.00.01184100.keokada cera, menerially pepard0.230.10.00.01184100.keokada cera, menerially pepard0.230.10.00.01184100.keokada cera, menerially pepard0.240.01.00.01184200.keokada cera, menerially pepard0.240.01.00.011842010.keokada cera, menerially pepard0.240.01.00.01184300.keokada cera, menerially pepard0.240.01.00.011843010.keokada cera, menerially pepard0.240.01.00.011843010.keokada cera, menerially pepard0.240.01.00.011844010.keokada cera, menerially pepard0.130.01.00.011845010.keokada cera, menerially pepard0.130.01.00.011845010.keokada cera, menerially pepard0.140.01.00.011845010.keokada cera, menerially pepard0.140.01.00.011845010.keokada cera, menerially pepard0.140.01.00.011845010.keokada cera, menerially pep	NDB_No	Description	Weight(g)	Measure (alph	Vitamin E na-tocopherol)(mg)
NNMSPre, blueberry, commercially prepared28.3510.0000.02918300Pre, cherry, commercially prepared28.3510.000020.2118313Pic, cherry, commercially prepared28.3510.000020.0118314Pic, const territe, commercially prepared28.3510.000020.02718317Pic, ege const.d. commercially prepared28.3510.000020.2718319Pic, find files, finit28.3510.000020.2718319Pic, find mercially prepared28.3510.000020.000018320Pie, innex, prepared finor mercially prepared28.3510.000020.000018321Pie, prepare, innumerically prepared28.3510.000020.2718324Pie, prepare, innumerically prepared28.3510.000020.2718325Pie, prepare, innumerically prepared28.3510.000020.2718326Pie, prepare, innumerically prepared28.3510.000020.2718328Pie, branghan, commercially prepared28.3510.000020.2718329Pie, vanila contro, colord, bield, drinde, vith saft28.3510.000020.2718340Pigeorpea, innuture seels, cooled, bield, drinde, vith saft13.3010.000020.000011344Pigeorpea, innuture seels, cooled, bield, drinde, vith saft20.000010.000020.0000011344Pigeorpea, innuture seels, cooled, bield, drinde, vith saft20.000010.000020.0000011344Pigeorpea, innuture					Per Measure
N838Pic, herv, commercially prepared1283	18304		28.35	1.0 oz	0.11
B810Pisc choon creame, commercially prepared12001.0 serving 167 pts1.3118313Pice, cocount creame, commercially prepared28.351.0 oz0.025 pts 10 (b 2 of 97 pts)18314Pice, gen stard, commercially prepared28.351.0 oz0.2718319Pice, finde jice, finit28.351.0 oz0.2018310Pice, meno meringue, commercially prepared28.351.0 oz0.0018320Pice, innon meringue, commercially prepared28.351.0 oz0.0018321Pice, pensch, commercially prepared28.351.0 oz0.0018324Pice, pensch, commercially prepared28.351.0 oz0.0218324Pice, pensch, commercially prepared28.351.0 oz0.0218325Pice, pensch, commercially prepared28.351.0 oz0.0218326Pice, pensch, commercially prepared28.351.0 oz0.0218327Pice, pensch, commercially prepared28.351.0 oz0.0218328Pice, vanilla cream, prepared from recipe28.351.0 oz0.0218329Pice, vanilla cream, prepared from recipe28.351.0 oz0.0218340Pigeoppes, immature seeds, cocked, holied, drained, without sait13.300.0 co.020.001844Pigeoppes, immature seeds, cocked, holied, drained, without sait13.300.0 co.020.0 co.021854Piseoppe juice, canned or butted, unsovetened, with added acorbic acid20.00.0 co.021854Piseopp	18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	0.29
1813Pic account creame, commercially prepared28.3510.000.0001804Pic, Duch Apple, Commercially prepared28.350.125 pic (Mar O' 9' noi)0.0271817Pic, eig custrant, commercially prepared28.350.0000.0011832Pic, find pies, find0.0280.0000.0011832Pic, henon merginge, commercially prepared28.350.0000.0011832Pic, peand, commercially prepared28.350.0000.0011832Pic, peand, commercially prepared28.350.0000.0011832Pic, peand, commercially prepared28.350.0000.0011832Pic, peand, commercially prepared28.350.0000.0011834Pic, peand, commercially prepared28.350.0000.0011835Pic, peand, commercially prepared28.350.0000.0011836Picopace, instantar seeds, coked, holid, drained, with alt15.300.0010.0011836Picopace, instantar seeds, coked, holid, drained, with alt15.300.0010.0011834Picopace, instantar seeds, coked, holid, drained, with alt accorbic acid25.000.0010.0011934Picopace, instantar seeds, coked, holid, drained, with ald accorbic acid25.000.0020.0021934Picopace, instantar seeds, coked, holid, alconch acid25.000.0020.0021934Picopace, instantar seeds, coked, holid, alconch acid25.000.0020.0021934Picopace, i	18308	Pie, cherry, commercially prepared	28.35	1.0 oz	0.22
1894Pic Dutch Apple. Commercially Prepared11100.125 pie 1 pie (1/8 of 9' pie)112618317Pic. egg custant, commercially prepared28.351.0 oz0.0718319Pic. fried pies. frait28.351.0 oz0.03018320Pic. lenom meringue, commercially prepared28.351.0 oz0.00118321Pic. lenom meringue, commercially prepared28.351.0 oz0.02718324Pic. peane, commercially prepared28.351.0 oz0.02718325Pic. peane, commercially prepared28.351.0 oz0.02718326Pic. vanila ceone, prepared from recipe28.351.0 oz0.02718326Pic. vanilar ceone, prepared form recipe28.351.0 oz0.02718326Pic. vanilar ceone, boiled, duined, with alt15130.0 curp0.04011340Pigeorpeas, immatre seeds, cooked, boiled, duined, without salt15130.0 curp0.0501344Pigeorpeas, immatre seeds, cooked, boiled, duined, without salt15400.0 curp0.0001344Pigeorpeas, immatre seeds, cooked, boiled, duined, without salt15400.0 curp0.0001344Pigeorpea, immatre seeds, cooked, boiled, duined, without salt15400.0 curp0.0001353Pincarpe, cancel or bortied, unewectened, withadid ascorpic acid20001.0 curp0.0001354Pincarpe, cancel, on thread, unewectened, withadid minins A, Cand F20001.0 curp0.0001355Pincarple jice, frozen concentrate, unsw	18310	Pie, chocolate creme, commercially prepared	120.0	1.0 serving .167 pie	1.31
1817Pic. grg utard, commercially prepared28.3510.0 co0.0 co1839Pic. fride jies, froit0.8 co0.8 co0.0 co0.0 co18320Pie. lemon meringue. commercially prepared28.350.0 co0.0 co0.0 co18321Pie. peach0.8 co0.0 co0.0 co0.0 co18324Pie. peach0.8 co0.0 co0.0 co0.0 co18325Pie. peach0.8 co0.0 co0.0 co0.0 co18326Pie. punplin. commercially prepared0.8 co0.0 co0.0 co18326Pie. punplin. commercially repared from recipe0.8 co0.0 co0.0 co18326Pie. punplin. commercially repared from recipe0.8 co0.0 co0.0 co18346Pigeonpeas, immutre seeds, cooked, boiled, drained, with saft15 co0.0 co0.0 co1844Pigeonpeas, immutre seeds, cooked, boiled, drained, with saft15 co0.0 co0.0 co1844Pigeonpeas, immutre seeds, row and to four add accorbic acid25 co0.0 co0.0 co1943Pincarple injce, canned or bottled, unsweetend, with added accorbic acid25 co0.0 co0.0 co1944Pincarple injce, canned or bottled, unsweetend, with added accorbic acid25 co0.0 co0.0 co1945Pincarple injce, canned, not four concentrate, unsweetend, unithaded with 3 volume water25 co0.0 co0.0 co1947Pincarple injce, frozen concentrate, unsweetend, unithaded with 3 volume water25 co0.0 co0.0 co </td <td>18313</td> <td>Pie, coconut creme, commercially prepared</td> <td>28.35</td> <td></td> <td>0.04</td>	18313	Pie, coconut creme, commercially prepared	28.35		0.04
N819Pic, from28.851.0 or0.0491832Pic, krom nercingue, commercially prepared28.351.0 or0.031832Pic, mince, prepared from recipe28.351.0 or0.0411833Pic, preach28.351.0 or0.02118324Pic, preach28.351.0 or0.02318325Pic, preach28.351.0 or0.02318326Pic, preach commercially prepared28.351.0 or0.02318328Pic, contine recipe28.351.0 or0.01318328Pic, contine recipe28.351.0 or0.01318328Pic, contine recipe28.351.0 or0.01318328Pic prepare, immuture seed, cooked, boiled, drained, with salt15.301.0 or0.01911345Pigeonpeas, immuture seed, cooked, boiled, drained, with salt15.301.0 or0.01011344Pigeonpeas, immuture seed, row lend, with add accorbic acid25.001.0 or0.01011345Pigeonpeas, immuture seed, row lend, with add accorbic acid25.001.0 or0.01011346Pinearple juice, canned or bottled, unswetened, with added varants acid25.001.0 or0.00211347Pinearple juice, canned, not row concentrate, unswetened, with added varants acid25.001.0 or0.00211348Pinearple juice, canned, not row concentrate, unswetened, with added varants acid25.001.0 or0.00211349Pinearple juice, frazen concentrate, unswetened, with added varant	18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	1.26
BabPail Pail Pail Pail Pail Pail Pail Pail	18317	Pie, egg custard, commercially prepared	28.35	1.0 oz	0.27
1832Pie, minee, prepared from recipe28.3510 or0.041833Pie, peach28.351.0 or0.2718324Pie, peach, commercially prepared28.351.0 or0.2318326Pie, spumkin, commercially prepared28.351.0 or0.2318328Pie, vanilla cream, prepared from recipe28.351.0 or0.01318356Pie, spumkin, commercially prepared from recipe28.351.0 or0.0131836Pie, spompeis, immature seeds, cooked, boiled, drained, with salt15.301.0 oru0.0491844Piegoopes, immature seeds, cooked, boiled, drained, with salt15.301.0 oru0.0491845Piegoopes, immature seeds, cooked, boiled, drained, without salt16.401.0 oru0.0491844Piegoopes, immature seeds, row16.401.0 oru0.0100.0101843Piegoopes, immature seeds, row16.401.0 oru0.0211844Piegoopes, immature seeds, row16.201.0 oru0.0211843Piegoopes, immature seeds, row16.201.0 oru0.0521844Piegoopes, immature seeds, row16.201.0 oru0.0521845Pineaple juice, canned or bottle, unsweetened, with added accorbic acid250.01.0 oru0.05209270Pineaple juice, frozen concentrate, unsweetened, with added vitamins A, C and E250.01.0 oru, crushed, sliced, or chanks0.05209274Pineaple juice, frozen concentrate, unsweetened, with added vitamins A, C and E250.0	18319	Pie, fried pies, fruit	28.35	1.0 oz	0.49
1832Pie, peach1.0 cz0.0 cz1833Pie, peach, commercially prepared28.351.0 cz0.231834Pie, punpkin, commercially prepared28.351.0 cz0.231838Pie, vanilki, commercially prepared28.351.0 cz0.231838Pie, vanilki, commercially prepared1.331.0 cz0.231838Pies vanilka cream, prepared from recipe1.331.330.0 cz0.431134Pigeonpeas, immature seeds, cooked, boiled, drained, with salt1.330.0 cz0.0 cz1134Pigeonpeas, immature seeds, cooked, boiled, drained, without salt1.300.0 cz0.0 cz1134Pigeonpeas, immature seeds, cooked, boiled, drained, without salt1.0 cz0.0 cz0.0 cz1134Pinento, canned or bottled, unsweetened, without salt2.000.0 cz0.0 cz0.0 cz1134Pinento, canned or bottled, unsweetened, withadd accorbic acid2.000.0 cz0.0 cz0.0 cz1057Pineaple juice, canned, not form concentrate, unsweetened, withadd vitamins A, Can E2.000.0 cz0.0 cz0.0 cz1057Pineaple juice, forzen concentrate, unsweetened, withadd vitamins A, Can E2.000.0 cz0.0 cz0.0 cz1057Pineaple juice, forzen concentrate, unsweetened, withadd vitamins A, Can E2.000.0 cz0.0 cz0.0 cz0.0 cz1057Pineaple juice, forzen concentrate, unsweetened, withadd vitamins A, Can E2.000.0 cz0.0 cz0.0 cz0.0 cz0.0 cz <t< td=""><td>18320</td><td>Pie, lemon meringue, commercially prepared</td><td>28.35</td><td>1.0 oz</td><td>0.30</td></t<>	18320	Pie, lemon meringue, commercially prepared	28.35	1.0 oz	0.30
18324Pie, pecan, commercially prepared28.3510.000.2318326Pie, punpkin, commercially prepared28.350.0020.2218338Pie, vanilla cream, prepared from recipe28.350.0030.01318326Pie, sonilla cream, prepared from recipe28.350.0000.01318326Pie, sonilla cream, prepared from recipe0.0130.0000.01318340Pigeonpea, immature seeds, cooked, boiled, drained, without salt15.300.00000.000018341Pigeonpea, immature seeds, cooked, boiled, drained, without salt15.300.00000.000018342Pienopea, immature seeds, cooked, boiled, drained, without salt15.400.00000.000018343Pinento, canned from blue commeal (Hopi)28.000.00000.00000.000019343Pinento, canned or bottled, unsweetened, without added accorbic acid25000.00000.000009374Pineaple juice, canned, not mo concentrate, unsweetened, add accorbic acid25000.00000.000009374Pineaple juice, forzen concentrate, unsweetened, diluted with 3 volume water25001.000000000.000009374Pineaple, canned, nice pack, solids and liquids24001.0000000000.000009374Pineaple, canned, inter pack, solids and liquids24001.00000000000.0000009374Pineaple, canned, inter pack, solids and liquids24001.000000000000000000000000000000000000	18322	Pie, mince, prepared from recipe	28.35	1.0 oz	0.04
1832Pie, pumpkin, commercially prepared28.3510.000.0218328Pie, vanilla cream, prepared from recipe28.3510.000.0118460Pigeopeas, inmature seeds, cooked, boiled, drained, with alt15.500.01.00 up0.0418470Piegopeas, inmature seeds, cooked, boiled, drained, without salt15.500.00 up0.00 up18480Piegopeas, inmature seeds, cooked, boiled, drained, without salt15.800.00 up0.00 up18440Piegopeas, inmature seeds, cooked, boiled, drained, without salt15.800.00 up0.00 up18450Piegopeas, inmature seeds, cooked, boiled, drained, without salt15.800.00 up0.00 up18450Piegopeas, inmature seeds, cooked, boiled, drained, without salt15.800.00 up0.00 up18450Piegopeas, inmature seeds, cooked, boiled, drained, without salt12.000.00 up0.00 up18450Pineaple juice, canned or bottled, unsweetend, with adde accorbic acid25.000.00 up0.00 up092740Pineaple juice, canned, not oncentrate, unsweetend, with added vitamins A, C and E250.000.00 up, crushed, sliced, or chunks0.00 up092740Pineaple, canned, juice pack, drained10.00 up, crushed, sliced, or chunks0.00 up0.00 up092740Pineaple, canned, juice pack, drained24.001.00 up, crushed, sliced, or chunks0.00 up092740Pineaple, canned, juice pack, drained24.001.00 up, crushed, sliced, or chunks0.00 up092740Pineaple, canned, juice pack, dr	18323	Pie, peach	28.35	1.0 oz	0.27
18328Pic vanilla cream, prepared from recipe28.3510 or0.0111326Pigeonpeas, immature seeds, cooked, boiled, drained, with salt15.301.0 or op0.4911345Pigeonpeas, immature seeds, cooked, boiled, drained, without salt15.301.0 or op0.4911344Pigeonpeas, immature seeds, raw15.401.0 or op0.6011343Pinento, canned1.0 or op0.600.0011343Pinento, canned1.00.000.0011343Pinento, canned or bottled, unsweetened, with added acorbic acid2000.000.0000409Pineapple juice, canned or bottled, unsweetened, with added vitamins A, C and E25.001.0 or op0.0000510Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E25.001.0 or op0.0000510Pineapple juice, frozen concentrate, unsweetened, with added vitamins A, C and E25.001.0 or op0.0000510Pineapple juice, frozen concentrate, unsweetened, utilt added vitamins A, C and E25.001.0 or op, crushed, sliced, or chunk s0.0000510Pineapple juice, frozen concentrate, unsweetened, utilt added vitamins A, C and E25.001.0 or op, crushed, sliced, or chunk s0.0000510Pineapple, canned, heavy stryp pack, solids and liquids25.001.0 or op, crushed, sliced, or chunk s0.0000510Pineapple, canned, indire d, uninter G, uninter	18324	Pie, pecan, commercially prepared	28.35	1.0 oz	0.23
11826Pigeonpeas, immature seeds, cooked, boiled, drained, with salt153.01.0 cup0.4911345Pigeonpeas, immature seeds, cooked, boiled, drained, without salt153.01.0 cup0.6011344Pigeonpeas, immature seeds, caw154.01.0 cup0.6035234Piki bread, made from blue commeal (Hopi)28.01.0 tup cup0.6035234Pineatple juice, canned or bottled, unsweetened, with added ascorbic acid25.01.0 tup cup0.0509409Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid250.01.0 cup0.0509510Pineapple juice, canned not fort concentrate, unsweetened, with added vitamins A, C and E250.01.0 cup0.0509517Pineapple juice, frozen concentrate, unsweetened, with added vitamins A, C and E250.01.0 cup0.0509517Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water250.01.0 cup, clustds0.0509527Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water250.01.0 cup, clustds0.0509534Pineapple, canned, juice pack, solids and liquids254.01.0 cup, clustds0.0509540Pineapple, canned, juice pack, solids and liquids249.01.0 cup, clustds, sliced, or clustds0.0209560Pineapple, canned, juice pack, solids and liquids246.01.0 cup, clustds, sliced, or clustds0.0209560Pineapple, cunued, juaretis216.01.0 cup, clustds, sliced, or clustds0.0209560Pine	18326	Pie, pumpkin, commercially prepared	28.35	1.0 oz	0.22
11345Pigeonpeas, immature seeds, cooked, boiled, drained, without salt1153.01.0 cup0.04911344Pigeonpeas, immature seeds, raw154.01.0 cup0.6035234Piki bread, made from blue cornmeal (Hopi)28.028.01.0 piece0.2111943Pincento, canned1.0 cup0.0050.0050.00590409Pincapple juice, canned or bottled, unsweetened, with added ascorbic acid250.00.10 cup0.05590730Pincapple juice, canned, or form concentrate, unsweetened, with added vitamins A, C and E250.00.0 cup0.0 cup09274Pincapple juice, frozen concentrate, unsweetened, with added vitamins A, C and E250.00.10 cup0.00509275Pincapple juice, frozen concentrate, unsweetened, with added vitamins A, C and E250.00.10 cup0.00209274Pincapple juice, frozen concentrate, unsweetened, until uted250.01.0 cup, cup0.00509275Pincapple, canned, heavy syrup pack, solids and liquids254.01.0 cup, curshed, sliced, or chunks0.00609276Pincapple, canned, juice pack, drained249.01.0 cup, crushed, sliced, or chunks0.00109269Pincapple, canned, juice pack, solids and liquids249.01.0 cup, crushed, sliced, or chunks0.00209270Pincapple, canned, juice pack, solids and liquids249.01.0 cup, crushed, sliced, or chunks0.00209269Pincapple, canned, juice pack, solids and liquids249.01.0 cup, crushed, sliced, or chunks0.00309260 <td< td=""><td>18328</td><td>Pie, vanilla cream, prepared from recipe</td><td>28.35</td><td>1.0 oz</td><td>0.13</td></td<>	18328	Pie, vanilla cream, prepared from recipe	28.35	1.0 oz	0.13
1344Pigeopeas, immature seeds, raw154.01.0 cup0.6035234Piki bread, made from blue commeal (Hopi)2.801.0 cup0.010.0111943Pimento, canned12.01.0 tubs0.0809409Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid250.01.0 cup0.0509273Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E250.01.0 cup0.0509274Pineapple juice, frozen concentrate, unsweetened, with added vitamins A, C and E250.01.0 cup0.0209274Pineapple juice, frozen concentrate, unsweetened, undiluted with 3 volume water250.01.0 cup, cutshed, sliced, or duns0.0609274Pineapple juice, frozen concentrate, unsweetened, undiluted216.01.0 cup, crushed, sliced, or duns0.0609274Pineapple, canned, juice pack, solids and liquids254.01.0 cup, crushed, sliced, or duns0.0709274Pineapple, canned, juice pack, solids and liquids249.01.0 cup, crushed, sliced, or duns0.0209276Pineapple, canned, juice pack, solids and liquids249.01.0 cup, crushed, sliced, or duns0.0209269Pineapple, canned, inger pack, solids and liquids245.01.0 cup, crushed, sliced, or duns0.0209270Pineapple, canned, inger pack, solids and liquids245.01.0 cup, crushed, sliced, or duns0.0209269Pineapple, canned, juice pack, solids and liquids245.01.0 cup, crushed, sliced, or duns0.02	11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	153.0	1.0 cup	0.49
35234Piki bread, made from blue cornmeal (Hopi)28.01.0 piece0.1111943Pinenco, canned1.0 thysp0.0809409Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid25001.0 cup0.0509273Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid25001.0 cup0.0509510Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E25001.0 cup0.0509275Pineapple juice, frozen concentrate, unsweetened, with added vitamins A, C and E25001.0 cup0.0209274Pineapple juice, frozen concentrate, unsweetened, undiluted21601.0 cup, crushed, sliced, or chunks0.0609274Pineapple, canned, heavy syrup pack, solids and liquids25401.0 cup, crushed, sliced, or chunks0.0609276Pineapple, canned, juice pack, solids and liquids24001.0 cup, crushed, sliced, or chunks0.0209266Pineapple, canned, juice pack, solids and liquids24601.0 cup, crushed, sliced, or chunks0.0209272Pineapple, canned, usit y sup pack, solids and liquids24601.0 cup, crushed, sliced, or chunks0.0209266Pineapple, canned, usit y sup pack, solids and liquids24601.0 cup, crushed, sliced, or chunks0.0309266Pineapple, raw, all varieties16501.0 cup, crushed, sliced, or chunks0.0309260Pineapple, raw, all varieties16501.0 cup, chunks0.0309261Pineapple, raw, all varieties	11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	153.0	1.0 cup	0.49
11943Pimento, canned12.01.0 thysp0.0809409Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid250.01.0 cup0.0509273Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid250.01.0 cup0.0509510Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E250.01.0 cup0.0209274Pineapple juice, frozen concentrate, unsweetened, undiluted with 3 volume water250.01.0 cup, clusted, flozen0.0209274Pineapple, canned, neavy syrup pack, solids and liquids254.01.0 cup, crushed, sliced, or chunks0.0309354Pineapple, canned, juice pack, drained181.01.0 cup, crushed, sliced, or chunks0.0209268Pineapple, canned, juice pack, solids and liquids254.01.0 cup, crushed, sliced, or chunks0.0309269Pineapple, canned, juice pack, solids and liquids252.01.0 cup, crushed, sliced, or chunks0.0309272Pineapple, canned, water pack, solids and liquids254.01.0 cup, crushed, sliced, or chunks0.0309269Pineapple, canned, water pack, solids and liquids246.01.0 cup, crushed, sliced, or chunks0.0309272Pineapple, frozen, chunks, sweetened165.01.0 cup, chunks0.0309264Pineapple, raw, all varieties165.01.0 cup, chunks0.0309265Pineapple, raw, all varieties165.01.0 cup, chunks0.0309266Pineapple, raw, all varieties1.0 s	11344	Pigeonpeas, immature seeds, raw	154.0	1.0 cup	0.60
9heapple juice, canned or bottled, unsweetened, with added ascorbic acid250.01.0 cup0.050273Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid250.01.0 cup0.0509510Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E250.01.0 cup1.5809275Pineapple juice, frozen concentrate, unsweetened, uidtaded witamins A, C and E250.01.0 cup0.0209274Pineapple juice, frozen concentrate, unsweetened, uidtuded216.01.0 cup, crushed, sliced, or chunks0.0309274Pineapple, canned, heavy syrup pack, solids and liquids254.01.0 cup, crushed, sliced, or chunks0.0309354Pineapple, canned, juice pack, drained1.0 cup, crushed, sliced, or chunks0.0409268Pineapple, canned, light syrup pack, solids and liquids240.01.0 cup, crushed, sliced, or chunks0.0309269Pineapple, canned, uight syrup pack, solids and liquids246.01.0 cup, crushed, sliced, or chunks0.0309270Pineapple, canned, uight syrup pack, solids and liquids246.01.0 cup, crushed, sliced, or chunks0.0309269Pineapple, frozen, chunks, sweetened1.0 cup, chunks0.050.0509270Pineapple, frozen, chunks, sweetened245.01.0 cup, crushed, sliced, or chunks0.0309269Pineapple, frozen, chunks, sweetened245.01.0 cup, chunks0.0509260Pineapple, raw, all varieties1.65.01.0 cup, chunks0.0309261Pineap	35234	Piki bread, made from blue cornmeal (Hopi)	28.0	1.0 piece	0.21
Pineaple juice, canned or bottled, unsweetened, without added ascorbic acid25001.0 cup0.0509510Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E25001.0 cup1.0 cup1.5809275Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water25001.0 cup0.0209274Pineapple juice, frozen concentrate, unsweetened, undiluted21601.0 cup, crushed, sliced, or chuns0.0609270Pineapple, canned, heavy syrup pack, solids and liquids254.01.0 cup, crushed, sliced, or chuns0.0309354Pineapple, canned, juice pack, drained181.01.0 cup, crushed, sliced, or chuns0.0409269Pineapple, canned, light syrup pack, solids and liquids244.01.0 cup, crushed, sliced, or chuns0.0209271Pineapple, canned, water pack, solids and liquids246.01.0 cup, crushed, sliced, or chuns0.0509260Pineapple, canned, water pack, solids and liquids245.01.0 cup, crushed, sliced, or chuns0.0509272Pineapple, fozen, chunks, sweetened245.01.0 cup, crushed, sliced, or chuns0.0509274Pineapple, frazen, chunks, sweetened245.01.0 cup, crushed, sliced, or chuns0.0509275Pineapple, raw, all varieties245.01.0 cup, crushed, sliced, or chuns0.0509276Pineapple, raw, all varieties1.0 cup, chuns0.050926Pineapple, raw, all varieties1.0 cup, chuns0.030930Pineapple, raw, extra sweet variety<	11943	Pimento, canned	12.0	1.0 tbsp	0.08
Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E250.01.0 cup1.5809275Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water250.01.0 cup0.0209274Pineapple juice, frozen concentrate, unsweetened, undiluted216.01.0 cup, crushed, sliced, or chunks0.0609270Pineapple, canned, heavy syrup pack, solids and liquids254.01.0 cup, crushed, sliced, or chunks0.0309354Pineapple, canned, juice pack, drained181.01.0 cup, crushed, sliced, or chunks0.0409269Pineapple, canned, juice pack, solids and liquids249.01.0 cup, crushed, sliced, or chunks0.0209267Pineapple, canned, udier pack, solids and liquids249.01.0 cup, crushed, sliced, or chunks0.0309269Pineapple, canned, water pack, solids and liquids246.01.0 cup, crushed, sliced, or chunks0.0209270Pineapple, canned, uater pack, solids and liquids246.01.0 cup, crushed, sliced, or chunks0.0209269Pineapple, canned, water pack, solids and liquids246.01.0 cup, crushed, sliced, or chunks0.0209270Pineapple, rav, all varieties245.01.0 cup, crushed, sliced, or chunks0.0309260Pineapple, rav, all varieties1.0 cup, chunks0.0309261Pineapple, rav, all varieties1.0 cup, chunks0.0309262Pineapple, rav, extra sweet variety165.01.0 cup, chunks0.0309263Pineapple, rav, extra sweet variety10	09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	250.0	1.0 cup	0.05
Pinapple juice, frozen concentrate, unsweetened, diluted with 3 volume water250.01.0 cup0.0209274Pinapple juice, frozen concentrate, unsweetened, undiluted216.01.0 can (6 fl oz)0.0609270Pinapple, canned, heavy syrup pack, solids and liquids254.01.0 cup, crushed, sliced, or chunks0.0309354Pinapple, canned, juice pack, drained181.01.0 cup, crushed, sliced, or chunks0.0409268Pinapple, canned, juice pack, solids and liquids249.01.0 cup, crushed, sliced, or chunks0.0209269Pinapple, canned, uger pack, solids and liquids249.01.0 cup, crushed, sliced, or chunks0.0309269Pineapple, canned, uger pack, solids and liquids249.01.0 cup, crushed, sliced, or chunks0.0309269Pineapple, canned, water pack, solids and liquids249.01.0 cup, crushed, sliced, or chunks0.0309269Pineapple, canned, uger pack, solids and liquids246.01.0 cup, crushed, sliced, or chunks0.0309270Pineapple, canned, uger pack, solids and liquids245.01.0 cup, crushed, sliced, or chunks0.0309260Pineapple, raw, all varieties0.031.0 cup, chunks0.0309261Pineapple, raw, all varieties0.051.0 cup, chunks0.0309262Pineapple, raw, all varieties0.031.0 cup, chunks0.0309263Pineapple, raw, all varieties0.031.0 cup, chunks0.030930Pineapple, raw, extra sweet variety1.0 site0.031271 <td>09273</td> <td>Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid</td> <td>250.0</td> <td>1.0 cup</td> <td>0.05</td>	09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	250.0	1.0 cup	0.05
OP274Pineapple juice, frozen concentrate, unsweetened, undiluted216.01.0 can (6 fl oz)0.0609270Pineapple, canned, heavy syrup pack, solids and liquids254.01.0 cup, crushed, sliced, or chunks0.0309354Pineapple, canned, juice pack, drained181.01.0 cup, crushed, sliced, or chunks0.0409268Pineapple, canned, juice pack, solids and liquids249.01.0 cup, crushed, sliced, or chunks0.0209269Pineapple, canned, light syrup pack, solids and liquids249.01.0 cup, crushed, sliced, or chunks0.0309269Pineapple, canned, water pack, solids and liquids249.01.0 cup, crushed, sliced, or chunks0.0309269Pineapple, canned, water pack, solids and liquids249.01.0 cup, crushed, sliced, or chunks0.0309269Pineapple, canned, water pack, solids and liquids249.01.0 cup, crushed, sliced, or chunks0.0309269Pineapple, canned, water pack, solids and liquids249.01.0 cup, crushed, sliced, or chunks0.0309269Pineapple, canned, water pack, solids and liquids246.01.0 cup, crushed, sliced, or chunks0.0309269Pineapple, frozen, chunks, sweetened245.01.0 cup, chunks0.0509260Pineapple, raw, all varieties0.051.0 cup, chunks0.0309261Pineapple, raw, extra sweet variety616.01.0 cup, chunks0.0309262Pineapple, raw, extra sweet variety616.01.0 cup, chunks0.030927Pineapple, raw, extra sweet variety <td>09510</td> <td>Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E</td> <td>250.0</td> <td>1.0 cup</td> <td>1.58</td>	09510	Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E	250.0	1.0 cup	1.58
09270Pineapple, canned, heavy syrup pack, solids and liquids254.01.0 cup, crushed, sliced, or chunks0.0309354Pineapple, canned, juice pack, drained181.01.0 cup, crushed, sliced, or chunks0.0409268Pineapple, canned, juice pack, solids and liquids249.01.0 cup, crushed, sliced, or chunks0.0209269Pineapple, canned, light syrup pack, solids and liquids252.01.0 cup, crushed, sliced, or chunks0.0309267Pineapple, canned, water pack, solids and liquids246.01.0 cup, crushed, sliced, or chunks0.0209268Pineapple, forzen, chunks, sweetened245.01.0 cup, crushed, sliced, or chunks0.0309267Pineapple, canned, uater pack, solids and liquids246.01.0 cup, crushed, sliced, or chunks0.0209270Pineapple, frozen, chunks, sweetened245.01.0 cup, crushed, sliced, or chunks0.0309266Pineapple, raw, all varieties105.01.0 cup, chunks0.0309267Pineapple, raw, extra sweet variety165.01.0 cup, chunks0.0310430Pineapple, raw, extra sweet variety105.01.0 cup, chunks0.031271PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust96.01.0 slice0.67	09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	250.0	1.0 cup	0.02
09354Pineapple, canned, juice pack, drained181.01.0 cup, chunks0.0409268Pineapple, canned, juice pack, solids and liquids249.01.0 cup, crushed, sliced, or chunks0.0209269Pineapple, canned, light syrup pack, solids and liquids252.01.0 cup, crushed, sliced, or chunks0.0309267Pineapple, canned, water pack, solids and liquids246.01.0 cup, crushed, sliced, or chunks0.0209272Pineapple, frozen, chunks, sweetened245.01.0 cup, crushed, sliced, or chunks0.0509266Pineapple, raw, all varieties165.01.0 cup, chunks0.0309430Pineapple, raw, extra sweet variety165.01.0 cup, chunks0.0321271PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust96.01.0 slice0.67	09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	216.0	1.0 can (6 fl oz)	0.06
09268Pineapple, canned, juice pack, solids and liquids249.01.0 cup, crushed, sliced, or chunks0.0209269Pineapple, canned, light syrup pack, solids and liquids252.01.0 cup, crushed, sliced, or chunks0.0309267Pineapple, canned, water pack, solids and liquids246.01.0 cup, crushed, sliced, or chunks0.0209272Pineapple, frozen, chunks, sweetened245.01.0 cup, crushed, sliced, or chunks0.0309266Pineapple, raw, all varieties165.01.0 cup, chunks0.0309430Pineapple, raw, extra sweet variety165.01.0 cup, chunks0.0321271PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust96.01.0 slice0.67	09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	0.03
Number of the second	09354	Pineapple, canned, juice pack, drained	181.0	1.0 cup, chunks	0.04
09267Pineapple, canned, water pack, solids and liquids246.01.0 cup, crushed, sliced, or chunks0.0209272Pineapple, frozen, chunks, sweetened245.01.0 cup, chunks0.0509266Pineapple, raw, all varieties165.01.0 cup, chunks0.0309430Pineapple, raw, extra sweet variety165.01.0 cup, chunks0.0321271PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust96.01.0 slice0.67	09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	0.02
09272Pineapple, frozen, chunks, sweetened245.01.0 cup, chunks0.0509266Pineapple, raw, all varieties165.01.0 cup, chunks0.0309430Pineapple, raw, extra sweet variety165.01.0 cup, chunks0.0321271PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust96.01.0 slice0.67	09269	Pineapple, canned, light syrup pack, solids and liquids	252.0	1.0 cup, crushed, sliced, or chunks	0.03
09266Pineapple, raw, all varieties165.01.0 cup, chunks0.0309430Pineapple, raw, extra sweet variety165.01.0 cup, chunks0.0321271PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust96.01.0 slice0.67	09267	Pineapple, canned, water pack, solids and liquids	246.0	1.0 cup, crushed, sliced, or chunks	0.02
09430Pineapple, raw, extra sweet variety165.01.0 cup, chunks0.0321271PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust96.01.0 slice0.67	09272	Pineapple, frozen, chunks, sweetened	245.0	1.0 cup, chunks	0.05
21271 PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust 96.0 1.0 slice 0.67	09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	0.03
	09430	Pineapple, raw, extra sweet variety	165.0	1.0 cup, chunks	0.03
21272 PIZZA HUT 12" Cheese Pizza, Pan Crust 100.0 1.0 slice 1.06	21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	96.0	1.0 slice	0.67
	21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	100.0	1.0 slice	1.06

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IPE Mather Stream (NCRIPY Class of Charlies (1999)IPE Mather Stream (1999)IPE Mather Stream (1999)2125PIZA HUT 12 'Pepreni Piza, Harl Tossel Charl66.00.010160.0252126PIZA HUT 12 'Pepreni Piza, Harl Tossel Charl61.00.010160.0002128PIZA HUT 14 'Chesse Piza, Harl Tossel Charl0.16.00.010160.0002129PIZA HUT 14 'Chesse Piza, Harl Tossel Charl0.16.00.010160.0002120PIZA HUT 14 'Chesse Piza, Mind Charl0.17.00.10160.010162120PIZA HUT 14 'Chesse Piza, Mind Charl0.1010.010160.01012120PIZA HUT 14 'Chesse Piza, Mind Charl0.1010.010160.010162120PIZA HUT 14 'Shpersin Piza, Hand-Tossel Charl0.1010.010160.010162121Piza, chesse topping regular crus, force, coold0.1010.010160.0101621224Piza, chesse topping regular crus, force, coold0.0130.010160.0101621235Piza, chesse topping regular crus, force, coold0.0130.010160.0101621246Piza, chesse topping regular crus, force, coold0.0130.01016760.0101621257Piza, chesse topping regular crus, force, coold0.0130.01016760.0101621268Piza, mean topping fung crus, force, coold0.0130.01016760.0101621274Piza, mean topping fung crus, force, coold0.0140.01016760.01016762128Piza, mean topping fung crus, force, co	NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
21274PIZZA HUT 12 Pepprum Pizza, Pan Cinst96010 slike97221275PIZZA HUT 12 Pepprum Pizza, Pan Cinst9601.0 slike97321276PIZZA HUT 14 Peptrum Pizza, Pan Cinst10501.0 slike97321287PIZZA HUT 14 Cinese Pizza, Hand-Tossed Cinat10501.0 slike9602129PIZZA HUT 14 Cinese Pizza, Fand-Tossed Cinat10101.0 slike9782120PIZZA HUT 14 Cinese Pizza, Mand-Tossed Cinat11001.0 slike97821236PIZZA HUT 14 Cinese Pizza, Staffed Cinat11001.0 slike97221236PIZZA HUT 14 Pepprum Pizza, Bind-Tossed Cinat11001.0 slike97221236PIZZA HUT 14 Pepprum Pizza, Bind-Tossed Cinat11301.0 serving 9 servings per 24 science97221236PIZZA HUT 14 Pepprum Pizza, Bind-Tossed Cinat13001.0 serving 9 servings per 24 science97221247PIZZA HUT 14 Super Supcine Pizza, Hand-Tossed Cinat13001.0 serving 9 servings per 24 science97221248PIZZA HUT 14 Super Supcine Pizza, Hand-Tossed Cinat13001.0 serving 9 servings per 24 science97221249Pizza, chesse topping, tining cinat, fizzar, conked9701.0 serving 9 servings per 24 science97321250Pizza, heess topping, tining cinat, fizzar, conked10001.0 serving 9 servings per 24.2 unpukzge97421251Pizza, metra togging, thining cinat, fizzar, conked10001.0 serving 9 servings per 24.2 unpukzge97421252Pizza, metra togging, t					Per Measure
2125PiZZA HUT 12 'Pepproni Pizza, Pan Crust96010 alice0.05121376PiZZA HUT 12' Super Singene, Pizza, Pan Crust105010.0510.06021394PiZZA HUT 14' Clesse Pizza, Pan Crust101011.00.0510.05121375PiZZA HUT 14' Clesse Pizza, Pan Crust101010.0510.0510.05121376PiZZA HUT 14' Clesse Pizza, Pan Crust101010.0510.0510.05121376PiZZA HUT 14' Clesse Pizza, Pan Crust101010.0510.0510.05121376PiZZA HUT 14' Pepproni Pizza, Pan Crust101010.0510.0510.05121376PiZZA HUT 14' Pepproni Pizza, Pan Crust101010.9871169.0510.05121286Pizza HUT 14' Pepproni Pizza, Pan Crust103010.9871169.0510.05121297Pizza HUT 14' Singe rush, Inzen, cooled103010.9871169.0510.05121295Pizza, chees topping, right crust, fizza, cooled103010.9871169.0510.05121296Pizza, metat ad vegetible topping, regular crust, fizza, cooled103010.9871169.0510.05121297Pizza, metat ad vegetible topping, regular crust, fizza, cooled103010.9871169.0510.05121298Pizza, metat ad vegetible topping, regular crust, fizza, cooled103010.9871169.0510.05121294Pizza, metat ad vegetible topping, regular crust, fizza, cooled103010.9871169.0510.05121297Pizza, metat a	21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	69.0	1.0 slice	0.58
21276PIZZA HUT 12* Sper Sugreene Pizza, Hand-Tossed Crust127.0127.010. shoe0.98821230PIZZA HUT 14* Cheese Pizza, Hund-Tossed Crust110.010. shoe0.08821321PIZZA HUT 14* Cheese Pizza, Suffed Crust111.010. shoe0.78821325PIZZA HUT 14* Cheese Pizza, Suffed Crust110.010. shoe0.72821356PIZZA HUT 14* Cheese Pizza, Suffed Crust110.010. shoe0.72821357PIZZA HUT 14* Pepercoin Pizza, Hand-Tossed Crust113.010. shoe0.6321368PIZZA HUT 14* Pepercoin Pizza, Hand-Tossed Crust113.010. shoe0.6321379PIZZA HUT 14* Pepercoin Pizza, Hand-Tossed Crust113.010. strving 9 strvings regular crust, forzen, cooked113.010. strving 9 strving regular crust, forzen, cooked110.010. strving 9 strving 10 strving 10	21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	96.0	1.0 slice	0.72
2133PTZA HUT 14 Chesse Pizz, Hand-Tossal Crust108010.9 cm0.0 cm2134PTZA HUT 14 Chesse Pizz, Ban Crust112010.9 cm0.8 cm2132PTZA HUT 14 Chesse Pizz, Hun Crust117010.9 cm0.8 cm2134PTZA HUT 14 Chesse Pizz, Hun Tossal Crust110010.9 cm0.8 cm2135PTZA HUT 14 Chesse Pizz, Hun Tossal Crust110010.9 cm0.9 cm2136PTZA HUT 14 Peptroni Pizz, Han Chesse Crust11200.0 cm0.9 cm2137PTZA HUT 14 Septroni Pizz, Han Chesse Crust12300.10 stice0.8 cm2138PTZA HUT 14 Septroni Pizz, Han Chesse Crust12300.10 string 9 senings pr2 40 package0.8 cm2139PTZA HUT 14 Septroni Pizz, Han Chesse Crust13001.0 sening 9 senings pr2 40 package0.8 cm21214Pizz, Alesse topping, ring crust, frozen, cooked13001.0 sening 9 senings pr2 42 or package0.10 sening 9 seni	21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	96.0	1.0 slice	0.75
2124PIZZA IUT 14' Chesse Pizza, Sulfied Crust1120112010 slice0.8821512PIZZA IUT 14' Chesse Pizza, Sulfied Crust11701.0 slice0.7821296PIZZA IUT 14' Chesse Pizza, Sulfied Crust11000.10 slice0.6421297PIZZA IUT 14' Speperoni Pizza, Iund-Tossed Crust11301.0 slice0.6121297PIZZA IUT 14' Speperoni Pizza, Iund-Tossed Crust11301.0 scring 5 scrings per 24 oz package0.8121202Pizza rolls, frozen, unst, frozen, cooked81.01.0 scring 9 scrings per 24 oz package0.8221255Pizza, chesse topping, rising crust, frozen, cooked60.01.0 scring 5 scrings per 24.2 oz package0.6221256Pizza, chesse topping, rising crust, frozen, cooked60.01.0 scring 5 scrings per 24.2 oz package0.6221256Pizza, chesse topping, rising crust, frozen, cooked60.01.0 scring 5 scrings per 24.2 oz package0.6221257Pizza, chesse topping, rising crust, frozen, cooked60.01.0 scring 5 scrings per 24.2 oz package0.6221256Pizza, dnesse topping, rising crust, frozen, cooked610.01.0 scring 5 scrings per 24.2 oz package0.6221260Pizza, maat topping, rising crust, frozen, cooked610.01.0 scring 5 scrings per 34.9 scrings per 34	21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	127.0	1.0 slice	0.98
2152PIZZA HUT 14° Cheese Pizza, Sulfied Crost117.0110 slice0.7821296PIZZA HUT 14° Cheese Pizza, HUN NC (RSPY Crust79.079.010.0 slice6.7221297PIZZA HUT 14° Pepperoni Pizza, Hun Crost110.010.0 slice6.7221297PIZZA HUT 14° Pepperoni Pizza, Hun Crost110.010.0 slice6.8021298PIZZA HUT 14° Super Superoni Pizza, Hun Crost120.010.0 serving 9 servings per 24 or package6.8021214Pizza, cheese topping, regular enst, frozen, cooked81.010.0 serving 9 servings per 24 or package6.8021226Pizza, cheese topping, this crust, frozen, cooked119.010.0 serving 9 servings per 24 or package6.8021226Pizza, cheese topping, this crust, frozen, cooked110.010.0 serving 9 servings per 24 or package6.8021227Pizza, meat and vegetable topping regular crust, frozen, cooked110.010.0 serving 9 servings per 34.90 ackage16.6021227Pizza, meat and vegetable topping regular crust, frozen, cooked110.010.0 serving 9 servings per 34.90 ackage16.6021228Pizza, meat and vegetable topping regular crust, frozen, cooked110.010.0 serving 9 servings per 34.90 ackage10.6021230Pizza, meat and vegetable topping regular crust, frozen, cooked10.0010.0 serving 9 servings per 34.90 ackage10.6021240Pizza, meat and vegetable topping regular crust, frozen, cooked10.0010.0 serving 9 servings per 34.90 ackage10.0 serving 9 servings per 34.90 ackage10.0 serving 9 servings pe	21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	105.0	1.0 slice	0.60
2125PUZZA HUT 14' Cheese Pizza, THIN N CRISPY Crusr790101000.0512126PUZZA HUT 14' Peperoni Pizza, Pan Crust1100113010.010.010.02127PUZZA HUT 14' Peperoni Pizza, Pan Crust1130113010.010.010.02128PUZZA HUT 14' Peperoni Pizza, Pan Crust120010.010.010.010.010.02129Pizza, checse topping, regular crust, frozen, cooked13001.010.0 <td< td=""><td>21294</td><td>PIZZA HUT 14" Cheese Pizza, Pan Crust</td><td>112.0</td><td>1.0 slice</td><td>0.83</td></td<>	21294	PIZZA HUT 14" Cheese Pizza, Pan Crust	112.0	1.0 slice	0.83
21296PIZZA HUT 14° Pepperoni Pizza, Hand-Tossed Crust110011001.0 slice0.7221297PIZZA HUT 14° Super Supreme Pizza, Hand-Tossed Crust113011301.0 slice0.1021012Pizza Chit Tu 4° Super Supreme Pizza, Hand-Tossed Crust12300.0 sloce role0.10 serving 5 servings per 24 oz package0.0221224Pizza, chesse topping, rigular crust, frozen, cooked8101.0 serving 5 servings per 24 oz package0.022125Pizza, chesse topping, ring crust, frozen, cooked61301.0 serving 5 servings per 24 oz package0.022126Pizza, chesse topping, ring crust, frozen, cooked61430.10 serving 5 servings per 24 oz package0.022127Pizza, meat and vegetable topping, ring crust, frozen, cooked104300.10 serving 5 servings per 24 oz package0.022128Pizza, meat and vegetable topping, ring crust, frozen, cooked104300.10 serving 5 servings per 24 oz package0.022129Pizza, meat and vegetable topping, ring crust, frozen, cooked104301.0 serving 5 servings per 24 oz package0.022129Pizza, meat and vegetable topping, ring crust, frozen, cooked104301.0 serving 5 servings per 24 oz package0.0221204Pizza, meat and vegetable topping, ring crust, frozen, cooked10401.0 serving 5 servings per 24.020.0221205Pizza, meat and vegetable topping, ring crust, frozen, cooked10401.0 serving 5 servings per 24.020.0221204Pizza, meat and vegetable topping, ring crust, frozen, cooked10400.02 </td <td>21512</td> <td>PIZZA HUT 14" Cheese Pizza, Stuffed Crust</td> <td>117.0</td> <td>1.0 slice</td> <td>0.78</td>	21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	117.0	1.0 slice	0.78
PIZZA HUT 14* Pepperoni Pizza, Pan Crust 113.0 1.0 serving 1.0 serving 21298 PIZZA HUT 14* Super Supreme Pizza, Hand-Tossed Crust 123.0 1.0 serving 9 servings per 34 or package 0.81.0 21214 Pizza, chesse topping, riging crust, frozen, cooked 81.0 1.0 serving 9 servings per 24 or package 0.81.0 21250 Pizza, chesse topping, riging crust, frozen, cooked 63.0 1.0 serving 6 servings per 24.0 za package 0.51.0 21261 Pizza, meast and vegetable topping, riging crust, frozen, cooked 64.0 0.0 serving 5 servings per 24.0 za package 0.51.0 21262 Pizza, meast opgetable topping, riging crust, frozen, cooked 64.00 0.10 serving 5 servings per 24.0 za package 0.51.0 21264 Pizza, meast topping, riging crust, frozen, cooked 107.00 1.0 serving 5 servings per 24.0 za package 0.51.0 21276 Pizza, meast topping, riginar crust, frozen, cooked 107.00 1.0 serving 5 servings per 24.0 za package 0.51.0 21280 Pizza, meast topping, riginar crust, frozen, cooked 107.00 0.25 pizza 12" diameter 0.22.0 21290 Pizza, meast topping, riginar crust, frozen, cooked 108.00 0.0 c	21295	PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	79.0	1.0 slice	0.54
21298PIZZA HUT 14" Super Supreme Fizza, Hand-Tossed Crust123.0123.01.0 serving 9 servings per 34.0 string0.1121012Fizza, cheese topping, regular crust, frozen, cooked81.01.0 serving 9 servings per 24.0 zpackage0.0021224Fizza, cheese topping, rising crust, frozen, cooked61.01.0 serving 6 servings per 24.0 zpackage0.0021250Fizza, cheese topping, thin crust, frozen, cooked60.01.0 sice0.0121264Pizza, meat and vegetable topping, regular crust, frozen, cooked61.01.0 serving 5 servings per 34.90 zpackage1.0521270Fizza, meat and vegetable topping, rising crust, frozen, cooked10.01.0 serving 6 servings per 34.90 zpackage1.0521204Pizza, meat and vegetable topping, rising crust, frozen, cooked10.01.0 serving 6 servings per 34.90 zpackage1.0521005Fizza, meat and vegetable topping, rising crust, frozen, cooked10.01.0 serving 6 servings per 34.90 zpackage1.0521006Pizza, meat and vegetable topping, regular crust, frozen, cooked10.01.0 serving 6 servings per 34.90 zpackage1.0521007Pizza, meat and vegetable topping, regular crust, frozen, cooked12.00.025 pizza 12' aimeter1.2212038Pizza, pereserving topping, regular crust, frozen, cooked12.00.025 pizza 12' aimeter1.2210037Plantains, cooked1.0 serving 6 servings per 34.90 zpackage0.020.021.0 serving 6 servings per 34.90 zpackage0.0210047Plantains, svellow, frid, Latino restarant1.02 </td <td>21296</td> <td>PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust</td> <td>110.0</td> <td>1.0 slice</td> <td>0.72</td>	21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	110.0	1.0 slice	0.72
B2012Pizza rolls, frozen, unprepared80.01.0 serving 6 rolls1.2721224Pizza, checse topping, rising crust, frozen, cooked81.01.0 serving 9 servings per 24.0 z package0.8221225Pizza, checse topping, rising crust, frozen, cooked139.01.0 serving 6 servings per 24.0 z package0.0021505Pizza, checse topping, rising crust, frozen, cooked69.01.0 serving 5 servings per 24.2 oz package0.0121226Pizza, meat and vegetable topping, rising crust, frozen, cooked103.01.0 serving 5 servings per 24.2 oz package1.6221227Pizza, meat and vegetable topping, rising crust, frozen, cooked103.01.0 serving 6 servings per 34.98 or package1.6221202Pizza, meat topping, tipk crust, frozen, cooked103.01.0 serving 6 servings per 34.98 or package1.6221203Pizza, perperoni topping, regular crust, frozen, cooked103.01.0 serving 6 servings per 34.98 or package1.6220204Pizza, meat opping, thick crust, frozen, cooked103.01.0 serving 6 servings per 34.98 or package1.6220205Pizza, meat opping, rising crust, frozen, cooked103.01.0 serving 6 serving per 34.98 or package1.6220206Pizza, meat opping, tipk crust, frozen, cooked103.01.0 serving 6 serving per 34.98 or package1.6220207Plantins, cooked1.601.0 cup, siteed0.2620218Plantins, cooked, ourple, havy symp pack, solids and liquids25.01.0 cup, siteed0.4620220Plantins, sended, purple, iber symp s	21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	113.0	1.0 slice	1.04
21224Pizz, cheese topping, regular crust, frozen, cooked81.01.0 serving 9 servings per 24 oz package0.8221225Pizza, cheese topping, rising crust, frozen, cooked69.01.0 serving 6 servings per 24.2 oz package1.021260Pizza, meat and vegetable topping, regular crust, frozen, cooked613.01.0 serving 5 servings per 24.2 oz package1.621226Pizza, meat and vegetable topping, rising crust, frozen, cooked170.01.0 serving 5 servings per 24.9 oz package1.621202Pizza, meat and vegetable topping, rising crust, frozen, cooked170.01.0 serving 5 servings per 24.9 oz package1.621203Pizza, pepperoni topping, regular crust, frozen, cooked170.01.0 serving 5 servings per 24.9 oz package1.62004Pizza, neat and vegetable topping, regular crust, frozen, cooked170.01.0 serving 5 servings per 24.9 oz package1.62005Pizza, pepperoni topping, regular crust, frozen, cooked170.01.0 serving 5 servings per 24.9 oz package1.62007Plantains, cooked10.01.0 serving 5 servings per 24.9 oz package1.61.20927Plantains, cooked10.01.0 serving 5 servings per 24.9 oz package1.61.20928Plantains, conked, nurge, koikids and liquids18.01.0 cup, with jits, jields0.409284Plums, canned, purgle, koikis and liquids22.01.0 cup, jitted0.409284Plums, canned, purgle, koikis and liquids24.901.0 cup, jitted0.409284Plums, canned, purgle, koikis	21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	123.0	1.0 slice	0.81
2122Pizza, cheese topping, rising crust, frozen, cooked113901.0 serving 6 servings per 29.25 oz package100021505Pizza, cheese topping, thin crust, frozen, cooked69.01.0 slerving 5 servings per 24.2 oz package61.6221226Pizza, meat and vegetable topping, regular crust, frozen, cooked11001.0 serving 6 servings per 34.98 oz package1.6221227Pizza, meat and vegetable topping, rising crust, frozen, cooked10101.0 serving 6 servings per 34.98 oz package1.6222020Pizza, meat and vegetable topping, regular crust, frozen, cooked10301.0 slice 1/8 of 12" pizza0.9122030Pizza, perpendin topping, regular crust, frozen, cooked10301.0 slice 1/8 of 12" pizza0.9102031Pizza, perpendin topping, regular crust, frozen, cooked10301.0 clop, masked0.2602032Pizza, perpendin topping, regular crust, frozen, cooked10401.0 cup, sliced0.2109247Plantains, cooked10001.0 cup, sliced0.210.2109247Plantains, yellow, fried, Latino restaurant169.01.0 cup, sliced0.2109248Plums, canned, heavy syrup, pack, solids and liquids252.01.0 cup, pitted0.4509282Plums, canned, purple, ligt syrup pack, solids and liquids249.01.0 cup, pitted0.4509282Plums, canned, purple, ligt syrup pack, solids and liquids249.01.0 cup, pitted0.4709292Plums, dried (prunes), stewed, without added sugar248.01.0 cup, pitted0.47 <t< td=""><td>32012</td><td>Pizza rolls, frozen, unprepared</td><td>80.0</td><td>1.0 serving 6 rolls</td><td>1.27</td></t<>	32012	Pizza rolls, frozen, unprepared	80.0	1.0 serving 6 rolls	1.27
2150sPizza, cheese topping, thin crust, frozen, cooked69.01.0 slice91.0 slice21226Pizza, meat and vegetable topping, regular crust, frozen, cooked143.01.0 serving 5 servings per 24.2 oz package1.6221237Pizza, meat and vegetable topping, rising crust, frozen, cooked170.01.0 serving 5 servings per 34.98 oz package1.5622902Pizza, meat topping, thick crust, frozen, cooked103.01.0 slice 18.8 of 12" jizza0.9122903Pizza, meat topping, thick crust, frozen, cooked103.01.0 slice 18.8 of 12" jizza0.9122904Pizza, meat topping, thick crust, frozen, cooked103.01.0 slice 18.8 of 12" jizza0.9129058Plantains, cooked100.01.0 cup, masked0.2609277Plantains, sulfow, fried, Latino restaurant169.01.0 cup, masked0.2609281Plums, canned, purple, juice pack, solids and liquids25.01.0 cup, juited0.4609282Plums, canned, purple, juice pack, solids and liquids25.01.0 cup, juited0.4509284Plums, canned, purple, juice pack, solids and liquids25.01.0 cup, juited0.4509284Plums, canned, purple, juice pack, solids and liquids24.01.0 cup, juited0.4509284Plums, canned, purple, juice pack, solids and liquids24.01.0 cup, juited0.4509284Plums, canned, purple, juice pack, solids and liquids24.01.0 cup, juited0.4509284Plums, dried (prunes), uscokedsolids and liquids24.0 </td <td>21224</td> <td>Pizza, cheese topping, regular crust, frozen, cooked</td> <td>81.0</td> <td>1.0 serving 9 servings per 24 oz package</td> <td>0.82</td>	21224	Pizza, cheese topping, regular crust, frozen, cooked	81.0	1.0 serving 9 servings per 24 oz package	0.82
21226Pizza, meat and vegetable topping, regular crust, frozen, cooked143.01.0 serving 5 servings per 24.2 oz package1.6221227Pizza, meat and vegetable topping, rising crust, frozen, cooked170.01.0 serving 6 servings per 34.98 oz package1.5622902Pizza, meat topping, thick crust, frozen, cooked103.01.0 slice 1/8 of 12° pizza0.9122903Pizza, pepperoni topping, regular crust, frozen, cooked127.00.25 pizza 12° diameter1.2209278Plantains, cooked200.01.0 cup, mashed0.2609277Plantains, raw1.0 cup, mashed0.2609278Plantains, yellow, fried, Lation restaurant185.01.0 cup, with pis, yields0.4809284Plums, canned, heavy syrup, drained185.01.0 cup, pitted0.4609285Plums, canned, purple, heavy syrup pack, solids and liquids252.01.0 cup, pitted0.4509284Plums, canned, purple, light syrup pack, solids and liquids252.01.0 cup, pitted0.4509285Plums, canned, purple, solids and liquids252.01.0 cup, pitted0.4509292Plums, dried (prunes), uncooked104.01.0 cup, pitted0.4509293Plums, vield (prunes), uncooked174.01.0 cup, pitted0.4509294Plums, vield (prunes), uncooked165.01.0 cup, pitted0.4509295Plums, vield (prunes), uncooked165.01.0 cup, pitted0.4509296Plums, vield (Northern Plains Indians)161.01.0 cup, pitted <td>21225</td> <td>Pizza, cheese topping, rising crust, frozen, cooked</td> <td>139.0</td> <td>1.0 serving 6 servings per 29.25 oz package</td> <td>1.00</td>	21225	Pizza, cheese topping, rising crust, frozen, cooked	139.0	1.0 serving 6 servings per 29.25 oz package	1.00
Pizza, meat and vegetable topping, rising erust, frozen, cooked 1700 1.0 serving 6 servings per 34.98 or package 1.56 22902 Pizza, meat topping, thick crust, frozen, cooked 1030 1.0 stice 1/8 of 12" pizza 0.91 22903 Pizza, pepperoni topping, regular crust, frozen, cooked 1270 0.25 pizza 12" diameter 1.22 09278 Plantains, cooked 1.00 crup, mashed 0.26 09277 Plantains, cooked 1.00 crup, sticed 0.21 09447 Plantains, could, fried, Latino restaurant 1.099 1.00 crup, with pits, yields 0.21 09447 Plums, canned, heavy syrup, drained 183.0 1.00 crup, with pits, yields 0.48 09284 Plums, canned, purple, havy syrup pack, solids and liquids 252.0 1.00 crup, pitted 0.45 09282 Plums, canned, purple, light syrup pack, solids and liquids 252.0 1.00 crup, pitted 0.45 09283 Plums, canned, purple, water pack, solids and liquids 249.0 1.00 crup, pitted 0.45 09284 Plums, canned, purple, water pack, solids and liquids 249.0 1.00 crup, pitted 0.45	21505	Pizza, cheese topping, thin crust, frozen, cooked	69.0	1.0 slice	0.51
22902 Pizza, meat topping, thick crust, frozen, cooked 103.0 1.0 stice 1/8 of 12° pizza 0.91 22903 Pizza, pepperoni topping, regular crust, frozen, cooked 127.0 0.25 pizza 12° diameter 1.22 09278 Plantains, cooked 200.0 1.0 cup, mashed 0.26 09277 Plantains, raw 148.0 1.0 cup, sliced 0.21 09447 Plantains, vellow, fried, Latino restaurant 169.0 1.0 cup, with pits, yields 0.48 09379 Plums, canned, heavy syrup, drained 183.0 1.0 cup, pitted 0.48 09284 Plums, canned, purple, heavy syrup pack, solids and liquids 252.0 1.0 cup, pitted 0.45 09282 Plums, canned, purple, giute pack, solids and liquids 252.0 1.0 cup, pitted 0.45 09283 Plums, canned, purple, water pack, solids and liquids 249.0 1.0 cup, pitted 0.45 09284 Plums, dried (prunes), uncooked 1.0 cup, pitted 0.45 09284 Plums, dried (prunes), uncoked 0.47 0.47 0.47 09285 Plums, dried (prunes), uncoked 0	21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	143.0	1.0 serving 5 servings per 24.2 oz package	1.62
22903 Pizza, pepperoni topping, regular crust, frozen, cooked 127.0 0.25 pizza 12" diameter 1.22 09278 Plantains, cooked 200.0 1.0 cup, mashed 0.26 09277 Plantains, raw 148.0 1.0 cup, sliced 0.21 09477 Plantains, yellow, fried, Latino restaurant 169.0 1.0 cup, with pits, yields 0.48 09379 Plums, canned, heavy syrup drained 183.0 1.0 cup, with pits, yields 0.48 09284 Plums, canned, purple, heavy syrup pack, solids and liquids 252.0 1.0 cup, pitted 0.45 09283 Plums, canned, purple, juice pack, solids and liquids 252.0 1.0 cup, pitted 0.45 09284 Plums, canned, purple, water pack, solids and liquids 240.0 1.0 cup, pitted 0.45 09283 Plums, canned, purple, water pack, solids and liquids 249.0 1.0 cup, pitted 0.45 09294 Plums, dried (prunes), uncooked 1.0 cup 0.47 0.47 09295 Plums, dried (prunes), uncooked 1.0 cup 0.43 0.43 0.43 05206 Plums	21227	Pizza, meat and vegetable topping, rising crust, frozen, cooked	170.0	1.0 serving 6 servings per 34.98 oz package	1.56
Plantains, cooked 1.0 cup, mashed 0.26 09278 Plantains, cooked 1.0 cup, mashed 0.21 0947 Plantains, yellow, fried, Latino restaurant 148.0 1.0 cup, sliced 0.21 0947 Plantains, yellow, fried, Latino restaurant 169.0 1.0 cup, with pits, yields 0.48 09379 Plums, canned, heavy syrup, drained 183.0 1.0 cup, with pits, yields 0.48 09284 Plums, canned, purple, heavy syrup pack, solids and liquids 252.0 1.0 cup, pitted 0.45 09283 Plums, canned, purple, light syrup pack, solids and liquids 252.0 1.0 cup, pitted 0.45 09284 Plums, canned, purple, light syrup pack, solids and liquids 252.0 1.0 cup, pitted 0.45 09283 Plums, canned, purple, water pack, solids and liquids 249.0 1.0 cup, pitted 0.45 09294 Plums, dried (prunes), uncooked 114.0 1.0 cup, pitted 0.47 09291 Plums, raw 165.0 1.0 cup, pitted 0.75 09292 Plums, wild (Northern Plains Indians) 161.0 1.0 cup 0.	22902	Pizza, meat topping, thick crust, frozen, cooked	103.0	1.0 slice 1/8 of 12" pizza	0.91
P0277Plantains, raw148.01.0 cup, sliced0.2109474Plantains, yellow, fried, Latino restaurant169.01.0 cup, wilt pits, out1.8609379Plums, canned, heavy syrup, drained183.01.0 cup, wilt pits, yields0.4809284Plums, canned, purple, heavy syrup pack, solids and liquids258.01.0 cup, pitted0.4609282Plums, canned, purple, juice pack, solids and liquids252.01.0 cup, pitted0.4509283Plums, canned, purple, ight syrup pack, solids and liquids252.01.0 cup, pitted0.4509284Plums, canned, purple, ight syrup pack, solids and liquids252.01.0 cup, pitted0.4509285Plums, canned, purple, ight syrup pack, solids and liquids252.01.0 cup, pitted0.4509286Plums, canned, purple, ight syrup pack, solids and liquids252.01.0 cup, pitted0.4509287Plums, canned, purple, water pack, solids and liquids249.01.0 cup, pitted0.4509298Plums, dried (prunes), uscoked114.01.0 cup, pitted0.4509299Plums, raw165.01.0 cup, sliced0.4509290Plums, raw165.01.0 cup0.5511340Poi1.0 cup5.5211827Pokeberry shoots, (poke), cooked, boiled, drained, with salt165.01.0 cup1.0 cup11827Pokeberry shoots, (poke), cooked, boiled, drained, with salt165.01.0 cup1.0 cup	22903	Pizza, pepperoni topping, regular crust, frozen, cooked	127.0	0.25 pizza 12" diameter	1.22
P0947Plantains, yellow, fried, Latino restaurant169.01.0 cup1.8609379Plums, canned, heavy syrup, drained183.01.0 cup, with pits, yields0.4809284Plums, canned, purple, heavy syrup pack, solids and liquids258.01.0 cup, pitted0.4609282Plums, canned, purple, juice pack, solids and liquids252.01.0 cup, pitted0.4509283Plums, canned, purple, light syrup pack, solids and liquids252.01.0 cup, pitted0.4509284Plums, canned, purple, light syrup pack, solids and liquids252.01.0 cup, pitted0.4509285Plums, canned, purple, water pack, solids and liquids252.01.0 cup, pitted0.4509286Plums, canned, purple, water pack, solids and liquids252.01.0 cup, pitted0.4509287Plums, canned, purple, water pack, solids and liquids252.01.0 cup, pitted0.4509289Plums, dried (prunes), stewed, without added sugar249.01.0 cup, pitted0.4509290Plums, dried (prunes), uncooked117.01.0 cup, pitted0.7509270Plums, raw165.01.0 cup, sliced0.4335206Plums, wild (Northern Plains Indians)161.01.0 cup0.8511349Poi240.01.0 cup5.5211827Pokeberry shoots, (poke), cooked, boiled, drained, with salt165.01.0 cup1.40	09278	Plantains, cooked	200.0	1.0 cup, mashed	0.26
09379Plums, canned, heavy syrup, drained183.01.0 cup, with pits, yields0.4809284Plums, canned, purple, heavy syrup pack, solids and liquids258.01.0 cup, pitted0.4609282Plums, canned, purple, juice pack, solids and liquids252.01.0 cup, pitted0.4509283Plums, canned, purple, light syrup pack, solids and liquids252.01.0 cup, pitted0.4509284Plums, canned, purple, light syrup pack, solids and liquids252.01.0 cup, pitted0.4509285Plums, canned, purple, water pack, solids and liquids249.01.0 cup, pitted0.4509292Plums, dried (prunes), stewed, without added sugar249.01.0 cup, pitted0.4709291Plums, dried (prunes), uncooked1174.01.0 cup, pitted0.4335206Plums, wild (Northern Plains Indians)161.01.0 cup0.8511349Poi240.0240.01.0 cup5.5211827Pokeberry shoots, (poke), cooked, boiled, drained, with salt165.01.0 cup1.0 cup	09277	Plantains, raw	148.0	1.0 cup, sliced	0.21
09284Plums, canned, purple, heavy syrup pack, solids and liquids258.01.0 cup, pitted0.4609282Plums, canned, purple, juice pack, solids and liquids252.01.0 cup, pitted0.4509283Plums, canned, purple, light syrup pack, solids and liquids252.01.0 cup, pitted0.4509284Plums, canned, purple, water pack, solids and liquids249.01.0 cup, pitted0.4509292Plums, dried (prunes), stewed, without added sugar248.01.0 cup, pitted0.4709291Plums, dried (prunes), uncooked1174.01.0 cup, pitted0.4509292Plums, raw165.01.0 cup, pitted0.451349Poi240.01.0 cup5.5211827Pokeberry shoots, (poke), cooked, boiled, drained, with salt165.01.0 cup1.0 cup	09447	Plantains, yellow, fried, Latino restaurant	169.0	1.0 cup	1.86
OP282Plums, canned, purple, juice pack, solids and liquids252.01.0 cup, pitted0.4509283Plums, canned, purple, light syrup pack, solids and liquids252.01.0 cup, pitted0.4509281Plums, canned, purple, water pack, solids and liquids249.01.0 cup, pitted0.4509292Plums, dried (prunes), stewed, without added sugar248.01.0 cup, pitted0.4709291Plums, dried (prunes), uncooked174.01.0 cup, pitted0.7509279Plums, raw165.01.0 cup, sliced0.4335206Plums, wild (Northern Plains Indians)161.01.0 cup0.8511349Poi240.01.0 cup5.5211827Pokeberry shoots, (poke), cooked, boiled, drained, with salt165.01.0 cup1.40	09379	Plums, canned, heavy syrup, drained	183.0	1.0 cup, with pits, yields	0.48
09283Plums, canned, purple, light syrup pack, solids and liquids252.01.0 cup, pitted0.4509281Plums, canned, purple, water pack, solids and liquids249.01.0 cup, pitted0.4509292Plums, dried (prunes), stewed, without added sugar248.01.0 cup, pitted0.4709291Plums, dried (prunes), uncooked174.01.0 cup, pitted0.4509292Plums, dried (prunes), uncooked165.01.0 cup, pitted0.4509293Plums, raw165.01.0 cup, sliced0.4535206Plums, wild (Northern Plains Indians)161.01.0 cup0.8511349Poi240.01.0 cup5.5211827Pokeberry shoots, (poke), cooked, boiled, drained, with salt165.01.0 cup1.40	09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258.0	1.0 cup, pitted	0.46
09281Plums, canned, purple, water pack, solids and liquids249.01.0 cup, pitted0.4509292Plums, dried (prunes), stewed, without added sugar248.01.0 cup, pitted0.4709291Plums, dried (prunes), uncooked174.01.0 cup, pitted0.7509279Plums, raw165.01.0 cup, sliced0.4335206Plums, wild (Northern Plains Indians)161.01.0 cup0.8511349Poi240.01.0 cup5.5211827Nekberry shoots, (poke), cooked, boiled, drained, with salt165.01.0 cup1.40	09282	Plums, canned, purple, juice pack, solids and liquids	252.0	1.0 cup, pitted	0.45
09292Plums, dried (prunes), stewed, without added sugar248.01.0 cup, pitted0.4709291Plums, dried (prunes), uncooked174.01.0 cup, pitted0.7509279Plums, raw165.01.0 cup, sliced0.4335206Plums, wild (Northern Plains Indians)161.01.0 cup0.8511349Poi240.01.0 cup5.5211827Pokeberry shoots, (poke), cooked, boiled, drained, with salt165.01.0 cup1.40	09283	Plums, canned, purple, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	0.45
09291 Plums, dried (prunes), uncooked 174.0 1.0 cup, pitted 0.75 09279 Plums, raw 165.0 1.0 cup, sliced 0.43 35206 Plums, wild (Northern Plains Indians) 161.0 1.0 cup 0.85 11349 Poi 240.0 1.0 cup 5.52 11827 Pokeberry shoots, (poke), cooked, boiled, drained, with salt 165.0 1.0 cup 1.40	09281	Plums, canned, purple, water pack, solids and liquids	249.0	1.0 cup, pitted	0.45
09279 Plums, raw 165.0 1.0 cup, sliced 0.43 35206 Plums, wild (Northern Plains Indians) 161.0 1.0 cup 0.85 11349 Poi 240.0 1.0 cup 5.52 11827 Pokeberry shoots, (poke), cooked, boiled, drained, with salt 165.0 1.0 cup 1.40	09292	Plums, dried (prunes), stewed, without added sugar	248.0	1.0 cup, pitted	0.47
35206 Plums, wild (Northern Plains Indians) 161.0 1.0 cup 0.85 11349 Poi 240.0 1.0 cup 5.52 11827 Pokeberry shoots, (poke), cooked, boiled, drained, with salt 165.0 1.0 cup 1.40	09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	0.75
11349 Poi 240.0 1.0 cup 5.52 11827 Pokeberry shoots, (poke), cooked, boiled, drained, with salt 165.0 1.0 cup 1.40	09279	Plums, raw	165.0	1.0 cup, sliced	0.43
11827Pokeberry shoots, (poke), cooked, boiled, drained, with salt165.01.0 cup1.40	35206	Plums, wild (Northern Plains Indians)	161.0	1.0 cup	0.85
	11349	Poi	240.0	1.0 cup	5.52
11351Pokeberry shoots, (poke), cooked, boiled, drained, without salt165.01.0 cup1.40	11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	165.0	1.0 cup	1.40
	11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	165.0	1.0 cup	1.40

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between the set of the set	NDB_No	Description	Weight(g)	Measure ⁽	Vitamin E alpha-tocopherol)(mg)
PBC Part in recovery, low fait and subarinImage of the state of the					Per Measure
4372Pycorn, microwae, regular (bardy microwae, regular (bardy fam) of indication (bardy fam)128310 and (bardy fam)2384Pycorn, microwae, regular (bardy fam) of indication (bardy fam)23310 (bardy fam)2145POFFYES, Stein (bard, Mill, Thigh, mest only, skin and breading removed1040104010.0 (bardy fam)2145POFFYES, Fried Chicken, Mill, Thigh, mest only, skin and breading removed104010.0 (bardy fam), skin (bardy fam)10.0 (bardy fam), skin (bardy fam)	09442	Pomegranate juice, bottled	249.0	1.0 cup	0.95
2806Pyporn, microwave, regular (butter) flavor, made with palm oil7.910.0000.02319186Poporn, sugra yupperamel, farfee6.0010.0000.00121412POPEYES, bried Chicken, Mild, Breat, meat only, skin and breading removed12.201.0 breat without skin0.20321438POPEYES, Fried Chicken, Mild, Tingh, meat and skin with breading13.801.0 bring with skin0.03321445POPEYES, Fried Chicken, Mild, Migh, meat only, skin and breading removed16.001.0 wing without skin, board and the with breading0.01621446POPEYES, Fried Chicken, Mild, Migh, meat only, skin and breading removed16.001.0 wing without skin, board and the with breading0.00621456Pork and bread snasse, fresh, encled.0.0101.0 wing without skin, board and the with breading0.00121464POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed16.001.0 wing without skin, board and the with breading0.00221476Pork and bread snasse, fresh, encled.0.0101.0 wing without skin, board and the without skin, board and breading removed0.0100.00121486POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed0.0200.0010.0010.00121497Pork and bread snasse, fresh, encled.0.0010.0010.00121498Pork and bread snasse, fresh, encled.0.0010.0010.00121494Pork and bread snasse, fresh, encled.0.0010.0010.00121494Pork kanasg, link panty, encled and encle	09286	Pomegranates, raw	87.0	0.5 cup arils (seed/juice sacs)	0.52
1948Popcon, sugar symplexamel, fair-free28.351.0 or0.00121412POPEYES, bried, Chicken, Mild, Teigh, meat and skin with breading removed13.301.0 breast without skin0.03521454POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading removed18.301.0 bring without skin0.03521455POPEYES, Fried Chicken, Mild, Tingh, meat and skin with breading removed85.001.0 wing without skin, bone and breading0.01621459POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading61.001.0 wing without skin, bone and breading0.01607065Pork and bref susseeg, fresh, cocked61.001.0 link (raw dimensions: 4"Inng x 7.8" dia), cocked0.01607065Pork and turker susseeg, fresh, cocked61.000.016 (raw dimensions: 4"Inng x 7.8" dia), cocked0.02110980Pork kin, fresh, backth, boneri, no colde-coasted, lean only114.000.0020.02110981Pork kin, fresh, backth, boneri, no colde-coasted, lean only114.000.0020.02110980Pork kin, fresh, backth, boneri, no colde-coasted, lean only114.000.0040.02110981Pork kin, fresh, backth, boneri, no-coked27.900.016 (raw dimensions)0.02110982Pork kin, fresh, backth, boneri, no-coked, hand28.000.0160.02110983Pork kin, fresh, backth, boneri, no-coked, hand88.000.0100.01610984Pork kin, fresh, backth, boneri, no-coked, hand88.000.0100.01610985Pork kin, fr	43572	Popcorn, microwave, low fat and sodium	28.35	1.0 oz	1.42
21415POPEYES, bisolit06.000.0 bisolit06.0121424POPEYES, bried Chicken, Mild, Breast, meat only, skin and breading removed132.01.0 breast without skin0.2821455POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed83.01.0 brigh thigh without skin0.3321459POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading67.001.0 wing without skin, bone and breading0.0621464POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading67.001.0 wing without skin, bone and breading0.0607065Pork and berd susages, fresh, cocked133.01.0 link (rw. dimensions: af' long x 78' dia), cocked0.03007085Pork and berd susage, fresh, cocked-mastel, lean only114.00.0020.02307081Pork kin, fresh, backrib, bone-in, cocked-mastel, lean only114.00.0020.02307081Pork kin, fresh, backrib, bone-in, cocked-mastel, lean only114.00.0020.02307084Pork sausage: Inik platy, cocked, marcried13.001.0 link (rw. dimesions: af' long x 78' dia), cocked, part fried0.0100.01007084Pork sausage: Inik platy, fully cocket, marcried13.001.0 link (rw. dimesion af a stresh, o.0100.02407985Pork sausage: Inik platy, fully cocket, unberted2.001.0 link (rw. dimesion af a stresh, o.0100.01607986Pork sausage: Inik platy, fully cocket, unberted2.001.0 link (rw. dimesion af a stresh, o.0100.01607986Pork sausage: Inik platy, reduced	25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	7.9	1.0 cup	0.23
2142POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed13201.0 breast without skin0.23321458POPEYES, Fried Chicken, Mild, Tingh, meat and skin with breading63.01.0 thigh with skin0.23321459POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading63.01.0 wing, with skin0.0162146POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading removed16.01.0 wing with skin, hone and breading removed0.0162146POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading removed16.01.0 wing with skin, hone and breading removed0.0162146POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading removed16.01.0 wing with skin, hone and breading removed0.0162146POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading removed16.01.0 wing with skin, hone and breading removed0.0162146POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading0.0161.0 wing with skin, hone and breading removed0.0162147Pork and beef sausage, fried, backribs, home in cooked-roased, lean only0.0161.0 wing with skin, hone and breading removed0.01621090Pork sausage, fink, hackribs, home in, exerc, cooked20.01.0 wing with skin, hone and breading removed0.021210910Pork sausage, ink/patry, fully cooked, microwared20.01.0 bit skin, hone and breading removed0.021210921Pork sausage, ink/patry, fully cooked, unar-fried25.01.0 bit skin, hone and breading removed0.001<	19436	Popcorn, sugar syrup/caramel, fat-free	28.35	1.0 oz	0.04
21458POPEYES, Fried Chicken, Mild, Thigh, meat and skin with hreading138.01.0 thigh thigh with skin is0.33321454POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading removed85.01.0 wing without skin. One and breading0.0621459POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading removed67.01.0 wing without skin. Jone and breading0.0607065Pork and beef sausage, freeh, cocked0.13.01.0 link (raw dimensions: 4" long x 78" dia), cocked0.03007075Pork and beef sausage, pre-ocked67.01.0 sing without skin. Jone and breading0.03007084Pork ford, ricsh, hachrish, bone-in, rew, lean only61.00.00.02307085Pork sausage, inclustry, bone-in, rew, lean only61.00.00.02307084Pork sausage, init/patty, cocked, pan-fried62.00.00.00.007085Pork sausage, init/patty, folly cocked, nuneard62.00.00.00.007086Pork sausage, init/patty, fully cocked, nuneard85.00.00.00.007086Pork sausage, init/patty, reduced fut, cocked, pan-fried85.00.00.00.007086Pork sausage, init/patty, reduced fut, cocked, pan-fried85.00.00.00.007086Pork sausage, init/patty, reduced fut, nocked, pan-fried85.00.00.00.007086Pork sausage, init/patty, reduced fut, nocked, pan-fried85.00.00.00.007087Pork sausage, init/patty, reduced	21415	POPEYES, biscuit	60.0	1.0 biscuit	0.61
2145POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and heading removed83.01.0 thigh thigh without skin, loop0.232145POPEYES, Fried Chicken, Mild, Wing, meat only, skin and heading removed75.01.0 wing without skin, loone and heading0.062146POPEYES, Fried Chicken, Mild, Wing, meat only, skin and heading removed10.01.0 wing without skin, loone and heading0.0607055Pork and her Sussage, fresh, cooked-75.01.0 serving v.78" slid, cooked0.0307051Pork and turkey sussage, fresh, cooked-maxted, lean only85.03.0 oz0.0210981Pork loin, fresh, horkin, skore, cooked114.04.0 do zo0.0210984Pork sussage, fich lick, horm and serve, cooked27.01.0 party 7.8" slid, 2.00.0207054Pork sussage, fich lick, horm and serve, cooked30.02.01.0 party0.2007054Pork sussage, link party, cooked, pan-fried20.01.0 party0.2007056Pork sussage, link party, fully cooked, microwaved20.01.0 party0.2007066Pork sussage, link party, reduced fat, cooked, pan-fried20.01.0 party0.0207067Pork sussage, link party, reduced fat, cooked, pan-fried20.03.00.0007056Pork sussage, link party, reduced fat, cooked, pan-fried20.03.00.0007066Pork sussage, link party, reduced fat, cooked, pan-fried20.03.00.0007057Pork sussage, link party, reduced fat, cooked, pan-fried8.03.0 <td>21442</td> <td>POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed</td> <td>132.0</td> <td>1.0 breast without skin</td> <td>0.28</td>	21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	132.0	1.0 breast without skin	0.28
21459POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading10, 0 <t< td=""><td>21458</td><td>POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading</td><td>138.0</td><td>1.0 thigh with skin</td><td>0.33</td></t<>	21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	138.0	1.0 thigh with skin	0.33
2144POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed1601.0 wing without skin, bone and breading000607065Pork and beef sausage, fresh, cooked0.13.01.0 link (raw dimensions: 4" long x 7.8" dia), cooked0.0307057Pork kinf, fresh, backrins, bone-in, cooked-roastel, lean only0500.00.010980Pork loin, fresh, backrins, bone-in, raw, lean only114.00.00.010904Pork sausage, rice (noked, roastel, lean only0100.00.010905Pork sausage, ink/patty, cooked, una-fried20.00.00.010906Pork sausage, link/patty, fully cooked, unherated0.03.00.00.010907Pork sausage, link/patty, fully cooked, unherated23.00.00.010906Pork sausage, link/patty, roduced fat, unprepard88.00.00.010907Pork sausage, rink/patty, roduced fat, unprepard88.00.00.010908Pork sausage, rink/patty, roduced fat, unprepard88.00.00.010908Pork sausage, rink/patty, negleced solum, cooked, namerined88.00.00.010908Pork sausage, rink/patty, negleced solum, cooked, namerined88.00.00.010908Pork sausage, rink/patty, negleced solum, cooked, namerine88.00.00.010918Pork sausage, rink/patty, negleced solum, cooked88.00.00.010918Pork sausage, rink/patty, negleced solum, cooked0.00.010918Pork, cured,	21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	83.0	1.0 thigh thigh without skin	0.23
07065Pork and heef sausage, fresh, cooked0.1301.0 link (raw dimensions: 4" long x 7/8" dia), cooked0.03007957Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only55.01.0 serving0.0310981Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only68.00.03.0 or0.0310980Pork loin, fresh, backribs, bone-in, aw, lean only14.00.000.0310980Pork sausage, icit links, brown and serve, cooked45.02.0 links 1 NLEA serving0.01007064Pork sausage, link/patty, cooked, pan-fried7.00.10 patty0.2407953Pork sausage, link/patty, fully cooked, microwaved30.01.0 link0.0607966Pork sausage, link/patty, ruleed fat, cooked, pan-fried85.03.0 or0.0407965Pork sausage, link/patty, ruleed fat, upnepard85.03.0 or0.0407965Pork sausage, link/patty, nepgrad85.03.0 or0.0607978Pork sausage, link/patty, nepgrad85.03.0 or0.0607986Pork, sausage, nick/patty, mepgrad85.03.0 or0.0607978Pork sausage, ink/patty, mepgrad85.03.0 or0.0607986Pork, cured, bacon, cooked, badid9.11.0 slice cooked0.0207978Pork, cured, bacon, cooked, badid9.11.0 slice cooked0.060864Pork, cured, bacon, cooked, badid9.11.0 slice cooked0.060865Pork, cured, bacon, cooked, badid9.11.0 sl	21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	57.0	1.0 wing, with skin	0.16
Pork and turkey suasage, pre-cooked57.01.0 serving0.3010981Pork koin, fresh, backribs, bone-in, cooked-roasted, lean only85.03.0 oz0.2310980Pork koin, fresh, backribs, bone-in, raw, lean only114.04.0 oz0.2312190Pork sausage, inki, hackribs, bone-in, raw, lean only114.04.0 oz0.2312190Pork sausage, inki, hackribs, bone-in, raw, lean only4.100.0 oz0.0 inki 1 NLEA serving0.010107040Pork sausage, inki/patty, cooked, pan-fried27.00.10 patty0.24107951Pork sausage, inki/patty, roduced, an-irried30.01.0 inki0.16107964Pork sausage, inki/patty, roduced fat, unprepared23.00.0 0.01.0 inki107953Pork sausage, inki/patty, roduced fat, unprepared85.03.0 oz0.0107054Pork sausage, inki/patty, neduced fat, unprepared85.03.0 oz0.00107055Pork sausage, inki/patty, neduced fat, unprepared85.03.0 oz0.00107054Pork sausage, inki/patty, neduced fat, unprepared85.03.0 oz0.0010864Pork, cured, bacon, cooked, broided, pan-fried or roasted, reduced sodium85.01.0 slice cooked0.010864Pork, cured, bacon, cooked, broided, pan-fried or roasted, reduced sodium85.01.0 slice cooked0.010864Pork, cured, bacon, cooked, broided, pan-fried or roasted, reduced sodium85.01.0 slice cooked0.010864Pork, cured, bacon, cooked, broided, pan-fried	21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	16.0	1.0 wing without skin, bone and breading	0.06
10981Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only85.03.0 cz0.2310980Pork loin, fresh, backribs, bone-in, raw, lean only114.04.0 oz0.2342190Pork sausage rice links, brown and serve, cooked45.02.0 links I NLEA serving0.1007064Pork sausage, link/patty, cooked, pan-fried27.01.0 patty0.2407957Pork sausage, link/patty, fully cooked, microwaved30.01.0 patty0.2607967Pork sausage, link/patty, fully cooked, pan-fried23.01.0 link0.1607966Pork sausage, link/patty, reduced fat, cooked, pan-fried85.03.0 oz1.0 link07967Pork sausage, link/patty, reduced fat, unprepared85.03.0 oz0.0807968Pork sausage, link/patty, unprepared85.03.0 oz0.0607978Pork sausage, reduced softium, cooked85.03.0 oz0.0007978Pork, sausage, reduced softium, cooked85.03.0 oz0.0007978Pork, cured, hacon, cooked, baded85.03.0 oz0.000860Pork, cured, hacon, cooked, baded85.03.0 oz0.0010861Pork, cured, hacon, cooked, pan-fried or roasted, reduced softium86.01.0 slice cooked0.0010862Pork, cured, hacon, cooked, pan-fried9.11.0 slice cooked0.0010862Pork, cured, hacon, cooked, pan-fried28.31.0 slice cooked0.0010862Pork, cured, hacon, uprepared28.31.0 serving (3	07065	Pork and beef sausage, fresh, cooked	13.0	1.0 link (raw dimensions: 4" long x 7/8" dia), cooked	0.03
10980Pork loin, fresh, backribs, bone-in, raw, lean only114.04.0 cz0.2342190Pork sausage rice links, brown and serve, cooked45.02.0 links 1 NLEA serving0.1007064Pork sausage, link/patty, cooked, pan-fried77.01.0 patty0.2407957Pork sausage, link/patty, fully cooked, microwared30.01.0 patty0.2607966Pork sausage, link/patty, fully cooked, unchated23.01.0 link0.1607967Pork sausage, link/patty, reduced fat, cooked, pan-fried85.03.0 oz0.8407968Pork sausage, link/patty, reduced fat, unperpared85.03.0 oz0.8407063Pork sausage, link/patty, reduced fat, unperpared85.03.0 oz0.8607978Pork sausage, link/patty, unprepared85.03.0 oz0.0010864Pork, conc, cooked, broiled, pan-fried or roasted, reduced sodium85.03.0 oz0.0010860Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium88.01.0 slice cooked0.0010861Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium88.01.0 slice cooked0.0010862Pork, cured, bacon, cooked, ported, pan-fried28.01.0 slice cooked0.0010862Pork, cured, bacon, cooked, ported, pan-fried28.01.0 slice cooked0.0010862Pork, cured, bacon, cooked, ported, cooked, pan-fried28.01.0 slice cooked0.0010862Pork, cured, bacon, cooked, ported, cooked, pan-fried <t< td=""><td>07957</td><td>Pork and turkey sausage, pre-cooked</td><td>57.0</td><td>1.0 serving</td><td>0.30</td></t<>	07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	0.30
42190Pork sausage rice links, brown and serve, cooked0.0100.0100.01007064Pork sausage, link/patty, cooked, pan-fried27.01.0 patty0.2007953Pork sausage, link/patty, fully cooked, microwaved30.01.0 patty0.2607967Pork sausage, link/patty, fully cooked, unheated23.01.0 link0.16079660Pork sausage, link/patty, reduced fat, cooked, pan-fried85.03.0 cz0.0807967Pork sausage, link/patty, reduced fat, unprepared85.03.0 cz0.8507068Pork sausage, link/patty, unprepared85.03.0 cz0.0607078Pork sausage, reduced sodium, cooked85.03.0 cz0.06108640Pork, cured, bacon, cooked, baked85.03.0 cz0.06108640Pork, cured, bacon, cooked, baked85.03.0 cz0.06108640Pork, cured, bacon, cooked, baked85.03.0 cz0.06108640Pork, cured, bacon, cooked, baked85.01.0 slice cooked0.00108640Pork, cured, bacon, cooked, pan-fried or roasted, reduced sodium86.01.0 slice cooked0.02108620Pork, cured, bacon, cooked, nan-fried9.11.0 slice cooked0.06108620Pork, cured, bacon, unprepared10.0 slice roak0.06108620Pork, cured, bacon, unprepared10.0 slice roak0.06108620Pork, cured, bacon, unprepared85.01.0 serving (3 cz)0.06108620Pork, cured, bacon, unprepared <td>10981</td> <td>Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only</td> <td>85.0</td> <td>3.0 oz</td> <td>0.23</td>	10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	85.0	3.0 oz	0.23
07064Pork sausage, link/patty, cooked, pan-fried27.01.0 patty0.2407953Pork sausage, link/patty, fully cooked, microwaved30.01.0 patty0.2607967Pork sausage, link/patty, fully cooked, unheated23.01.0 link0.1607968Pork sausage, link/patty, reduced fat, cooked, pan-fried85.03.0 oz1.0 link07965Pork sausage, link/patty, reduced fat, unprepared85.03.0 oz0.8407063Pork sausage, link/patty, unprepared85.03.0 oz0.8407064Pork sausage, reduced solium, cooked85.03.0 oz0.0610864Pork, sausage, reduced solium, cooked, pan-fried or roasted, reduced solium85.03.0 oz0.0610864Pork, cured, bacon, cooked, baked85.03.0 oz0.0010865Pork, cured, bacon, cooked, pan-fried or roasted, reduced solium85.01.0 slice cooked0.0410862Pork, cured, bacon, cooked, pan-fried or roasted, reduced solium9.11.0 slice cooked0.0410862Pork, cured, bacon, cooked, pan-fried1.01.00.0410862Pork, cured, bacon, unprepared28.31.0 slice0.0410123Pork, cured, bacon, unprepared28.31.0 slice0.0410134Pork, cured, bacon, unprepared28.31.0 slice0.0410135Pork, cured, bacon, unprepared28.31.0 slice0.0410134Pork, cured, bacon, unprepared28.31.0 slice0.0410135<	10980	Pork loin, fresh, backribs, bone-in, raw, lean only	114.0	4.0 oz	0.23
07953Pork sausage, link/patty, fully cooked, microwaved30.01.0 patty0.2607967Pork sausage, link/patty, fully cooked, unheated23.01.0 link0.1607966Pork sausage, link/patty, reduced fat, cooked, pan-fried85.03.0 oz1.0 link07965Pork sausage, link/patty, reduced fat, unprepared85.03.0 oz0.8407063Pork sausage, reduced sodium, cooked85.03.0 oz0.0 oz07078Pork sausage, reduced sodium, cooked85.03.0 oz0.0 oz10864Pork, saeon, rendered fat, cooked85.03.0 oz0.0 oz10864Pork, cured, bacon, cooked, bacd85.03.0 oz0.0010860Pork, cured, bacon, cooked, bacd81.11.0 slice cooked0.0310861Pork, cured, bacon, cooked, pan-fried or roasted, reduced sodium801.0 slice cooked0.0410862Pork, cured, bacon, cooked, pan-fried or roasted, reduced sodium9.11.0 slice cooked0.0510863Pork, cured, bacon, cooked, pan-fried11.51.0 slice0.0510864Pork, cured, bacon, porked, pan-fried28.01.0 slice0.0510862Pork, cured, bacon, unprepared28.01.0 slice0.0510863Pork, cured, bacon, unprepared28.31.0 slice0.0510864Pork, cured, bacon, unprepared28.31.0 slice0.0510865Pork, cured, ham water added, rump, bone-in, separable lean and fat, heated, roasted85.01.0 serving (3 oz)	42190	Pork sausage rice links, brown and serve, cooked	45.0	2.0 links 1 NLEA serving	0.10
07967Pork sausage, link/patty, fully cooked, unheated23.01.0 link0.1607966Pork sausage, link/patty, reduced fat, cooked, pan-fried85.03.0 oz1.0 di07965Pork sausage, link/patty, reduced fat, unprepared85.03.0 oz0.8407063Pork sausage, link/patty, unprepared25.01.0 link0.2507978Pork sausage, reduced sodium, cooked85.03.0 oz0.0010864Pork, bacon, rendered fat, cooked, baed85.03.0 oz0.0010860Pork, cured, bacon, cooked, baked8.11.0 slice cooked0.0310861Pork, cured, bacon, cooked, pan-fried or roasted, reduced sodium8.01.0 slice cooked0.0410862Pork, cured, bacon, cooked, pan-fried9.11.0 slice cooked0.0510123Pork, cured, bacon, unprepared28.01.0 slice raw0.1010312Pork, cured, ham water added, rump, bone-in, separable lean and fat, unheated85.01.0 serving (3 oz)0.1910912Pork, cured, ham water added, rump, bone-in, separable lean and fat, unheated85.01.0 serving (3 oz)0.081085Pork, cured, ham water added, rump, bone-in, separable lean and fat, unstead85.01.0 serving (3 oz)0.081086Pork, cured, ham water added, rump, bone-in, separable lean and fat, unheated85.01.0 serving (3 oz)0.1910912Pork, cured, ham water added, rump, bone-in, separable lean and fat, unstead85.01.0 serving (3 oz)0.081085 <t< td=""><td>07064</td><td>Pork sausage, link/patty, cooked, pan-fried</td><td>27.0</td><td>1.0 patty</td><td>0.24</td></t<>	07064	Pork sausage, link/patty, cooked, pan-fried	27.0	1.0 patty	0.24
07966Pork sausage, link/patty, reduced fat, cooked, pan-fried88.03.0 oz1.0407965Pork sausage, link/patty, reduced fat, unprepared85.03.0 oz0.8407063Pork sausage, link/patty, unprepared25.01.0 link0.2507978Pork sausage, reduced sodium, cooked85.03.0 oz0.0010864Pork, bacon, rendered fat, cooked85.03.0 oz0.0010864Pork, cured, bacon, cooked, baked81.01.0 slice cooked0.0310860Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium8.01.0 slice cooked0.0310861Pork, cured, bacon, cooked, microwaved9.11.0 slice cooked0.0410862Pork, cured, bacon, pre-sliced, cooked, pan-fried9.11.0 slice cooked0.0510123Pork, cured, bacon, unprepared28.01.0 slice raw0.1210132Pork, cured, fact, pickled85.01.0 serving (3 oz)0.1910913Pork, cured, ham water added, rump, bone-in, separable lean and fat, unheated85.01.0 serving (3 oz)0.081085Pork, cured, ham water added, rump, bone-in, separable lean only, heated, roasted85.01.0 serving (3 oz)0.081085Pork, cured, ham water added, rump, bone-in, separable lean only, heated, roasted85.01.0 serving (3 oz)0.081085Pork, cured, ham water added, rump, bone-in, separable lean only, heated, roasted85.01.0 serving (3 oz)0.08	07953	Pork sausage, link/patty, fully cooked, microwaved	30.0	1.0 patty	0.26
Pork sausage, link/patty, reduced fat, unprepared85.03.0 oz0.8407063Pork sausage, link/patty, unprepared25.01.0 link0.2507978Pork sausage, reduced sodium, cooked85.03.0 oz0.0610864Pork, bacon, rendered fat, cooked85.03.0 oz0.0010864Pork, cured, bacon, cooked, baked81.11.0 slice cooked0.0310860Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium8.01.0 slice cooked0.0210861Pork, cured, bacon, cooked, microwaved9.11.0 slice cooked0.0410862Pork, cured, bacon, npre-sliced, cooked, pan-fried11.51.0 slice cooked0.0510123Pork, cured, bacon, unprepared28.351.0 slice roaw0.1210130Pork, cured, ham water added, rump, bone-in, separable lean and fat, heated, roasted85.01.0 serving (3 oz)0.1910915Pork, cured, ham water added, rump, bone-in, separable lean only, heated, roasted85.01.0 serving (3 oz)0.0810850Pork, cured, ham water added, rump, bone-in, separable lean only, heated, roasted85.01.0 serving (3 oz)0.0810850Pork, cured, ham water added, rump, bone-in, separable lean only, heated, roasted85.01.0 serving (3 oz)0.08	07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	0.16
07063Pork sausage, link/paty, unprepared025.01.0 link0.2507978Pork sausage, reduced sodium, cooked85.03.0 oz0.0610864Pork, bacon, rendered fat, cooked85.03.0 oz0.0010860Pork, cured, bacon, cooked, baked8.11.0 slice cooked0.0310861Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium8.01.0 slice cooked0.0210861Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium9.11.0 slice cooked0.0410862Pork, cured, bacon, pre-sliced, cooked, pan-fried9.11.0 slice cooked0.0510123Pork, cured, bacon, unprepared28.01.0 slice raw0.1210132Pork, cured, ham water added, rump, bone-in, separable lean and fat, heated, roasted85.01.0 serving (3 oz)0.1910912Pork, cured, ham water added, rump, bone-in, separable lean and fat, unheated85.01.0 serving (3 oz)0.0810865Pork, cured, ham water added, rump, bone-in, separable lean and fat, unstend85.01.0 serving (3 oz)0.0810865Pork, cured, ham water added, rump, bone-in, separable lean and fat, unstend85.01.0 serving (3 oz)0.0810865Pork, cured, ham water added, rump, bone-in, separable lean and fat, unstend85.01.0 serving (3 oz)0.0810865Pork, cured, ham water added, rump, bone-in, separable lean only, hated, roasted85.01.0 serving (3 oz)0.0810865Pork, cured, ham water a	07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	85.0	3.0 oz	1.04
07978Pork sausage, reduced sodium, cooked85.03.0 oz0.0610864Pork, bacon, rendered fat, cooked85.03.0 oz0.0010864Pork, bacon, rendered fat, cooked85.03.0 oz0.0010860Pork, cured, bacon, cooked, bakd8.11.0 slice cooked0.0343378Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium8.01.0 slice cooked0.0210861Pork, cured, bacon, cooked, microwaved9.11.0 slice cooked0.0410862Pork, cured, bacon, pre-sliced, cooked, pan-fried11.51.0 slice cooked0.0510123Pork, cured, bacon, uprepared28.01.0 slice raw0.1210132Pork, cured, feet, pickled28.351.0 serving (3 oz)0.0610913Pork, cured, ham water added, rump, bone-in, separable lean and fat, unheated85.01.0 serving (3 oz)0.0810865Pork, cured, ham water added, rump, bone-in, separable lean and fat, unheated85.01.0 serving (3 oz)0.0810865Pork, cured, ham water added, rump, bone-in, separable lean and fat, unheated85.01.0 serving (3 oz)0.07	07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	0.84
10864Pork, bacon, rendered fat, cooked0.0085.00.000.0010860Pork, cured, bacon, cooked, baked8.11.0 slice cooked0.0343378Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium8.01.0 slice cooked0.0210861Pork, cured, bacon, cooked, microwaved9.11.0 slice cooked0.0410862Pork, cured, bacon, pre-sliced, cooked, pan-fried9.11.0 slice cooked0.0410862Pork, cured, bacon, unprepared0.1010.0 slice cooked0.0510123Pork, cured, bacon, unprepared28.01.0 slice roaw0.1210134Pork, cured, feet, pickled28.351.0 serving (3 oz)0.0610913Pork, cured, ham water added, rump, bone-in, separable lean and fat, unheated85.01.0 serving (3 oz)0.0810865Pork, cured, ham water added, rump, bone-in, separable lean only, heated, roasted85.01.0 serving (3 oz)0.17	07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	0.25
10860Pork, cured, bacon, cooked, baked8.11.0 slice cooked0.0343378Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium8.01.0 slice cooked0.0210861Pork, cured, bacon, cooked, microwaved9.11.0 slice cooked0.0410862Pork, cured, bacon, pre-sliced, cooked, pan-fried11.51.0 slice cooked0.0510123Pork, cured, bacon, unprepared28.01.0 slice raw0.1210132Pork, cured, feet, pickled28.351.0 serving (3 oz)0.0610913Pork, cured, ham water added, rump, bone-in, separable lean and fat, unheated85.01.0 serving (3 oz)0.1810865Pork, cured, ham water added, rump, bone-in, separable lean only, heated, roasted85.01.0 serving (3 oz)0.07	07978	Pork sausage, reduced sodium, cooked	85.0	3.0 oz	0.06
43378Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium8.01.0 slice cooked0.0210861Pork, cured, bacon, cooked, microwaved9.11.0 slice cooked0.0410862Pork, cured, bacon, pre-sliced, cooked, pan-fried11.51.0 slice cooked0.0510123Pork, cured, bacon, unprepared28.01.0 slice raw0.1210132Pork, cured, feet, pickled28.351.0 serving (3 oz)0.0610913Pork, cured, ham water added, rump, bone-in, separable lean and fat, unheated85.01.0 serving (3 oz)0.1910865Pork, cured, ham water added, rump, bone-in, separable lean only, heated, roasted85.01.0 serving (3 oz)0.07	10864	Pork, bacon, rendered fat, cooked	85.0	3.0 oz	0.00
10861Pork, cured, bacon, cooked, microwaved9.11.0 slice cooked0.0410862Pork, cured, bacon, pre-sliced, cooked, pan-fried11.51.0 slice cooked0.0510123Pork, cured, bacon, unprepared28.01.0 slice raw0.1210132Pork, cured, feet, pickled28.350.060.0610913Pork, cured, ham water added, rump, bone-in, separable lean and fat, unheated, roasted85.01.0 serving (3 oz)0.1910865Pork, cured, ham water added, rump, bone-in, separable lean only, heated, roasted85.01.0 serving (3 oz)0.08	10860	Pork, cured, bacon, cooked, baked	8.1	1.0 slice cooked	0.03
10862Pork, cured, bacon, pre-sliced, cooked, pan-fried11.510.0 slice0.0510123Pork, cured, bacon, unprepared28.01.0 slice raw0.1210132Pork, cured, feet, pickled28.351.0 oz0.0610913Pork, cured, ham water added, rump, bone-in, separable lean and fat, heated, roasted85.01.0 serving (3 oz)0.1910912Pork, cured, ham water added, rump, bone-in, separable lean and fat, unheated28.351.0 oz0.0810865Pork, cured, ham water added, rump, bone-in, separable lean only, heated, roasted85.01.0 serving (3 oz)0.17	43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	8.0	1.0 slice cooked	0.02
10123Pork, cured, bacon, unprepared28.01.0 slice raw0.1210132Pork, cured, feet, pickled28.351.0 oz0.0610913Pork, cured, ham water added, rump, bone-in, separable lean and fat, heated, roasted85.01.0 serving (3 oz)0.1910912Pork, cured, ham water added, rump, bone-in, separable lean and fat, unheated28.351.0 oz0.0810865Pork, cured, ham water added, rump, bone-in, separable lean only, heated, roasted85.01.0 serving (3 oz)0.17	10861	Pork, cured, bacon, cooked, microwaved	9.1	1.0 slice cooked	0.04
10132Pork, cured, feet, pickled28.351.0 oz0.0610913Pork, cured, ham water added, rump, bone-in, separable lean and fat, heated, roasted85.01.0 serving (3 oz)0.1910912Pork, cured, ham water added, rump, bone-in, separable lean and fat, unheated28.351.0 oz0.0810865Pork, cured, ham water added, rump, bone-in, separable lean only, heated, roasted85.01.0 serving (3 oz)0.17	10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	11.5	1.0 slice	0.05
10913Pork, cured, ham water added, rump, bone-in, separable lean and fat, heated, roasted85.01.0 serving (3 oz)0.1910912Pork, cured, ham water added, rump, bone-in, separable lean and fat, unheated28.351.0 oz0.0810865Pork, cured, ham water added, rump, bone-in, separable lean only, heated, roasted85.01.0 serving (3 oz)0.17	10123	Pork, cured, bacon, unprepared	28.0	1.0 slice raw	0.12
10912Pork, cured, ham water added, rump, bone-in, separable lean and fat, unheated28.351.0 oz0.0810865Pork, cured, ham water added, rump, bone-in, separable lean only, heated, roasted85.01.0 serving (3 oz)0.17	10132	Pork, cured, feet, pickled	28.35	1.0 oz	0.06
10865Pork, cured, ham water added, rump, bone-in, separable lean only, heated, roasted85.01.0 serving (3 oz)0.17	10913	Pork, cured, ham water added, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.19
	10912	Pork, cured, ham water added, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.08
10866Pork, cured, ham water added, rump, bone-in, separable lean only, unheated85.03.0 oz0.14	10865	Pork, cured, ham water added, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.17
	10866	Pork, cured, ham water added, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.14

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NDB_No	Description	Weight(g)	Measure (Vitamin E alpha-tocopherol)(mg)
				Per Measure
10914	Pork, cured, ham water added, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.25
10911	Pork, cured, ham water added, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.09
10867	Pork, cured, ham water added, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.24
10885	Pork, cured, ham water added, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.19
10915	Pork, cured, ham water added, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.23
10910	Pork, cured, ham water added, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.08
10868	Pork, cured, ham water added, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.22
10886	Pork, cured, ham water added, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.16
10916	Pork, cured, ham water added, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.20
10878	Pork, cured, ham water added, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.20
10917	Pork, cured, ham water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.18
10909	Pork, cured, ham water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.07
10879	Pork, cured, ham water added, whole, boneless, separable lean only, heated, roasted	85.0	3.0 oz	0.17
10880	Pork, cured, ham water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.18
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.20
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.08
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.18
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.05
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.26
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.12
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.25
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	85.0	3.0 oz	0.21
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.13
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.05
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.11
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.09
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	0.18
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	138.0	1.0 slice	0.17
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.19
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.04
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.19
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.12
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.23
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.10

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10890Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated85.03.0 oz10924Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted85.01.0 serving (3 oz)10903Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated28.351.0 oz shank10874Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted85.01.0 serving (3 oz)10891Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated85.03.0 oz10925Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil85.01.0 serving (3 oz)10902Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated85.03.0 oz10926Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated85.01.0 serving (3 oz)10892Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated85.01.0 serving (3 oz)10892Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated85.01.0 serving (3 oz)10892Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated85.01.0 serving (3 oz)10892Pork, cured, ham with natural juices, slice, boneless, separable lean only, unheated85.01.0 serving (3 oz)10892Pork, cured, ham with natural juices, slice, boneless, separable lean only, unheated, pan-broil85.01.0 serving (3 oz)10892 <th>Measure</th>	Measure
10924Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted85.01.0 serving (3 oz)10903Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated28.351.0 oz shank10874Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted85.01.0 serving (3 oz)10891Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated85.03.0 oz10925Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil85.01.0 serving (3 oz)10902Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated85.01.0 serving (3 oz)10925Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated85.01.0 serving (3 oz)10926Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated85.01.0 serving (3 oz)10820Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated85.01.0 serving (3 oz)10821Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated85.01.0 serving (3 oz)10822Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil85.01.0 serving (3 oz)10822Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil85.01.0 serving (3 oz)10823Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted <td< td=""><td>0.23</td></td<>	0.23
10903Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated28.351.0 oz shank10874Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted85.01.0 serving (3 oz)10891Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated85.03.0 oz10925Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil85.01.0 serving (3 oz)10902Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated85.01.0 serving (3 oz)10902Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated85.01.0 serving (3 oz)10902Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated85.01.0 serving (3 oz)10875Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated85.01.0 serving (3 oz)10892Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated85.01.0 serving (3 oz)10892Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil85.01.0 serving (3 oz)10892Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil85.01.0 serving (3 oz)10892Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil85.01.0 serving (3 oz)10892Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil85.0	0.20
10874Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted85.01.0 serving (3 oz)10891Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated85.03.0 oz10925Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil85.01.0 serving (3 oz)10902Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated85.03.0 oz10902Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated85.03.0 oz10875Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated85.01.0 serving (3 oz)10892Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated85.01.0 serving (3 oz)10820Pork, cured, ham with natural juices, slice, boneless, separable lean only, unheated, pan-broil85.01.0 serving (3 oz)10821Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil85.01.0 serving (3 oz)10822Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil85.01.0 serving (3 oz)10823Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted145.01.0 serving (3 oz)10924Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted145.01.0 slice10925Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated28.	0.26
10891Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated85.03.0 oz10925Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil85.01.0 serving (3 oz)10902Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated85.03.0 oz10875Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil85.01.0 serving (3 oz)10892Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated85.03.0 oz10892Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated85.03.0 oz10892Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated85.03.0 oz10892Pork, cured, ham with natural juices, slice, boneless, separable lean only, unheated85.03.0 oz10926Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil85.01.0 serving (3 oz)10882Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, roasted1.0 serving (3 oz)10927Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated145.01.0 serving (3 oz)10901Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated28.351.0 oz spiral slice	0.10
10925Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil85.01.0 serving (3 oz)10902Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated85.03.0 oz10875Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil85.01.0 serving (3 oz)10892Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated85.03.0 oz10892Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated85.03.0 oz10892Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated85.03.0 oz1082Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil85.01.0 serving (3 oz)1082Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil85.01.0 serving (3 oz)1082Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted145.01.0 serving (3 oz)10927Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated28.351.0 oz spiral slice10901Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated28.351.0 oz spiral slice	0.25
10902Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated85.03.0 oz10875Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil85.01.0 serving (3 oz)10892Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated85.03.0 oz10926Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil85.01.0 serving (3 oz)10882Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil85.01.0 serving (3 oz)10927Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated145.01.0 slice10901Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated28.351.0 oz spiral slice	0.22
10875Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil85.01.0 serving (3 oz)10892Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated85.03.0 oz10926Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil85.01.0 serving (3 oz)10882Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil85.01.0 serving (3 oz)10927Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted145.01.0 slice10901Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated28.351.0 oz spiral slice	0.20
10892Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated85.03.0 oz10926Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil85.01.0 serving (3 oz)10882Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil85.01.0 serving (3 oz)10927Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted145.01.0 slice10901Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated28.351.0 oz spiral slice	0.21
10926Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil85.01.0 serving (3 oz)10882Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil85.01.0 serving (3 oz)10927Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted145.01.0 slice10901Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated28.351.0 oz spiral slice	0.20
10882Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil85.01.0 serving (3 oz)10927Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted145.01.0 slice10901Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated28.351.0 oz spiral slice	0.17
10927Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted145.01.0 slice10901Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated28.351.0 oz spiral slice	0.19
10901Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated28.351.0 oz spiral slice	0.19
	0.28
10893Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated28.351.0 oz spiral slice	0.06
	0.05
10876Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted145.01.0 slice	0.28
10928Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted85.01.0 serving (3 oz)	0.23
10900Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated28.351.0 oz whole	0.07
10883Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted85.01.0 serving (3 oz)	0.23
10884Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated28.351.0 oz	0.07
10134Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted140.01.0 cup	0.35
10183Pork, cured, ham, boneless, extra lean and regular, roasted140.0	0.39
10182Pork, cured, ham, boneless, extra lean and regular, unheated140.01.0 cup	0.31
43327Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted28.351.0 oz	0.07
43325Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted28.351.0 oz, boneless	0.08
10136Pork, cured, ham, boneless, regular (approximately 11% fat), roasted140.01.0 cup	0.43
10141Pork, cured, ham, center slice, country-style, separable lean only, raw28.351.0 oz	0.08
10137Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated140.01.0 cup	0.24
10185Pork, cured, ham, extra lean and regular, canned, roasted140.01.0 cup	0.35
10184Pork, cured, ham, extra lean and regular, canned, unheated140.01.0 cup	0.27
43326Pork, cured, ham, low sodium, lean and fat, cooked28.351.0 oz, boneless	0.08
10929Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted85.01.0 serving (3 oz)	0.28
10955Pork, cured, ham, rump, bone-in, separable lean and fat, unheated85.03.0 oz	0.27
10931Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted85.01.0 serving (3 oz)	0.28

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NDB_No	Description	Weight(g)	Measure ^{(al}	Vitamin E bha-tocopherol)(mg)
				Per Measure
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.07
10894	Pork, cured, ham, separable fat, boneless, heated	85.0	3.0 oz	0.30
10895	Pork, cured, ham, separable fat, boneless, unheated	117.0	4.0 oz	0.89
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.28
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.09
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.28
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	0.07
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.26
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	85.0	1.0 serving (3 oz)	0.29
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.26
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	85.0	1.0 serving (3 oz)	0.25
10150	Pork, cured, ham, whole, separable lean and fat, unheated	140.0	1.0 cup	0.38
10153	Pork, cured, ham, whole, separable lean only, roasted	140.0	1.0 cup	0.36
10152	Pork, cured, ham, whole, separable lean only, unheated	140.0	1.0 cup	0.28
10165	Pork, cured, salt pork, raw	28.35	1.0 oz	0.00
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	28.35	1.0 oz	0.00
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	140.0	1.0 cup	0.34
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	140.0	1.0 cup	0.36
10004	Pork, fresh, backfat, raw	28.35	1.0 oz	0.00
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.21
10192	Pork, fresh, backribs, separable lean and fat, raw	85.0	3.0 oz	0.20
10005	Pork, fresh, belly, raw	28.35	1.0 oz	0.11
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	131.0	1.0 chop	0.28
10001	Pork, fresh, carcass, separable lean and fat, raw	28.35	1.0 oz	0.08
10000	Pork, fresh, composite of separable fat, with added solution, cooked	85.0	3.0 oz	0.20
10942	Pork, fresh, composite of separable fat, with added solution, raw	28.35	1.0 oz	0.01
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	28.35	1.0 oz	0.03
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	85.0	3.0 oz	0.09
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	28.35	1.0 oz	0.05
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	85.0	3.0 oz	0.11
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	85.0	3.0 oz	0.10
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	28.35	1.0 oz	0.05
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.18

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NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
10220	Pork, fresh, ground, cooked	85.0	3.0 oz	0.18
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.36
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	28.35	1.0 oz	0.06
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	85.0	3.0 oz	0.22
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	85.0	3.0 oz	0.14
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.20
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	85.0	3.0 oz	0.26
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	85.0	3.0 oz	0.22
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	85.0	3.0 oz	0.25
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.30
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	0.35
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	28.35	1.0 oz	0.05
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.18
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.15
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	0.16
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.15
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.17
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.18
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.17
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.18
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.20
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.19
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	0.20
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.19
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.20
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.19
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.20
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.16
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.09
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.17
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.10
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.18
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)	015

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NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.19
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	85.0	3.0 oz	0.11
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	85.0	3.0 oz	0.14
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0.14
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	114.0	4.0 oz	0.23
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	114.0	4.0 oz	0.21
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.18
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.20
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	133.0	1.0 chop without refuse (Yield from 1 raw chop, with refuse, weighing 201g)	0.16
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.11
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.25
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.15
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.16
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	112.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 172g)	0.12
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.20
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.19
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.08
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.22
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.17
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.18
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.19
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.18
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.20
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	0.28
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	138.0	1.0 rack	0.00
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	122.0	1.0 rack	0.29
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	138.0	1.0 rack	0.32
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	86.0	1.0 rib without refuse (Yield from 1 cooked rib, with refuse, weighing 140g)	0.10
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)	0.29
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	0.32
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	138.0	1.0 rack	0.37

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NDB_No	Description	Weight(g)	Measure ^{(a}	Vitamin E alpha-tocopherol)(mg)
		0 0 0		Per Measure
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	122.0	1.0 rack	0.32
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	138.0	1.0 rack	0.37
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)	0.09
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	85.0	3.0 oz	0.21
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.19
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.20
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.15
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.14
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.19
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.20
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.21
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.23
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.15
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.22
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.15
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	0.22
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.09
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)	0.08
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.17
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.17
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.07
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	0.19
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	85.0	3.0 oz	0.06
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	85.0	3.0 oz	0.18
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	0.07
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.19
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	85.0	3.0 oz	0.06
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	135.0	1.0 chop	0.32
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	145.0	1.0 chop	0.16
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	142.0	1.0 chop	0.31
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0.11
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	107.0	1.0 chop	0.45

NDB_No	Description	Weight(g)	Measure ^{(alp}	Vitamin E bha-tocopherol)(mg)
				Per Measure
10859	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless (yield from 189g raw meat)	0.36
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	146.0	1.0 chop	0.29
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	135.0	1.0 chop	0.34
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	145.0	1.0 chop	0.14
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	142.0	1.0 chop	0.33
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	85.0	3.0 oz	0.11
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	107.0	1.0 chop	0.46
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless	0.34
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	114.0	4.0 oz	0.26
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.09
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.10
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.08
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.11
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	85.0	3.0 oz	0.20
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.25
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.16
10020	Pork, fresh, loin, whole, separable lean and fat, raw	85.0	3.0 oz	0.18
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	85.0	3.0 oz	0.18
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	85.0	3.0 oz	0.23
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	85.0	3.0 oz	0.17
10024	Pork, fresh, loin, whole, separable lean only, raw	85.0	3.0 oz	0.15
10007	Pork, fresh, separable fat, cooked	28.35	1.0 oz	0.00
10006	Pork, fresh, separable fat, raw	28.35	1.0 oz	0.12
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	0.10
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	0.19
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	85.0	3.0 oz	0.10
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, raw	85.0	3.0 oz	0.18
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	0.09
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	0.20
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	85.0	3.0 oz	0.09
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	85.0	3.0 oz	0.20
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85.0	3.0 oz	0.22

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NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	85.0	3.0 oz	0.18
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85.0	3.0 oz	0.25
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	85.0	3.0 oz	0.14
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.16
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	85.0	3.0 oz	0.20
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	85.0	3.0 oz	0.25
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	0.23
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.26
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	28.35	1.0 oz	0.05
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	0.34
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85.0	3.0 oz	0.29
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.12
10088	Pork, fresh, spareribs, separable lean and fat, raw	85.0	3.0 oz	0.31
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	85.0	3.0 oz	0.20
10098	Pork, fresh, variety meats and by-products, chitterlings, raw	28.35	1.0 oz	0.05
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	85.0	3.0 oz	0.08
10102	Pork, fresh, variety meats and by-products, feet, raw	28.35	1.0 oz	0.01
10103	Pork, fresh, variety meats and by-products, heart, raw	28.35	1.0 oz	0.18
10105	Pork, fresh, variety meats and by-products, jowl, raw	28.35	1.0 oz	0.08
10863	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	85.0	3.0 oz	0.08
10119	Pork, fresh, variety meats and by-products, stomach, raw	28.35	1.0 oz	0.01
10121	Pork, fresh, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.08
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	113.0	4.0 oz	0.40
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.40
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.26
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.37
10972	Pork, ground, 84% lean / 16% fat, raw	113.0	4.0 oz	0.51
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.22
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.34
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	0.33
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	85.0	3.0 oz	0.07
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.09
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.07
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.08

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NDB_No	Description	Weight(g)	Measure ^{(al}	Vitamin E lpha-tocopherol)(mg)
				Per Measure
43297	Pork, oriental style, dehydrated	22.0	1.0 cup	0.08
10898	Pork, pickled pork hocks	117.0	3.0 oz	0.20
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.08
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.07
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	105.0	1.0 piece	0.08
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	92.0	1.0 piece	0.09
19823	Potato chips, without salt, reduced fat	28.35	1.0 oz	1.55
11413	Potato flour	160.0	1.0 cup	0.40
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	0.05
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	0.21
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	0.13
22971	Potato salad with egg	125.0	0.5 cup	0.85
06969	Potato soup, instant, dry mix	39.0	1.0 serving 1/3 cup	0.21
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	0.02
11674	Potatoes, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	0.06
11829	Potatoes, baked, flesh, with salt	61.0	0.5 cup	0.02
11363	Potatoes, baked, flesh, without salt	61.0	0.5 cup	0.02
11830	Potatoes, baked, skin only, with salt	58.0	1.0 skin	0.02
11364	Potatoes, baked, skin, without salt	58.0	1.0 skin	0.02
11831	Potatoes, boiled, cooked in skin, flesh, with salt	78.0	0.5 cup	0.04
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	0.01
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	0.01
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	0.01
43311	Potatoes, canned, drained solids, no salt added	180.0	1.0 cup	0.09
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	0.01
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	0.30
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	0.09
11842	Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	65.0	10.0 strips	0.06
11841	Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	74.0	10.0 strip	0.08
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	0.08
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	0.07
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	0.04
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	0.03
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	0.12

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NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
11412	Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	133.0	10.0 strip	0.11
11400	Potatoes, frozen, whole, unprepared	182.0	1.0 cup	0.02
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	3.28
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	0.02
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	130.0	1.0 cup prepared	2.18
31021	Potatoes, hash brown, refrigerated, unprepared	159.0	1.0 cup unprepared	0.11
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	0.02
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	200.0	1.0 cup	0.06
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	0.54
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	0.29
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	1.07
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	0.04
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	0.25
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	0.88
31036	Potatoes, mashed, ready-to-eat	229.0	1.0 cup	0.66
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0.24
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	0.01
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0.21
11353	Potatoes, russet, flesh and skin, raw	75.0	0.5 cup, diced	0.01
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	0.12
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	0.01
32013	Potsticker or wonton, pork and vegetable, frozen, unprepared	145.0	5.0 pieces 1 serving	0.36
07067	Poultry salad sandwich spread	13.0	1.0 tbsp	0.29
43109	Pretzels, soft	143.0	1.0 large	0.77
25024	Pretzels, soft, unsalted	143.0	1.0 large	0.77
01224	Protein supplement, milk based, Muscle Milk Light, powder	50.0	2.0 scoop	4.72
01223	Protein supplement, milk based, Muscle Milk, powder	11.0	1.0 tbsp	0.78
09294	Prune juice, canned	256.0	1.0 cup	0.31
19333	Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water	127.0	0.5 cup	0.13
44260	Puddings, all flavors except chocolate, low calorie, instant, dry mix	8.0	1.0 serving	0.01
44259	Puddings, all flavors except chocolate, low calorie, regular, dry mix	113.0	1.0 serving	0.06
19319	Puddings, banana, dry mix, instant, prepared with whole milk	127.0	0.5 cup	0.08
19321	Puddings, banana, dry mix, regular, prepared with whole milk	127.0	0.5 cup	0.08
44061	Puddings, chocolate flavor, low calorie, instant, dry mix	9.9	1.0 serving	0.00

Vitamin E

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Per New	NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
1914Puddings, chocklar, dry mix, instant99.01.0 package (3.5 co.)0.0719188Puddings, chocklar, dry mix, regular, prepard with 2% milk129.00.0 package (3.5 co.)0.00119190Puddings, chocklar, dry mix, regular, prepard with 2% milk129.00.12.00.00219183Puddings, chocklar, edge-best, ff free13.31.0 co.0.00219252Puddings, chocklar, edge-best, ff free113.01.0 serving 400.00019324Puddings, chocklar, edge-best, ff free113.01.0 package (3.5 co.)0.00819324Puddings, chocklar, edge-best, ff free113.01.0 package (3.5 co.)0.00219324Puddings, chocklar, edge-best, ff free113.01.0 package (3.5 co.)0.00319324Puddings, rise, nachy oreat113.01.0 serving 4.0 pudding e0.00419224Puddings, rise, nachy oreat, ff free113.01.0 serving 4.0 pudding e0.00119234Puddings, vanila, nat, nachy oreat, ff free120.01.0 cominer refrigerated 4.00.00119245Puddings, vanila, nachy oreat, ff free28.31.0 package (3.1 co.)0.00119205Puddings, vanila, nachy oreat, ff free29.01.0 serving 3.0 and ff.0.00219206Puddings, vanila, nachy oreat, ff free29.31.0 serving 3.0 and ff.0.00219207Puddings, vanila, nachy oreat, ff free29.01.0 serving 3.0 and ff.0.00219210Puddings, vanila, nachy oreat, ff free29.01.0 serving 3.0 and ff.<					Per Measure
19188Paking-scheednake dry mix, regular, prepared with 25 milk.94014 pakage (3.5 mo)0.0119199Pakings, cheednak, ry mix, regular, prepared with 25 milk.14200.5 cq0.00919183Pakings, cheednak, regular, prepared with 25 milk.14200.0 g 0.0090.00919183Pakings, cheednak, ready-to-eat.28.351.0 oz0.00919225Pakings, coencer and, dy mix, intraft9.001.0 package (5.5 oz0.00819224Pakings, coencer and, dy mix, intraft9.001.0 package (5.5 oz0.00819235Pakings, topica, ready-to-eat.1.031.0 serving 4 oz0.00419240Pakings, topica, ready-to-eat.1.201.0 container afrigarated oz0.00419242Pakings, topica, ready-to-eat.1.201.0 container afrigarated oz0.00419242Pakings, tupica, ready-to-eat.1.201.0 container afrigarated oz0.00419242Pakings, vanila, dy mix, regular, prepared with whole milic1.100.0050.00519207Pakings, vanila, dy mix, regular, prepared with whole milic1.4000.0050.00519210Pakings, vanila, dy mix, regular, prepared with whole milic28.351.0 oz0.00519210Pakings, vanila, dy mix, regular, prepared with whole milic28.351.0 oz0.0519210Pakings, vanila, dy mix, regular, prepared with whole milic28.351.0 oz0.0519211Pakings, vanila, dy mix, regular0.0050.0070.0519222	44258	Puddings, chocolate flavor, low calorie, regular, dry mix	9.9	1.0 serving	0.00
1919Padding, chocklat, dry mir, regular, prepared vith 2% milk142.00.5 cop0.041918Padding, chocklat, dry mir, regular, prepared vith whole milk28.351.0 cz0.001925Padding, chocklat, realy-to-est, fai free113.01.0 parking 4 cz0.001924Paddings, chocklat, realy-to-est, fai free88.01.0 parking 3.2 cz0.0081924Paddings, chocklat, realy-to-est, fai free88.01.0 parking 3.2 cz0.0081924Paddings, chocklat, realy-to-est, fai free113.01.0 serving 4 cz pudding op0.081924Paddings, trice, realy-to-est112.01.0 outmicr efriparentel 4 cz0.0011925Paddings, trice, realy-to-est112.01.0 serving 4 cz pudding op0.0011926Paddings, vinili, and y-ris, attan99.01.0 parking 6.5 cz0.0021927Paddings, vinili, ang wir, sigular, prepared with whole milk14.000.05 cap0.0011928Paddings, vinili, ang wir, sigular, prepared with whole milk14.000.0020.0011920Paddings, vinili, ang wir, sigular, prepared with whole milk14.000.0020.0021921Paddings, vinili, ang wir, sigular, prepared with whole milk14.000.0020.0021923Paddings, vinili, ang wir, sigular, prepared with whole milk14.000.0020.0021924Paddings, vinili, ang wir, sigular, prepared with whole milk14.000.0020.0021925Paddings, vinili, ang wir, sigular, prepared with whole milk <t< td=""><td>19184</td><td>Puddings, chocolate, dry mix, instant</td><td>99.0</td><td>1.0 package (3.5 oz)</td><td>0.07</td></t<>	19184	Puddings, chocolate, dry mix, instant	99.0	1.0 package (3.5 oz)	0.07
1918Paddings, chocolar, rady-to-cat0.05 cm0.05919183Paddings, chocolar, rady-to-cat2.831.0 cm0.0919253Paddings, chocolar, rady-to-cat11201.0 package (3.5 cm)0.0819324Paddings, chocolar, rady-to-cat, fairee9001.0 package (3.5 cm)0.0819325Paddings, chocolar, rady-to-cat81301.0 serving 4 cm 20000.0819324Paddings, chocolar, rady-to-cat81301.0 serving 4 cm 20000.0819235Paddings, their, rady-to-cat11201.0 serving 4 cm 20000.0019242Paddings, vanila, dry mix, isstant19201.0 cutainer ofriperatel 4 cm0.0119215Paddings, vanila, dry mix, regular8801.1 package (3.5 cm)0.0019206Paddings, vanila, dry mix, regular, persteri 4 mit whole milk14000.0 scring 5.5 cm 4.60.0019207Paddings, vanila, dry mix, regular, persteri 4 mit whole milk14000.0 scring 5.5 cm 4.60.0019207Paddings, vanila, rady-to-cat, far free9901.0 scring 5.5 cm 4.60.0019207Paddings, vanila, rady-to-cat, far free28.31.0 cc0.0519211Padfings, vanila, rady-to-cat, far free29.000.100.1019212Padfings, vanila, rady-to-cat, far free29.000.100.0618211Padfings, rady-to-cat, bala1.0 cm0.000.0518212Padfings, rady-to-cat, bala, drinard, without salt1.0 cm0.000.0518214<	19188	Puddings, chocolate, dry mix, regular	99.0	1.0 package (3.5 oz)	0.01
19183Paddings, chocolate, ready-to-car, far free28.3510.0000.00019225Paddings, chocolate, ready-to-car, far free113.0113.01.00.00019324Paddings, cocount cream, dy mix, instant90.01.0package (3.5.00)0.00819334Paddings, cocount cream, dy mix, instant88.01.0package (3.1.00)0.00619234Paddings, tapica, ready-to-eat113.01.0serving 4.00010.00419234Paddings, tapica, ready-to-eat112.01.01.00.00119245Paddings, tapica, ready-to-eat112.01.00.0010.00219246Paddings, vanilla, dy mix, instant99.01.0package (3.5.00)0.00219205Paddings, vanilla, dry mix, regular, reparde with whole milk140.00.0020.00019207Paddings, vanilla, ready-to-eat, fa free99.01.0package (3.1.000)0.00019203Paddings, vanilla, ready-to-eat28.351.0.0020.00019204Paddings, vanilla, ready-to-eat28.351.0.0020.00019215Paddings, vanilla, ready-to-eat28.351.0.0020.01018337Patif pastry, forcen, ready-to-bake28.351.0.0020.01018337Patif pastry, forcen, ready-to-bake28.351.0.0020.01018337Patif pastry, forcen, ready-to-bake28.351.0.0020.01018337Patif pastry, forcen, ready-to-bake28.351.0.0020.010 <td>19190</td> <td>Puddings, chocolate, dry mix, regular, prepared with 2% milk</td> <td>128.0</td> <td>0.5 cup</td> <td>0.04</td>	19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	0.04
1923Puddings, chocolate, ready-to-eat, far free11301.0 serving 4 or0.0001932Puddings, cocount cream, dry mix, instant99.01.0 package (5.5 or)0.0081932Puddings, cocount cream, dry mix, regular88.01.0 package (5.1 or)0.0081932Puddings, rice, ready-to-eat11301.0 serving 4 or pudding or0.0081923Puddings, ring, ready-to-eat, far free12301.0 serving 4 or pudding or0.0011924Puddings, vingir, ready-to-eat, far free1201.0 container refrigerated 4 or0.0101920Puddings, vanila, dry mix, regular89.01.0 package (5.3 or)0.00219204Puddings, vanila, dry mix, regular, prepared with whole milk14000.0 f.0 package (5.3 or)0.00919205Puddings, vanila, dry mix, regular, prepared with whole milk14000.0 f.0 package (5.3 or)0.00919204Puddings, vanila, dry mix, regular, prepared with whole milk28.51.0 or0.01619205Puddings, vanila, eady-to-eat, far free28.51.0 or0.01618317Puff pasty, forzer, ready-to-bake28.51.0 or0.01618337Puff pasty, forzer, ready-to-bake28.51.0 or0.0518448Pumpkin flowers, cocked, boiled, drained, without saft71.01.0 cup0.6811449Pumpkin flowers, cocked, boiled, drained, without saft24.51.0 cup0.6811440Pumpkin, exosed, boiled, drained, without saft24.51.0 cup, masked1.0 cup <td>19189</td> <td>Puddings, chocolate, dry mix, regular, prepared with whole milk</td> <td>142.0</td> <td>0.5 cup</td> <td>0.09</td>	19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	142.0	0.5 cup	0.09
1932Paddings, cocondt cream, dry mix, regular99.01.0 package (3.5 oz)0.0881933Paddings, cocondt cream, dry mix, regular88.01.0 package (3.2 oz)0.0661913Paddings, taci, crady-to-eart113.01.0 serving 4 or padding crup0.0811924Paddings, tagioa, ready-to-ear, fai free112.01.0 continier refrigeratel 4 oz0.0111920Paddings, vanila, dry mix, regular89.01.0 package (5.5 oz)0.0021920Paddings, vanila, dry mix, regular, prepared with whole mille80.01.0 package (5.5 oz)0.0031920Paddings, vanila, dry mix, regular, prepared with whole mille80.01.0 package (5.1 oz)0.0031921Paddings, vanila, ready-to-eat, fai free82.31.0 oz0.0031923Paddings, vanila, ready-to-eat, fai free28.31.0 oz0.0151837Paff pastry, forzen, ready-to-bake, hated28.31.0 oz0.0161837Paff pastry, forzen, ready-to-bake, hated24.31.0 cup0.0211844Pampkin Revers, cooked, holied, drained, without salt71.01.0 cup0.681845Pampkin Revers, cooked, holied, drained, without salt24.501.0 cup2.601846Pampkin, cooked, bolied, drained, without salt24.501.0 cup, masked1.9 cup1847Pampkin, cooked, bolied, drained, without salt24.501.0 cup, masked1.9 cup1848Pampkin, cooked, bolied, drained, without salt24.501.0 cup, masked1.9 cup <td>19183</td> <td>Puddings, chocolate, ready-to-eat</td> <td>28.35</td> <td>1.0 oz</td> <td>0.09</td>	19183	Puddings, chocolate, ready-to-eat	28.35	1.0 oz	0.09
19324Puddings, coconut cream, dry mix, regular188.01.0 package (3.12 oz)0.00619139Puddings, trice, ready-to-eat113.01.0 serving 4 oz pudding oz0.0819214Puddings, tupicor, ready-to-eat28.351.0 oz0.0119202Puddings, tupicor, ready-to-eat, fa free12.01.0 container efriguented 4 oz0.0119203Puddings, vanilla, dry mix, instant99.01.0 package (3.12 oz)0.0019204Puddings, vanilla, dry mix, regular88.01.0 package (3.12 oz)0.0019205Puddings, vanilla, dry mix, regular, repeard with whole milk14000.5 cup0.0019207Puddings, vanilla, ready-to-eat, fa free28.351.0 oz0.0019233Puddings, vanilla, ready-to-eat, fa free28.351.0 oz0.001837Puff pastry, frozen, ready-to-bake, baked28.351.0 oz0.01518211Puff pastry, frozen, ready-to-bake, baked28.351.0 oz0.01518214Puff pastry, frozen, cocked, boiled, drained, without salt71.01.0 cup0.6811434Pumpkin leaves, cocked, boiled, drained, without salt71.01.0 cup2.6011444Pumpkin, conked, boiled, drained, without salt245.01.0 cup, mashed1.9611424Pumpkin, conked, boiled, drained, without salt245.01.0 cup, mashed1.9611424Pumpkin, conked, boiled, drained, without salt245.01.0 cup, mashed1.9611424Pumpkin, conked, boiled, drained,	19235	Puddings, chocolate, ready-to-eat, fat free	113.0	1.0 serving 4 oz	0.00
19193Puddings, rice, ready-to-eat113.01.0 serving 4 oz pudding cop000819218Puddings, tapioca, ready-to-eat28.351.0 oz0.0119202Puddings, tapioca, ready-to-eat, fat free01000.0 peckage (3.5 z)0.0019204Puddings, vanilla, dry mix, regular0801.0 package (3.5 z)0.0019205Puddings, vanilla, dry mix, regular, prepared with whole milk14000.0 peckage (3.5 z)0.0019206Puddings, vanilla, ready-to-eat28.351.0 oz0.0019230Puddings, vanilla, ready-to-eat28.351.0 oz0.0119231Pudfings, vanilla, ready-to-eat28.351.0 oz0.0118370Puf pastry, frozen, ready-to-bake28.351.0 oz0.0118371Puf pastry, frozen, ready-to-bake, baked28.351.0 oz0.0118410Pungkin in barcec sauce24.001.0 cup0.0219419Pungkin fueves, cocked, boiled, drained, without salt71.01.0 cup0.0611440Pungkin, consed, vith salt245.01.0 cup2.0011440Pungkin, consed, boiled, drained, without salt245.01.0 cup, mashed1.0 cup11441Pungkin, conced, boiled, drained, without salt143.01.0 cup, mashed1.0 cup11442Pungkin, conced, boiled, drained, without salt245.01.0 cup, mashed1.0 cup11444Pungkin, conced, boiled, drained, without salt245.01.0 cup, mashed1.0 cup11454 <td>19322</td> <td>Puddings, coconut cream, dry mix, instant</td> <td>99.0</td> <td>1.0 package (3.5 oz)</td> <td>0.08</td>	19322	Puddings, coconut cream, dry mix, instant	99.0	1.0 package (3.5 oz)	0.08
Puddings, tupica, ready-to-eat 28.35 10.00 0.04 19234 Puddings, tupica, ready-to-eat, fat free 112.0 1.0 container refrigerated 4.02 0.01 19205 Puddings, vanilla, dry mix, regular 99.0 1.0 package (3.5 oz) 0.000 19206 Puddings, vanilla, dry mix, regular 88.0 1.0 package (3.1 oz) 0.001 19207 Puddings, vanilla, dry mix, regular, repared with whole milk 140.0 0.5 cc up 0.003 19201 Puddings, vanilla, ready-to-eat 28.35 1.0 oz 0.009 19235 Puddings, vanilla, ready-to-eat, fat free 99.0 1.0 serving 3.5 oz sheff stable 0.000 18337 Puff patry, frozen, ready-to-bake, baked 28.35 1.0 oz 0.016 2972 Pulde pork in barbecue sauce 249.0 1.0 cup 0.021 1841 Pumpkin flowers, cooked, boiled, drained, with salt 71.0 1.0 cup 0.068 1184 Pumpkin, canned, with salt 71.0 1.0 cup 0.68 1184 Pumpkin, cooked, boiled, drained, with salt 245.0 1.0 cup, mashed	19324	Puddings, coconut cream, dry mix, regular	88.0	1.0 package (3.12 oz)	0.06
19234 Puddings, tapioca, ready-to-eat, fat free 112.0 1.0 container refrigerated 4 or 0.01 19202 Puddings, vanilla, dry mix, instant 99.0 1.0 package (3.5 oz) 0.002 19205 Puddings, vanilla, dry mix, regular, prepared with whole milk 140.0 0.0 package (3.12 or) 0.000 19207 Puddings, vanilla, dry mix, regular, prepared with whole milk 140.0 0.0 package (3.12 or) 0.000 19203 Puddings, vanilla, ready-to-eat, fat free 28.3 1.0 or 0.000 19233 Pudfings, vanilla, ready-to-eat, fat free 28.3 1.0 oz 0.015 18311 Puff pastry, frozen, ready-to-bake, baked 28.35 1.0 oz 0.016 2972 Pulled pork in harbecue sauce 28.35 1.0 oz 0.016 2972 Pulled pork in harbecue sauce 28.35 1.0 oz 0.026 11417 Pumpkin leaves, cooked, boiled, drained, with salt 71.0 1.0 cup 0.056 11448 Pumpkin, canned, with salt 71.0 1.0 cup 2.60 11449 Pumpkin, canned, with salt 245.0 <td>19193</td> <td>Puddings, rice, ready-to-eat</td> <td>113.0</td> <td>1.0 serving 4 oz pudding cup</td> <td>0.08</td>	19193	Puddings, rice, ready-to-eat	113.0	1.0 serving 4 oz pudding cup	0.08
19202Puddings, vanilla, dry mix, instant9901.0 package (3.5 oz)0.00219205Puddings, vanilla, dry mix, regular, prepared with whole milk88.01.0 package (3.12 oz)0.00319207Puddings, vanilla, dry mix, regular, prepared with whole milk140.00.05 cup0.00319208Puddings, vanilla, redy-to-eat28.351.0 oz0.00519233Puddings, vanilla, ready-to-eat, fit free99.01.0 serving 3.5 oz sheff stabb0.00018337Puff pastry, frozen, ready-to-bakc28.351.0 oz0.1518211Puff pastry, frozen, ready-to-bakc28.351.0 oz0.102272Pulled pork in barbecue sauce24.901.0 cup2.2211447Pumpkin flowers, cooked, boiled, drained, without salt71.01.0 cup0.681148Pumpkin flowers, cooked, boiled, drained, without salt71.01.0 cup0.681144Pumpkin, canned, with salt71.01.0 cup2.601144Pumpkin, canned, with salt245.01.0 cup, mashed1.601144Pumpkin, cooked, boiled, drained, with salt245.01.0 cup, mashed1.9611432Pumpkin, cooked, boiled, drained, with salt245.01.0 cup, mashed1.9611442Pumpkin, cooked, boiled, drained, with salt245.01.0 cup, mashed1.9611432Pumpkin, cooked, boiled, drained, with salt245.01.0 cup, mashed1.9611442Pumpkin, cooked, boiled, drained, with salt245.01.0 cup, mas	19218	Puddings, tapioca, ready-to-eat	28.35	1.0 oz	0.04
19206Puddings, vanilla, dry mix, regular, prepared with whole milk88.01.0 package (3.12 or)0.0019207Puddings, vanilla, dry mix, regular, prepared with whole milk140.00.000.0019208Puddings, vanilla, ready-to-eat28.350.0 or0.0019237Pudfings, vanilla, ready-to-eat, fat free0.001.0 serving 3.5 or xhelf stable0.0018337Puff pastry, frozen, ready-to-bake, baked28.350.0 or0.1518211Puff pastry, frozen, ready-to-bake, baked28.350.0 or0.152972Pulled pot in barbecue saace24.900.0 or0.0 or11417Pumpkin flowers, cooked, boiled, drained, without salt11.400.0 or0.0 or11448Pumpkin leaves, cooked, boiled, drained, without salt71.00.0 or0.0 or11449Pumpkin leaves, cooked, boiled, drained, without salt245.00.0 or0.0 or11440Pumpkin, canned, with salt245.00.0 or0.0 or11442Pumpkin, conked, boiled, drained, with salt245.00.0 or0.0 or11424Pumpkin, nowers, cooked, boiled, drained, with salt245.00.0 or0.0 or11425Pumpkin, flowers, cooked, boiled, drained, with salt245.00.0 or0.0 or11426Pumpkin, flowers, cooked, boiled, drained, with salt245.00.0 or0.0 or11427Pumpkin, flowers, cooked, boiled, drained, with salt245.00.0 or0.0 or11428Pumpkin, flowers, cooked, boiled, drai	19234	Puddings, tapioca, ready-to-eat, fat free	112.0	1.0 container refrigerated 4 oz	0.01
19207Puddings, vanilla, dry mix, regular, prepared with whole milk140.00.0.00.0.0019201Puddings, vanilla, ready-to-eat28.351.0 oz0.0919233Puddings, vanilla, ready-to-eat, fat free99.01.0 serving 3.5 oz shelf stable0.0018337Puff pastry, frozen, ready-to-bake28.351.0 oz0.1518211Puff pastry, frozen, ready-to-bake, baked28.351.0 oz0.1622072Pullel pork in barbecue sauce249.01.0 ccup2.2211417Pumpkin flowers, cooked, boiled, drained, without salt114.01.0 ccup0.0511848Pumpkin leaves, cooked, boiled, drained, without salt71.01.0 ccup0.6811849Pumpkin, canned, with salt71.01.0 ccup0.6811846Pumpkin, canned, with salt245.01.0 ccup2.6011845Pumpkin, canned, with salt245.01.0 ccup2.6011845Pumpkin, canned, with salt245.01.0 ccup2.6011845Pumpkin, canned, with salt245.01.0 ccup2.6011845Pumpkin, canned, with salt245.01.0 ccup0.0511847Pumpkin, nawed, boiled, drained, with salt134.01.0 ccup0.0	19202	Puddings, vanilla, dry mix, instant	99.0	1.0 package (3.5 oz)	0.02
19201 Puddings, vanilla, ready-to-eat, fat free 28.35 1.0 or 0.00 19233 Puddings, vanilla, ready-to-eat, fat free 99.0 1.0 serving 3.5 oz shelf stable 0.00 18337 Puff pastry, frozen, ready-to-bake 28.35 1.0 oz 0.15 18211 Puff pastry, frozen, ready-to-bake, baked 28.35 1.0 oz 0.16 22972 Pulled pork in barbecue sauce 249.0 1.0 cup 22.22 11417 Pumpkin flowers, cooked, boiled, drained, without salt 134.0 0.10 cup 0.06 11848 Pumpkin leaves, cooked, boiled, drained, without salt 71.0 0.10 cup 0.68 11849 Pumpkin leaves, cooked, boiled, drained, without salt 245.0 1.0 cup 2.60 11846 Pumpkin, canned, without salt 245.0 1.0 cup 2.60 11845 Pumpkin, cooked, boiled, drained, with salt 245.0 1.0 cup, mashed 1.96 11845 Pumpkin, cooked, boiled, drained, with salt 245.0 1.0 cup, mashed 1.96 11845 Pumpkin, flowers, cooked, boiled, drained, with salt 2	19206	Puddings, vanilla, dry mix, regular	88.0	1.0 package (3.12 oz)	0.00
IP9233 Puddings, vanilla, ready-to-eat, fat free 990 1.0 serving 3.5 oz shelf stable 0.00 18337 Puff pastry, frozen, ready-to-bake 28.35 1.0 oz 0.15 18211 Puff pastry, frozen, ready-to-bake, baked 28.35 1.0 oz 0.16 22972 Pulled pork in barbecue sauce 249.0 1.0 cup 22.22 11417 Pumpkin flowers, cooked, boiled, drained, without salt 1134.0 1.0 cup 0.05 11848 Pumpkin leaves, cooked, boiled, drained, without salt 71.0 0.0 cup 0.68 11419 Pumpkin leaves, cooked, boiled, drained, without salt 71.0 0.0 cup 0.68 11419 Pumpkin canned, with salt 71.0 0.0 cup 0.68 11424 Pumpkin, canned, with salt 71.0 0.0 cup 2.60 11424 Pumpkin, canned, with salt 245.0 1.0 cup 2.60 11424 Pumpkin, cooked, boiled, drained, without salt 1.0 cup 1.96 11424 Pumpkin, flowers, cooked, boiled, drained, without salt 245.0 1.0 cup 1.96 <	19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	140.0	0.5 cup	0.08
18337Puff pastry, frozen, ready-to-bake, baked28.351.0 oz0.1518211Puff pastry, frozen, ready-to-bake, baked28.351.0 oz0.1622972Pulled pork in barbecue sauce249.01.0 cup2.2211417Pumpkin flowers, cooked, boiled, drained, without salt1134.01.0 cup0.0511848Pumpkin leaves, cooked, boiled, drained, without salt71.01.0 cup0.6811419Pumpkin leaves, cooked, boiled, drained, without salt71.01.0 cup0.6811419Pumpkin, canned, with salt71.01.0 cup2.6011424Pumpkin, canned, with salt245.01.0 cup2.6011424Pumpkin, conked, boiled, drained, without salt245.01.0 cup, mashed1.9611845Pumpkin, cooked, boiled, drained, with salt245.01.0 cup, mashed1.9611847Pumpkin, cooked, boiled, drained, with salt245.01.0 cup, mashed1.9611847Pumpkin, flowers, cooked, boiled, drained, with salt245.01.0 cup, mashed1.9611847Pumpkin, flowers, cooked, boiled, drained, with salt134.01.0 cup, mashed1.9611847Pumpkin, flowers, cooked, boiled, drained, with salt134.01.0 cup (" cubes)1.2311847Pumpkin, flowers, cooked, boiled, drained, with salt134.01.0 cup (" cubes)1.2311847Pumpkin, flowers, cooked, boiled, drained, with salt1.0 cup0.051.0 cup0.0511847Pumpkin, flowers, cooked, boil	19201	Puddings, vanilla, ready-to-eat	28.35	1.0 oz	0.09
IB211 Puff pastry, frozen, ready-to-bake, baked 28.35 1.0 oz 0.16 22972 Pulled pork in barbecue sauce 24.0 1.0 cup 2.22 11417 Pumpkin flowers, cooked, boiled, drained, without salt 134.0 1.0 cup 0.05 11848 Pumpkin leaves, cooked, boiled, drained, without salt 71.0 1.0 cup 0.68 11419 Pumpkin, canned, with salt 71.0 1.0 cup 0.68 11846 Pumpkin, canned, with salt 245.0 1.0 cup 0.68 11845 Pumpkin, canned, with salt 245.0 1.0 cup 2.60 11845 Pumpkin, cooked, boiled, drained, without salt 245.0 1.0 cup 2.60 11845 Pumpkin, cooked, boiled, drained, with salt 245.0 1.0 cup, mashed 1.96 11845 Pumpkin, cooked, boiled, drained, with salt 245.0 1.0 cup, mashed 1.96 11847 Pumpkin, flowers, cooked, boiled, drained, with salt 134.0 1.0 cup, mashed 1.96 11847 Pumpkin, flowers, cooked, boiled, drained, with salt 134.0 1.0 cup	19233	Puddings, vanilla, ready-to-eat, fat free	99.0	1.0 serving 3.5 oz shelf stable	0.00
22972 Pulled pork in barbecue sauce 249.0 1.0 cup 2.22 11417 Pumpkin flowers, cooked, boiled, drained, without salt 1134.0 1.0 cup 0.05 11848 Pumpkin leaves, cooked, boiled, drained, without salt 71.0 1.0 cup 0.68 11419 Pumpkin leaves, cooked, boiled, drained, without salt 71.0 1.0 cup 0.68 11419 Pumpkin, canned, with salt 71.0 1.0 cup 0.68 11424 Pumpkin, canned, with salt 245.0 1.0 cup 2.60 11424 Pumpkin, cooked, boiled, drained, without salt 245.0 1.0 cup 2.60 11424 Pumpkin, cooked, boiled, drained, without salt 245.0 1.0 cup 2.60 11425 Pumpkin, cooked, boiled, drained, without salt 245.0 1.0 cup 2.60 11426 Pumpkin, flowers, cooked, boiled, drained, with salt 245.0 1.0 cup 1.96 11427 Pumpkin, flowers, cooked, total edible 28.35 1.0 cup 0.23 1232 Quain, cooked, total edible 28.35 1.0 cup 0.20	18337	Puff pastry, frozen, ready-to-bake	28.35	1.0 oz	0.15
11417Pumpkin flowers, cooked, boiled, drained, without salt1134.01134.01.0 cup0.0511848Pumpkin leaves, cooked, boiled, drained, with salt71.01.0 cup0.6811419Pumpkin leaves, cooked, boiled, drained, without salt71.01.0 cup0.6811419Pumpkin, canned, with salt245.01.0 cup2.6011424Pumpkin, canned, without salt245.01.0 cup2.6011424Pumpkin, cooked, boiled, drained, without salt245.01.0 cup, mashed2.6011424Pumpkin, cooked, boiled, drained, with salt245.01.0 cup, mashed2.6011425Pumpkin, cooked, boiled, drained, without salt245.01.0 cup, mashed1.9611426Pumpkin, cooked, boiled, drained, without salt245.01.0 cup, mashed1.9611427Pumpkin, cooked, boiled, drained, without salt245.01.0 cup0.0511428Pumpkin, cooked, boiled, drained, with salt134.01.0 cup0.0511429Pumpkin, cooked, boiled, drained, with salt134.01.0 cup0.0511420Pumpkin, raw28.351.0 cup0.0511421Pumpkin, cooked, total edible28.351.0 cup0.2020137Quinoa, cooked1.0 cup4.1520350Quinoa, uncooked10.0 cup4.1511952Radicchio, raw40.01.0 cup, shredded0.90	18211	Puff pastry, frozen, ready-to-bake, baked	28.35	1.0 oz	0.16
I1848 Pumpkin leaves, cooked, boiled, drained, with salt 71.0 10.0 cup 0.68 11419 Pumpkin leaves, cooked, boiled, drained, without salt 71.0 10.0 cup 0.68 11846 Pumpkin, canned, with salt 245.0 10.0 cup 2.60 11424 Pumpkin, canned, with salt 245.0 10.0 cup 2.60 11424 Pumpkin, canned, with salt 245.0 10.0 cup, mashed 2.60 11424 Pumpkin, canned, with salt 245.0 10.0 cup, mashed 1.96 11424 Pumpkin, cooked, boiled, drained, with salt 245.0 10.0 cup, mashed 1.96 11425 Pumpkin, cooked, boiled, drained, with salt 245.0 1.0 cup, mashed 1.96 11426 Pumpkin, cooked, boiled, drained, with salt 245.0 1.0 cup, mashed 1.96 11427 Pumpkin, flowers, cooked, boiled, drained, with salt 134.0 1.0 cup, mashed 1.96 11428 Quail, cooked, total edible 28.35 1.0 cup 0.20 20137 Quinoa, cooked 1.0 cup 1.10 1.10	22972	Pulled pork in barbecue sauce	249.0	1.0 cup	2.22
11419Pumpkin leaves, cooked, boiled, drained, without salt11.01.00.6811846Pumpkin, canned, with salt245.01.02.6011424Pumpkin, canned, without salt245.01.02.6011845Pumpkin, cooked, boiled, drained, with salt245.01.02.6011845Pumpkin, cooked, boiled, drained, with salt245.01.02.6011847Pumpkin, cooked, boiled, drained, without salt245.01.01.01.9611847Pumpkin, flowers, cooked, boiled, drained, with salt134.01.00.01.9611842Pumpkin, raw116.01.00.01.231.2343282Quail, cooked, total edible28.351.00.2020137Quinoa, cooked1.01.01.171.1720035Quinoa, uncooked1.01.04.1511952Radicchio, raw40.01.00.900.90	11417	Pumpkin flowers, cooked, boiled, drained, without salt	134.0	1.0 cup	0.05
11846Pumpkin, canned, with salt245.01.0 cup2.6011424Pumpkin, canned, without salt245.01.0 cup, mashed2.6011845Pumpkin, cooked, boiled, drained, with salt245.01.0 cup, mashed1.9611423Pumpkin, cooked, boiled, drained, without salt245.01.0 cup, mashed1.9611424Pumpkin, cooked, boiled, drained, without salt245.01.0 cup, mashed1.9611425Pumpkin, flowers, cooked, boiled, drained, with salt134.01.0 cup, mashed1.9611847Pumpkin, raw116.01.0 cup (1" cubes)0.0511422Pumpkin, raw216.028.351.0 oz0.2020137Quinoa, cooked, total edible28.351.0 oz0.2020137Quinoa, cooked1.0 cup1.1 cup4.1520035Quinoa, uncooked1.0 cup4.1511952Radicchio, raw40.01.0 cup, shredded0.90	11848	Pumpkin leaves, cooked, boiled, drained, with salt	71.0	1.0 cup	0.68
11424Pumpkin, canned, without salt245.01.0 cup2.6011845Pumpkin, cooked, boiled, drained, with salt245.01.0 cup, mashed1.9611423Pumpkin, cooked, boiled, drained, without salt245.01.0 cup, mashed1.9611847Pumpkin, flowers, cooked, boiled, drained, with salt134.01.0 cup0.0511422Pumpkin, raw116.01.0 cup (1" cubes)1.2343282Quail, cooked, total edible28.351.0 oz0.2020137Quinoa, cooked1.0 cup1.0 cup1.1720035Quinoa, uncooked1.0 cup4.1511952Radicchio, raw40.01.0 cup, shredded0.90	11419	Pumpkin leaves, cooked, boiled, drained, without salt	71.0	1.0 cup	0.68
11845Pumpkin, cooked, boiled, drained, with salt245.01.0 cup, mashed1.9611423Pumpkin, cooked, boiled, drained, without salt245.01.0 cup, mashed1.9611847Pumpkin, flowers, cooked, boiled, drained, with salt1134.01.0 cup0.0511422Pumpkin, raw116.01.0 cup (1" cubes)1.2343282Quail, cooked, total edible28.351.0 oz0.2020137Quinoa, cooked1185.01.0 cup1.1720035Quinoa, uncooked1.0 cup1.0 cup4.1511952Radicchio, raw40.01.0 cup, shredded0.90	11846	Pumpkin, canned, with salt	245.0	1.0 cup	2.60
11423Pumpkin, cooked, boiled, drained, without salt245.01.0 cup, mashed1.9611847Pumpkin, flowers, cooked, boiled, drained, with salt134.01.0 cup0.0511422Pumpkin, raw116.01.0 cup (1" cubes)1.2343282Quail, cooked, total edible28.351.0 oz0.2020137Quinoa, cooked1185.01.0 cup1.1720035Quinoa, uncooked170.01.0 cup4.1511952Radicchio, raw40.01.0 cup, shredded0.90	11424	Pumpkin, canned, without salt	245.0	1.0 cup	2.60
11847Pumpkin, flowers, cooked, boiled, drained, with salt134.01.0 cup11422Pumpkin, raw116.01.0 cup (1" cubes)1.2343282Quail, cooked, total edible28.351.0 oz0.2020137Quinoa, cooked185.01.0 cup1.1720035Quinoa, uncooked170.01.0 cup4.1511952Radicchio, raw40.01.0 cup, shredded0.90	11845	Pumpkin, cooked, boiled, drained, with salt	245.0	1.0 cup, mashed	1.96
11422 Pumpkin, raw 116.0 1.0 cup (1" cubes) 1.23 43282 Quail, cooked, total edible 28.35 1.0 oz 0.20 20137 Quinoa, cooked 185.0 1.0 cup 1.17 20035 Quinoa, uncooked 170.0 1.0 cup 4.15 11952 Radicchio, raw 40.0 1.0 cup, shredded 0.90	11423	Pumpkin, cooked, boiled, drained, without salt	245.0	1.0 cup, mashed	1.96
43282 Quail, cooked, total edible 28.35 1.0 oz 0.20 20137 Quinoa, cooked 185.0 1.0 cup 1.17 20035 Quinoa, uncooked 170.0 1.0 cup 4.15 11952 Radicchio, raw 40.0 1.0 cup, shredded 0.90	11847	Pumpkin, flowers, cooked, boiled, drained, with salt	134.0	1.0 cup	0.05
20137 Quinoa, cooked 185.0 1.0 cup 1.17 20035 Quinoa, uncooked 170.0 1.0 cup 4.15 11952 Radicchio, raw 40.0 1.0 cup, shredded 0.90	11422	Pumpkin, raw	116.0	1.0 cup (1" cubes)	1.23
20035 Quinoa, uncooked 170.0 1.0 cup 4.15 11952 Radicchio, raw 40.0 1.0 cup, shredded 0.90	43282	Quail, cooked, total edible	28.35	1.0 oz	0.20
20035 Quinoa, uncooked 170.0 1.0 cup 4.15 11952 Radicchio, raw 40.0 1.0 cup, shredded 0.90	20137	Quinoa, cooked	185.0	1.0 cup	1.17
11952 Radicchio, raw 40.0 1.0 cup, shredded 0.90		Quinoa, uncooked	170.0		
	11952	Radicchio, raw	40.0	-	0.90

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NDB_No	Description	Weight(g)	Measure ^{(al}	Vitamin E pha-tocopherol)(mg)
				Per Measure
11850	Radishes, oriental, cooked, boiled, drained, with salt	147.0	1.0 cup slices	0.00
11431	Radishes, oriental, cooked, boiled, drained, without salt	147.0	1.0 cup, sliced	0.00
11432	Radishes, oriental, dried	116.0	1.0 cup	0.01
11430	Radishes, oriental, raw	116.0	1.0 cup slices	0.00
11429	Radishes, raw	116.0	1.0 cup slices	0.00
09297	Raisins, golden seedless	165.0	1.0 cup, packed	0.20
09298	Raisins, seedless	165.0	1.0 cup, packed	0.20
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	256.0	1.0 cup	1.51
09306	Raspberries, frozen, red, sweetened	250.0	1.0 cup, thawed	1.80
09518	Raspberries, frozen, unsweetened	140.0	1.0 cup, unthawed	1.22
09302	Raspberries, raw	123.0	1.0 cup	1.07
35202	Raspberries, wild (Northern Plains Indians)	130.0	1.0 cup	0.74
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	159.0	1.0 cup	1.56
22899	Ravioli, cheese-filled, canned	242.0	1.0 cup	2.06
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	262.0	1.0 cup	1.31
01200	Reddi Wip Fat Free Whipped Topping	4.0	1.0 tablespoon	0.00
16172	Refried beans, canned, fat-free	231.0	1.0 cup	0.09
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	0.21
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	0.21
16171	Refried beans, canned, vegetarian	242.0	1.0 cup	0.22
36603	Restaurant, Chinese, beef and vegetables	574.0	1.0 order	4.71
36626	Restaurant, Chinese, chicken and vegetables	693.0	1.0 order	5.34
36623	Restaurant, Chinese, chicken chow mein	604.0	1.0 order	2.60
36602	Restaurant, Chinese, fried rice, without meat	137.0	1.0 cup	0.18
36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	6.47
36619	Restaurant, Chinese, kung pao chicken	604.0	1.0 order	6.16
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	7.97
36629	Restaurant, Chinese, orange chicken	648.0	1.0 order	6.93
36633	Restaurant, Chinese, sesame chicken	547.0	1.0 order	7.17
36620	Restaurant, Chinese, shrimp and vegetables	601.0	1.0 order	5.95
36621	Restaurant, Chinese, sweet and sour chicken	706.0	1.0 order	5.79
36622	Restaurant, Chinese, sweet and sour pork	609.0	1.0 order	5.42
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	777.0	1.0 order	3.88
36625	Restaurant, Chinese, vegetable lo mein, without meat	741.0	1.0 order	2.22

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IPA INSTRUCT6015Remain funity spic chick funges multisfamen10141014101510158007Remain, funity spic, chick mat and hans201020102010201020108007Remain, funity spic, chick mat and hans201020102010201020108018Remain, funity spic, chick mat and hans201020102010201020108019Remain, funity spic, funit field, hadred or beaded, fried2010201020102010201020102010201020108010Remain, funity spic, funit field, hadred or beaded, fried2010201	NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
8041Restarant, family skyle, chik skin meat and bears201010 serving27.98007Restarant, family skyle, chik skin meat and bears10.0010.0010.0010.008051Restarant, family skyle, chik skin meat and bears10.0010.0010.0010.008051Restarant, family skyle, chik skin meat and bears10.0010.0010.0010.008051Restarant, family skyle, fach driftel, batened or headed, fated245010.00010.00010.0008051Restarant, family skyle, fach drizzen fakt10.0010.00010.00010.0008050Restarant, family skyle, fach drizzen fakt245010.00010.00010.0008051Restarant, family skyle, shring, hreaded and filed10.00010.00010.00010.0008051Restarant, family skyle, shring, hreaded and filed10.00010.00010.00010.0008051Restarant, family skyle, shring, hreaded and filed10.00010.00010.00010.0008053Restarant, family skyle, shring hreaded and filed10.00010.00010.00010.0008054Restarant, family skyle, shring hreaded and filed10.00010.00010.00010.0008055Restarant, family skyle, shring hreaded and filed10.00010.00010.00010.0008056Restarant, family skyle, shring hreaded and filed10.00010.00010.00010.0008057Restarant, family skyle, shring hreaded and filed10.00010.000 <t< th=""><th></th><th></th><th></th><th></th><th>Per Measure</th></t<>					Per Measure
98037Retaurat, family style, child with meat and bears1136011360110 erry 100 erry 100 erry 100 erry 	36015	Restaurant, family style, chicken fingers, from kid's menu	114.0		1.68
SensityRestaurant, fundip sole, closhaw1008100 model100 model10083001Restaurant, fundip sole, fundi fusio1010100 model10103012Restaurant, fundip sole, fundi fusio1020100 model10103013Restaurant, fundip sole, fundi fusio1030100 model100 model3016Restaurant, fundip sole, fundi fusio1030100 model100 model3017Restaurant, fundip sole, fundi fusio1030100 model100 model3018Restaurant, fundip sole, fundi fusio1030100 model302 model3013Restaurant, fundip sole, fundi fusio1040100 model100 model3013Restaurant, fundip, sole, fundi fusio1040100 model100 model3014Restaurant, fundip, sole, fundi fusio1040100 model100 model3018Restaurant, fundip, sole, fundi fusio1040100 model100 model3019Restaurant, fundip, sole, fundi fusio100 model100 model100 model3014Restaurant, fundip, sole, fundi fusio100 model100 model100 model3014Restaurant, fundip, sole, fundi fusio100 model100 model100 model3015Restaurant, fundip, sole, fundi fusio100 model100 model100 model3014Restaurant, fundip, sole, fundi fusio100 model100 model100 model3016Restaurant, fundip, sole, fundi fusio100 model100 model100 model3016Rest	36034	Restaurant, family style, chicken tenders	201.0	1.0 serving	2.79
3603Restaurant, family style, fish fillet, battered or breaded, fried226.01.0 serving2.1236014Restaurant, family style, fisch fried1.700.0.0 serving1.70036037Restaurant, family style, fisch morzarelit sticks245.0.0.10 cerp.0.3236037Restaurant, family style, mach rowns.94.0.0.10 cerp.0.3236037Restaurant, family style, mach rowns.94.0.0.10 cerp.0.3236037Restaurant, family style, mach rowns.94.0.0.0 serving.3.2936036Restaurant, family style, string, breaded and fried.0.600.0.0 serving.3.6236037Restaurant, family style, string harded and fried.0.600.0.0 serving.0.60036038Restaurant, family style, string interaded and fried.0.600.0.0 serving.0.60036038Restaurant, family style, string interaded and fried.0.600.0.0 serving.0.60036038Restaurant, family style, string interaded and fried.0.600.0.0 serving.0.60036039Restaurant, family style, string interaded and fried.0.600.0.0 serving.0.10036039Restaurant, family style, string interaded and fried.0.600.0.0 serving.0.10036039Restaurant, family, style, string interaded and fried.0.600.0.000.0.00036030Restaurant, family, style, string interaded and fried.0.000.0.000.0.00036031Restaurant, family, style, string interaded and fried.0.000.0.	36037	Restaurant, family style, chili with meat and beans	136.0	1.0 cup	1.56
96014Restaurant, family style, fried mozzardla stick17001.0 serving1.70096012Restaurant, family style, find mozzardla stick9400.10 serving9.81296039Restaurant, family style, find mozzardla starp: cheese, from kids menu13000.10 cerving9.63296016Restaurant, family style, maxuroni & damp: cheese, from kids menu13000.10 cerving9.63296016Restaurant, family style, strinin stag22901.0 serving3.63296016Restaurant, family style, strinin stag16600.10 cerving3.63296038Restaurant, family style, strinin stag16600.10 serving3.63296039Restaurant, family style, strinin stag1010 serving3.63296040Restaurant, famila, style, strinin stag3.0111.0 serving size varied by dismeter and count of ravici of1.0 serving96050Restaurant, famila, sagen with met stag3.0121.0 serving3.64296041Restaurant, famila, sagen with met stag3.0131.0 serving3.64396045Restaurant, famila, sagen with met stag3.0101.0 serving3.64396046Restaurant, famila, sagen with met stag3.0101.0 serving3.64196047Restaurant, famila, sagen with met stag3.0101.0 serving3.64196145Restaurant, famila, sagen with end stag3.0101.0 serving3.64196146Restaurant, famila, sagen with end stag3.0101.0 serving3.64196146 <td>36035</td> <td>Restaurant, family style, coleslaw</td> <td>108.0</td> <td>1.0 serving</td> <td>0.86</td>	36035	Restaurant, family style, coleslaw	108.0	1.0 serving	0.86
96012Restaurant, family style, fried mozarella sticks9451.0 serving1.8830039Restaurant, family style, fried mozarella sticks9401.0 cm0.5296017Restaurant, family style, nacaroni &, cheese, from kids menu1360136010 cm10296016Restaurant, family style, sintoni sean25001.0 serving36296016Restaurant, family style, sintoni seak16001.0 serving36296016Restaurant, family style, sintoni seak16001.0 serving0.00096018Restaurant, family style, sintoni seak16001.0 serving0.00096018Restaurant, family style, sintoni seak36100.0000.00096019Restaurant, family style, sintoni seak37000.00000.0000096019Restaurant, family, style, sintoni seak37000.00000370096019Restaurant, family, style, sintoni seak37000.000000370096029Restaurant, family, style, sintoni seak37000.000000370096030Restaurant, family, style, sintoni seak36000.000000370096040Restaurant, family, style, sintoni seak36000.000000370096041Restaurant, family, style, sintoni seak36000.000000370096045Restaurant, fatino, Arroz con frijoles segors (rice and black heans)46100.0000370096046Restaurant, fatino, Arroz con frijoles segors (rice and Black heans)36000.000003600<	36033	Restaurant, family style, fish fillet, battered or breaded, fried	226.0	1.0 serving	2.12
3603Restaurant, family style, hash browns94.01.0 cm0.5236017Restaurant, family style, macroni & kang, cheese, from kild' menu136.01.0 cm1.0 cm36036Restaurant, family style, onion rings259.01.0 serving3.2936016Restaurant, family style, shring, breaded and fried106.01.0 serving3.6836018Restaurant, family style, shring, breaded and fried106.01.0 serving0.8836088Restaurant, family style, shring, breaded and fried106.01.0 serving stervaried by diameter and com0.8836097Restaurant, family style, strapheti with marinara sauce2101.0 serving stervaried by diameter and com2.1036097Restaurant, famila, chese ravioli with marin sauce457.01.0 serving2.1036098Restaurant, famila, sugas with meat sauce457.01.0 serving3.4136040Restaurant, famila, sugas with meat sauce (no meat)510.01.0 serving3.4136041Restaurant, famin, sugas with meat sauce (no meat)461.01.0 serving3.4136045Restaurant, famin, Arroz con fandules (rice and pigenpreas)461.01.0 serving3.4136046Restaurant, famin, suppleti with pomodoro sauce (no meat)461.01.0 serving3.6136047Restaurant, fatino, harving on black heans ong230.01.0 serving3.6136046Restaurant, fatino, harving on black heans ong230.01.0 serving3.6136116Restaurant, fatino, harving on dif	36014	Restaurant, family style, french fries	170.0	1.0 serving	1.70
BellorRestaurant, family style, macroni kamp: cheese, from kids' menu13601.0 cm1.0 cm3003Restaurant, family style, intrin rigs25901.0 serving3.0230016Restaurant, family style, shrift rigs1.0 cm1.0 serving0.0830038Restaurant, family style, shrift rigs1.0 cm1.0 serving0.0830050Restaurant, family style, shrift rigs1.0 cm1.0 serving0.0830050Restaurant, family style, shrift rigs1.0 cm1.0 serving2.0130051Restaurant, falian, cheese ravioli with marinara sauce3.0101.0 serving serving size varied by diameter and count of raviol2.0130050Restaurant, falian, spagheti with meta3.0101.0 serving3.01030051Restaurant, falian, spagheti with meta sauce3.0101.0 serving3.01030050Restaurant, falian, spagheti with meta sauce (on meat)3.0103.0101.0 serving3.01030140Restaurant, falian, spagheti with meta sauce (on meat)3.0103.0101.0 serving3.01030141Restaurant, falian, spagheti with meta sauce (on meat)3.0103.0101.0 serving3.01030415Restaurant, falian, prage (melevened commeal bread)3.0103.0101.0 serving3.01030416Restaurant, falian, otroz con faliales (fice and black beans)3.0103.0103.0103.01030417Restaurant, falian, otroz con grandules (fice and black beans)3.0103.0103.0103.010 <td>36012</td> <td>Restaurant, family style, fried mozzarella sticks</td> <td>245.0</td> <td>1.0 serving</td> <td>1.89</td>	36012	Restaurant, family style, fried mozzarella sticks	245.0	1.0 serving	1.89
36036Restaurant, family style, onion rings22901.0 serving3.2936016Restaurant, family style, sintipn, breaded and fried16901.0 serving3.6236013Restaurant, family style, sintipn stack16601.0 serving0.0836038Restaurant, family style, sintipn stack16601.0 serving0.0136058Restaurant, family style, sintipn stack16601.0 serving0.0136059Restaurant, falian, chicken parmesan without pasta37001.0 serving stervaried by diameter and count of ravilla2.0136050Restaurant, falian, stegn with meat457.01.0 serving4.1636040Restaurant, falian, spaghetti with meat sauce554.01.0 serving3.4036045Restaurant, falian, spaghetti with meat sauce554.01.0 serving2.1736405Restaurant, falian, spaghetti with portoo sauce (no meat)510.01.0 serving2.1736405Restaurant, falian, chrore con frijels negros (rice and black beans)461.01.0 serving3.1636406Restaurant, falian, chrore con frijels negros (rice and black beans)461.01.0 serving3.1636407Restaurant, falian, spaghetti with portoo sauce (no meat)500.01.0 serving3.1636408Restaurant, falian, chrore con habichuclas colorados (Rice And Red Reans)461.01.0 serving3.1636404Restaurant, falian, spaghetti with portoo sauce (no meat)500.01.0 serving3.1636416Restaurant, falian, spaghett	36039	Restaurant, family style, hash browns	94.0	1.0 cup	0.52
36016Restaurant, family style, shrinp, breaded and fried166010 serving360336013Restaurant, family style, sirloin steak166010 serving0.8836038Restaurant, family style, spaghetti and meabulls134010 serving serving size varied by diameter and count of ravitoi20136059Restaurant, Italian, checker parnesan without pasta301010 serving serving size varied by diameter and count of ravitoi21336040Restaurant, Italian, spaghetti with meat sauce35100.0010 serving41636304Restaurant, Italian, spaghetti with meat sauce55100.0010 serving41336415Restaurant, Italian, spaghetti with meat sauce (no meat)51000.0010 serving41336416Restaurant, Italian, spaghetti with pondoro sauce (no meat)9800.0010 serving41336416Restaurant, Itatino, Arroz con frijels negros (rice and black beans)961010 serving41436404Restaurant, Latino, Arroz con black belas of check of Red Beans)590010 serving10.3036413Restaurant, Latino, Arroz con black belas of check file Ad Red Beans)590010 serving0.0136414Restaurant, Latino, Arroz con black belas of check file Ad Red Beans)246010 oc up0.0736413Restaurant, Latino, Jonze on black belas of check file Ad Red Beans)246010 oc up0.0736414Restaurant, Latino, pupusa con firjels (rpupusa, bean)246010 oc up0.0736415<	36017	Restaurant, family style, macaroni & amp; cheese, from kids' menu	136.0	1.0 cup	1.02
3013Restaurant, family style, sirloin steak16601.0 serving0.083003Restaurant, family style, spaghetti and meatballs13401.0 cup1.0 cup3005Restaurant, Italian, cheese ravioli with marinara sauce20101.0 serving serving size varied by diameter and count of ravioli20103005Restaurant, Italian, chicken parmesan without pasta30100.10 serving5.2430041Restaurant, Italian, spaghetti with meat457.01.0 serving5.4130645Restaurant, Italian, spaghetti with pomodoro sauce (no meat)51000.01.0 serving3.4130446Restaurant, Latino, arepa (unleavened commeal bread)98.01.0 serving2.1736405Restaurant, Latino, Arroz con frijoles negros (rice and black beans)46.01.0 serving2.1736406Restaurant, Latino, Arroz con frijoles negros (rice and pigeonpeas)663.01.0 serving3.4436406Restaurant, Latino, Arroz con frijoles negros (rice and Pigeonpeas)663.01.0 serving3.4536416Restaurant, Latino, Arroz con frijoles negros (rice and Pigeonpeas)663.01.0 serving3.6636417Restaurant, Latino, Arroz con frijoles negros (rice and Pigeonpeas)59.001.0 serving3.6136418Restaurant, Latino, banke bean soup7.001.0 serving3.6136414Restaurant, Latino, chicken and rice, entree, prepared7.011.0 cup3.6136415Restaurant, Latino, pupuasa con frijoles (pupuasa, bean)2.601.0 piece	36036	Restaurant, family style, onion rings	259.0	1.0 serving	3.29
36038Restaurant, family style, spaghetti and meatballs134.01.0 cm0.0 cm36055Restaurant, Italian, cheese ravioli with marinara sauce42.01.0 serving size varied by diameter and count of ravioli2.0136059Restaurant, Italian, chicken parmesan without pasta301.01.0 serving size varied by diameter and count of ravioli5.4136041Restaurant, Italian, sagan with meat457.01.0 serving4.1636043Restaurant, Italian, spaghetti with pomotoro sauce (no meat)510.01.0 serving4.1336445Restaurant, Latino, arrog (unleavened commeal bread)98.01.0 serving4.1336405Restaurant, Latino, Arroz con frijoles negros (rice and black beans)461.01.0 serving2.1736406Restaurant, Latino, Arroz con frijoles negros (rice and black beans)461.01.0 serving4.1436406Restaurant, Latino, Arroz con frijoles negros (rice and black beans)461.01.0 serving4.1436406Restaurant, Latino, Arroz con frijoles negros (rice and black beans)590.01.0 serving4.1636404Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)590.01.0 serving4.1636416Restaurant, Latino, hance, netree, prepared414.01.0 ourop4.1636416Restaurant, Latino, black bean soup70.01.0 serving4.1636416Restaurant, Latino, black bean soup70.01.0 serving4.1636416Restaurant, Latino, pupusas con frijoles (pupusas, bean)	36016	Restaurant, family style, shrimp, breaded and fried	169.0	1.0 serving	3.62
36055Restaurant, Italian, cheese ravioli with marinara sace $d220$ 10 serving serving size varied by diameter and count of ravioli of ravioli2.0136059Restaurant, Italian, cheese ravioli with marinara sace3010301010.0 serving5.2436041Restaurant, Italian, spagheti with meat sace554010.0 serving3.1336046Restaurant, Italian, spagheti with meat sace510010.0 serving3.1336047Restaurant, Latino, arepa (unleavened commeal) bread)98010.0 serving4.1336048Restaurant, Latino, Arroz con frijoles negros (rice and black beans)461010.0 serving2.1736040Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)663010.0 serving3.1336040Restaurant, Latino, Arroz con lech (rice pudding)283010.0 serving1.3636413Restaurant, Latino, Arroz con lech (rice pudding)284010.0 serving0.1036414Restaurant, Latino, Jarroz con lech (rice pudding)284010.0 cerving0.0736415Restaurant, Latino, black bean soup24001.0 cue0.0736416Restaurant, Latino, black bean soup24001.0 cue0.0736417Restaurant, Latino, black bean soup2100.010.0136418Restaurant, Latino, black bean soup2100.010.0136419Restaurant, Latino, chicken and rice, entree, prepared14100.000.0736401Restaurant, Latino, pupasas con frijoles (pupasas, henes)<	36013	Restaurant, family style, sirloin steak	166.0	1.0 serving	0.88
3605Restaurant, Italian, cheese ravioli with mannara sauce427.0of ravioi20036050Restaurant, Italian, cheese ravioli with mannara sauce301.01.0 serving5.2436041Restaurant, Italian, cheese ravioli with meat457.01.0 serving4.1636043Restaurant, Italian, spaghetti with meat sauce554.01.0 serving4.13360446Restaurant, Italian, spaghetti with pomodoro sauce (no meat)501.01.0 serving4.1336415Restaurant, Latino, arepa (unleavened commeal bread)98.01.0 serving2.1736407Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)461.01.0 serving4.4436406Restaurant, Latino, Arroz con grandules (rice and Red Beans)590.01.0 serving0.5936413Restaurant, Latino, Arroz con lachi cheus colorados (Rice And Red Beans)590.01.0 serving0.5936414Restaurant, Latino, Ouroz con chei (rice pudding)283.01.0 serving0.5936415Restaurant, Latino, Dunz con frijoles perpered7001.0 circe0.6036416Restaurant, Latino, bunuelos (fried yeast bread)7001.0 circe0.6036403Restaurant, Latino, pupusas con frijoles (pupusas, cheese)114.01.0 circe0.6136404Restaurant, Latino, pupusas con frijoles (pupusas, cheese)117.01.0 pice0.5136405Restaurant, Latino, pupusas del cerdo (pupusas, cheese)117.01.0 pice0.5136406Restaurant, Latino, pupusas del c	36038	Restaurant, family style, spaghetti and meatballs	134.0	1.0 cup	1.00
36041Restaurant, Italian, lasagna with meat457.01.0 serving4.1636630Restaurant, Italian, spaghetti with meat sauce554.01.0 serving3.4936046Restaurant, Italian, spaghetti with pomodoro sauce (no meat)510.01.0 serving4.1336415Restaurant, Latino, arepa (unleavened commeal bread)98.01.0 piece0.2836405Restaurant, Latino, Arroz con frijoles negros (rice and black beans)461.01.0 serving2.1736407Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)663.01.0 serving4.4436406Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)590.01.0 serving1.3636414Restaurant, Latino, Arroz con leche (rice pudding)283.01.0 serving0.5936415Restaurant, Latino, banuelos (fried yeast bread)246.01.0 cup0.7036416Restaurant, Latino, bunuelos (fried yeast bread)70.01.0 piece0.6936403Restaurant, Latino, bunuelos (fried yeast bread)70.01.0 piece0.6536404Restaurant, Latino, bunuelos (fried yeast bread)70.01.0 piece0.6536405Restaurant, Latino, punyaas, beer, prepared89.01.0 piece0.6536408Restaurant, Latino, punyaas, beer, prepared89.01.0 piece0.6536409Restaurant, Latino, punyaas, been)126.01.0 piece0.4536409Restaurant, Latino, pupusas con queso (pupusas, perse)117.01.0 piece0	36055	Restaurant, Italian, cheese ravioli with marinara sauce	427.0		2.01
36630Restaurant, Italian, spachetti with meat sauce554.01.0 serving3.4936046Restaurant, Italian, spaghetti with pomodoro sauce (no meat)510.01.0 serving4.1336415Restaurant, Latino, arepa (unleavened cornmeal bread)98.01.0 piece0.2836405Restaurant, Latino, Arroz con frijoles negros (rice and black beans)461.01.0 serving2.1736407Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)653.01.0 serving4.4436406Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)590.01.0 serving1.3636404Restaurant, Latino, arroz con habichuelas colorados (Rice And Red Beans)590.01.0 serving0.5736416Restaurant, Latino, arroz con leche (rice pudding)283.01.0 serving0.5736417Restaurant, Latino, black bean soup246.01.0 cup0.6736418Restaurant, Latino, black bean soup70.01.0 piece0.6936403Restaurant, Latino, black bean soup114.01.0 cup0.7036416Restaurant, Latino, chicken and rice, entree, prepared89.01.0 piece0.6536403Restaurant, Latino, pupusas con frijoles (pupusas, bean)126.01.0 piece0.4536409Restaurant, Latino, pupusas con gueso (pupusas, bees)117.01.0 piece0.4536409Restaurant, Latino, pupusas con queso (pupusas, bees)117.01.0 piece0.4536409Restaurant, Latino, pupusas del cerdo (pupusas, per	36059	Restaurant, Italian, chicken parmesan without pasta	301.0	1.0 serving	5.24
36046Restaurant, Italian, squeetti with pomodoro sauce (no meat)510.01.0 serving4.1336415Restaurant, Latino, arepa (unleavened commeal bread)98.01.0 piece0.2836405Restaurant, Latino, Arroz con frijoles negros (rice and black beans)461.01.0 serving2.1736407Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)653.01.0 serving4.4436406Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)590.01.0 serving1.3636414Restaurant, Latino, arroz con leche (rice pudding)283.01.0 serving0.5936415Restaurant, Latino, black bean soup246.01.0 cup0.1736416Restaurant, Latino, black bean soup246.01.0 cup0.1036410Restaurant, Latino, chicken and rice, entree, prepared141.01.0 cup0.7036403Restaurant, Latino, chicken and rice, entree, prepared141.01.0 cup0.6536404Restaurant, Latino, pupusas, on frijoles (pupusas, bean)126.01.0 piece0.4536409Restaurant, Latino, pupusas con queso (pupusas, cheese)117.01.0 piece0.4536410Restaurant, Latino, pupusas del cerdo (pupusas, cheese)122.01.0 piece0.4336411Restaurant, Latino, tamale, corn166.01.0 piece0.4336412Restaurant, Latino, tamale, pork142.01.0 piece0.45	36041	Restaurant, Italian, lasagna with meat	457.0	1.0 serving	4.16
36415Restaurant, Latino, arepa (unleavened commeal bread)98.01.0 piece0.2836405Restaurant, Latino, Arroz con frijoles negros (rice and black beans)461.01.0 serving2.1736407Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)653.01.0 serving4.4436406Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)590.01.0 serving1.3636404Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)590.01.0 serving0.5936413Restaurant, Latino, arroz con leche (rice pudding)246.01.0 cup0.1736416Restaurant, Latino, black bean soup246.01.0 cup0.1036417Restaurant, Latino, bunuelos (fried yeast bread)70.01.0 piece0.6936403Restaurant, Latino, chicken and rice, entree, prepared141.01.0 cup0.7036404Restaurant, Latino, chicken and rice, entree, prepared141.01.0 piece0.4536405Restaurant, Latino, pupusas con frijoles (pupusas, bean)126.01.0 piece0.4536409Restaurant, Latino, pupusas con queso (pupusas, checse)1117.01.0 piece0.4536410Restaurant, Latino, pupusas del cerdo (pupusas, pork)122.01.0 piece0.4336411Restaurant, Latino, tamale, corn166.01.0 piece0.4536412Restaurant, Latino, tamale, pork142.01.0 piece0.45	36630	Restaurant, Italian, spaghetti with meat sauce	554.0	1.0 serving	3.49
36405Restaurant, Latino, Arroz con frijoles negros (rice and black beans)461.01.0 serving2.1736407Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)653.01.0 serving4.4436406Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)590.01.0 serving1.3636404Restaurant, Latino, Arroz con labichuelas colorados (Rice And Red Beans)283.01.0 serving0.5936413Restaurant, Latino, black bean soup246.01.0 cup0.1736416Restaurant, Latino, black bean soup70.01.0 piece0.6936401Restaurant, Latino, chicken and rice, entree, prepared141.01.0 cup0.7036403Restaurant, Latino, chicken and rice, entree, prepared141.01.0 piece0.6936404Restaurant, Latino, pupusas con frijoles (pupusas, bean)126.01.0 piece0.6936405Restaurant, Latino, pupusas con frijoles (pupusas, bean)126.01.0 piece0.4536409Restaurant, Latino, pupusas con gueso (pupusas, cheese)117.01.0 piece0.4536410Restaurant, Latino, pupusas del cerdo (pupusas, pork)122.01.0 piece0.4336411Restaurant, Latino, tamale, corn166.01.0 piece0.7536412Restaurant, Latino, tamale, pork142.01.0 piece0.75	36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	510.0	1.0 serving	4.13
36407Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)653.01.0 serving4.4436406Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)590.01.0 serving1.3636404Restaurant, Latino, arroz con leche (rice puddig)283.01.0 serving0.5936413Restaurant, Latino, black bean soup246.01.0 cup0.1736416Restaurant, Latino, bunuelos (fried yeast bread)70.01.0 cup0.6936401Restaurant, Latino, chicken and rice, entree, prepared141.01.0 cup0.7036403Restaurant, Latino, empanadas, beef, prepared89.01.0 piece0.6936404Restaurant, Latino, pupusas con drijoles (pupusas, cheese)117.01.0 piece0.4536409Restaurant, Latino, pupusas cl cerdo (pupusas, pork)122.01.0 piece0.4336411Restaurant, Latino, tamale, corn166.01.0 piece0.4336412Restaurant, Latino, tamale, pork122.01.0 piece0.43	36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	98.0	1.0 piece	0.28
36406Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)590.01.0 serving1.3636404Restaurant, Latino, arroz con leche (rice pudding)283.01.0 serving0.5936413Restaurant, Latino, black bean soup246.01.0 cup0.1736416Restaurant, Latino, bunuelos (fried yeast bread)70.01.0 piece0.6936401Restaurant, Latino, chicken and rice, entree, prepared141.01.0 cup0.7036403Restaurant, Latino, pupusas, beef, prepared89.01.0 piece0.6536404Restaurant, Latino, pupusas con frijoles (pupusas, bean)126.01.0 piece0.4536409Restaurant, Latino, pupusas con queso (pupusas, cheese)117.01.0 piece0.4336410Restaurant, Latino, pupusas del cerdo (pupusas, pork)122.01.0 piece0.4336411Restaurant, Latino, tamale, corn166.01.0 piece0.7536412Restaurant, Latino, tamale, pork142.01.0 piece0.43	36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	461.0	1.0 serving	2.17
36404Restaurant, Latino, arroz con leche (rice pudding)283.01.0 serving0.5936413Restaurant, Latino, black bean soup246.01.0 cup0.1736416Restaurant, Latino, bunuelos (fried yeast bread)70.01.0 piece0.6936401Restaurant, Latino, chicken and rice, entree, prepared141.01.0 cup0.7036403Restaurant, Latino, empanadas, beef, prepared89.01.0 piece0.6536404Restaurant, Latino, pupusas con frijoles (pupusas, bean)126.01.0 piece0.6536405Restaurant, Latino, pupusas con gueso (pupusas, cheese)117.01.0 piece0.4536410Restaurant, Latino, pupusas del cerdo (pupusas, pork)122.01.0 piece0.4336411Restaurant, Latino, tamale, corn166.01.0 piece0.7536412Restaurant, Latino, tamale, pork142.01.0 piece0.75	36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	653.0	1.0 serving	4.44
36413Restaurant, Latino, black bean soup0.10 cup0.1736416Restaurant, Latino, bunuelos (fried yeast bread)70.01.0 piece0.6936401Restaurant, Latino, chicken and rice, entree, prepared141.01.0 cup0.7036403Restaurant, Latino, empanadas, beef, prepared89.01.0 piece0.6536404Restaurant, Latino, pupusas con frijoles (pupusas, bean)126.01.0 piece0.4536405Restaurant, Latino, pupusas con queso (pupusas, cheese)117.01.0 piece0.5136410Restaurant, Latino, pupusas del cerdo (pupusas, pork)122.01.0 piece0.4336411Restaurant, Latino, tamale, corn166.01.0 piece0.7536412Restaurant, Latino, tamale, pork142.01.0 piece0.75	36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	590.0	1.0 serving	1.36
36416Restaurant, Latino, bunuelos (fried yeast bread)70.01.0 piece0.6936401Restaurant, Latino, chicken and rice, entree, prepared141.01.0 cup0.7036403Restaurant, Latino, empanadas, beef, prepared89.01.0 piece0.6536404Restaurant, Latino, pupusas con frijoles (pupusas, bean)126.01.0 piece0.4536405Restaurant, Latino, pupusas con queso (pupusas, cheese)117.01.0 piece0.4336410Restaurant, Latino, pupusas del cerdo (pupusas, pork)122.01.0 piece0.4336411Restaurant, Latino, tamale, corn166.01.0 piece0.7536412Restaurant, Latino, tamale, pork142.01.0 piece0.75	36404	Restaurant, Latino, arroz con leche (rice pudding)	283.0	1.0 serving	0.59
36401Restaurant, Latino, chicken and rice, entree, prepared141.01.0 cup0.7036403Restaurant, Latino, empanadas, beef, prepared89.01.0 piece0.6536408Restaurant, Latino, pupusas con frijoles (pupusas, bean)126.01.0 piece0.4536409Restaurant, Latino, pupusas con queso (pupusas, cheese)117.01.0 piece0.4536410Restaurant, Latino, pupusas del cerdo (pupusas, pork)122.01.0 piece0.4336411Restaurant, Latino, tamale, corn166.01.0 piece0.7536412Restaurant, Latino, tamale, pork142.01.0 piece0.75	36413	Restaurant, Latino, black bean soup	246.0	1.0 cup	0.17
36403Restaurant, Latino, empanadas, beef, prepared89.01.0 piece0.6536408Restaurant, Latino, pupusas con frijoles (pupusas, bean)126.01.0 piece0.4536409Restaurant, Latino, pupusas con queso (pupusas, cheese)117.01.0 piece0.5136410Restaurant, Latino, pupusas del cerdo (pupusas, pork)122.01.0 piece0.4336411Restaurant, Latino, tamale, corn166.01.0 piece0.7536412Restaurant, Latino, tamale, pork142.01.0 piece0.75	36416	Restaurant, Latino, bunuelos (fried yeast bread)	70.0	1.0 piece	0.69
36408Restaurant, Latino, pupusas con frijoles (pupusas, bean)126.01.0 piece0.4536409Restaurant, Latino, pupusas con queso (pupusas, cheese)117.01.0 piece0.5136410Restaurant, Latino, pupusas del cerdo (pupusas, pork)122.01.0 piece0.4336411Restaurant, Latino, tamale, corn166.01.0 piece0.7536412Restaurant, Latino, tamale, pork142.01.0 piece0.75	36401	Restaurant, Latino, chicken and rice, entree, prepared	141.0	1.0 cup	0.70
36409Restaurant, Latino, pupusas con queso (pupusas, cheese)117.01.0 piece0.5136410Restaurant, Latino, pupusas del cerdo (pupusas, pork)122.01.0 piece0.4336411Restaurant, Latino, tamale, corn166.01.0 piece0.7536412Restaurant, Latino, tamale, pork142.01.0 piece0.75	36403	Restaurant, Latino, empanadas, beef, prepared	89.0	1.0 piece	0.65
36410Restaurant, Latino, pupusas del cerdo (pupusas, pork)122.01.0 piece0.4336411Restaurant, Latino, tamale, corn166.01.0 piece0.7536412Restaurant, Latino, tamale, pork142.01.0 piece0.75	36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	126.0	1.0 piece	0.45
36411 Restaurant, Latino, tamale, corn 166.0 1.0 piece 0.75 36412 Restaurant, Latino, tamale, pork 142.0 1.0 piece 0.75	36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	117.0	1.0 piece	0.51
36412Restaurant, Latino, tamale, pork142.01.0 piece0.75	36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	122.0	1.0 piece	0.43
	36411	Restaurant, Latino, tamale, corn	166.0	1.0 piece	0.75
36414 Restaurant, Latino, tripe soup 200.0 1.0 cup 0.76	36412	Restaurant, Latino, tamale, pork	142.0	1.0 piece	0.75
	36414	Restaurant, Latino, tripe soup	200.0	1.0 cup	0.76

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NDB_No	Description	Weight(g)	Measure	Vitamin E alpha-tocopherol)(mg)
				Per Measure
36050	Restaurant, Mexican, cheese enchilada	244.0	1.0 serving serving size varied from 1 to 3 enchiladas	3.12
36052	Restaurant, Mexican, cheese quesadilla	205.0	1.0 serving serving size varied on diameter and count of quesadila	1.25
36056	Restaurant, Mexican, cheese tamales	302.0	1.0 serving serving size varied from 1 to 3 tamales	5.25
36418	Restaurant, Mexican, refried beans	148.0	1.0 cup	0.67
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	281.0	1.0 serving varied from 1 to 3 tacos per serving	2.30
36417	Restaurant, Mexican, spanish rice	116.0	1.0 cup	0.70
09310	Rhubarb, frozen, cooked, with sugar	240.0	1.0 cup	0.46
09309	Rhubarb, frozen, uncooked	137.0	1.0 cup, diced	0.37
09307	Rhubarb, raw	122.0	1.0 cup, diced	0.33
32001	Rice and vermicelli mix, beef flavor, prepared with 80% margarine	247.0	1.0 cup	0.67
32000	Rice and vermicelli mix, beef flavor, unprepared	61.0	0.333 cup	0.11
22999	Rice and vermicelli mix, chicken flavor, prepared with 80% margarine	233.0	1.0 cup	0.63
22998	Rice and vermicelli mix, chicken flavor, unprepared	56.0	0.333 cup	0.08
32003	Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine	238.0	1.0 cup	0.62
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	68.0	0.333 cup	0.03
08546	Rice and Wheat cereal bar	22.0	1.0 bar	0.65
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	340.0	1.0 bowl	0.78
20060	Rice bran, crude	118.0	1.0 cup	5.81
42204	Rice cake, cracker (include hain mini rice cakes)	4.2	1.0 cubic inch	0.05
20090	Rice flour, brown	158.0	1.0 cup	0.95
20061	Rice flour, white, unenriched	158.0	1.0 cup	0.17
32024	Rice mix, cheese flavor, dry mix, unprepared	57.0	0.25 cup dry rice mix	0.28
32029	Rice mix, white and wild, flavored, unprepared	57.0	2.0 oz (1/4 c dry rice mix and 4 tsp seasoning mix)	0.84
20134	Rice noodles, cooked	176.0	1.0 cup	0.05
20133	Rice noodles, dry	57.0	2.0 oz	0.06
20037	Rice, brown, long-grain, cooked	202.0	1.0 cup	0.34
20036	Rice, brown, long-grain, raw	185.0	1.0 cup	1.11
20651	Rice, brown, parboiled, cooked, UNCLE BENS	155.0	1.0 cup	0.00
20042	Rice, brown, parboiled, dry, UNCLE BEN'S	48.0	0.25 cup	0.04
20055	Rice, white, glutinous, unenriched, cooked	174.0	1.0 cup	0.07
20047	Rice, white, long-grain, parboiled, enriched, cooked	158.0	1.0 cup	0.02
20046	Rice, white, long-grain, parboiled, enriched, dry	185.0	1.0 cup	0.06
20447	Rice, white, long-grain, parboiled, unenriched, cooked	158.0	1.0 cup	0.02

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NDB_No	Description	Weight(g)	Measure (Vitamin E alpha-tocopherol)(mg)
				Per Measure
20446	Rice, white, long-grain, parboiled, unenriched, dry	185.0	1.0 cup	0.06
20048	Rice, white, long-grain, precooked or instant, enriched, dry	95.0	1.0 cup	0.04
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165.0	1.0 cup	0.02
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	158.0	1.0 cup	0.06
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	0.06
20045	Rice, white, long-grain, regular, enriched, cooked	158.0	1.0 cup	0.06
20044	Rice, white, long-grain, regular, raw, enriched	185.0	1.0 cup	0.20
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	0.20
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	158.0	1.0 cup	0.06
20050	Rice, white, medium-grain, raw, enriched	195.0	1.0 cup	0.21
07043	Roast beef, deli style, prepackaged, sliced	9.3	1.0 slice oval	0.05
18344	Rolls, dinner, egg	28.35	1.0 oz	0.10
18345	Rolls, dinner, oat bran	28.35	1.0 oz	0.14
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28.0	1.0 roll (1 oz)	0.08
18346	Rolls, dinner, rye	43.0	1.0 large (approx 3-1/2" to 4" dia)	0.15
28348	Rolls, dinner, sweet	30.0	1.0 roll	0.11
18347	Rolls, dinner, wheat	28.0	1.0 roll (1 oz)	0.10
18348	Rolls, dinner, whole-wheat	28.0	1.0 roll (1 oz)	0.25
18349	Rolls, french	28.35	1.0 oz	0.09
28342	Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and sorghum flour	69.0	1.0 roll	0.36
28341	Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch	78.0	1.0 roll	0.14
28343	Rolls, gluten-free, whole grain, made with tapioca starch and brown rice flour	44.0	1.0 roll	0.61
28312	Rolls, hamburger or hot dog, wheat/cracked wheat	51.0	1.0 roll	0.20
28313	Rolls, hamburger or hot dog, whole wheat	56.0	1.0 roll	0.23
18351	Rolls, hamburger or hotdog, mixed-grain	28.35	1.0 oz	0.02
18350	Rolls, hamburger or hotdog, plain	44.0	1.0 roll 1 serving	0.12
18352	Rolls, hamburger or hotdog, reduced-calorie	28.35	1.0 oz	0.02
28321	Rolls, hamburger, whole grain white, calcium-fortified	43.0	1.0 piece roll	0.14
18353	Rolls, hard (includes kaiser)	28.35	1.0 oz	0.12
43441	Rolls, pumpernickel	36.0	1.0 medium (2-1/2" dia)	0.23
35203	Rose Hips, wild (Northern Plains Indians)	127.0	1.0 cup	7.42
05363	Ruffed Grouse, breast meat, skinless, raw	113.0	4.0 oz	0.82
11851	Rutabagas, cooked, boiled, drained, with salt	120.0	0.5 cup, mashed	0.29
11436	Rutabagas, cooked, boiled, drained, without salt	170.0	1.0 cup, cubes	0.41

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NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
11435	Rutabagas, raw	140.0	1.0 cup, cubes	0.42
20063	Rye flour, dark	128.0	1.0 cup	3.49
20065	Rye flour, light	102.0	1.0 cup	0.85
20064	Rye flour, medium	102.0	1.0 cup	1.46
20062	Rye grain	169.0	1.0 cup	1.44
43331	Salad dressing, bacon and tomato	15.0	1.0 tbsp	0.60
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.0	1.0 tbsp	0.64
42192	Salad dressing, blue or roquefort cheese dressing, fat-free	17.0	1.0 tbsp	0.01
42153	Salad dressing, blue or roquefort cheese dressing, light	16.0	1.0 tbsp	0.14
43020	Salad dressing, blue or roquefort cheese, low calorie	15.0	1.0 tbsp	0.04
43215	Salad dressing, buttermilk, lite	15.0	1.0 tablespoon	0.24
43015	Salad dressing, caesar dressing, regular	14.7	1.0 tbsp	0.70
04705	Salad dressing, caesar, fat-free	34.0	2.0 tbsp (1 NLEA serving)	0.01
43021	Salad dressing, caesar, low calorie	15.0	1.0 tbsp	0.11
43016	Salad dressing, coleslaw	16.0	1.0 tbsp	0.49
42230	Salad Dressing, coleslaw dressing, reduced fat	17.0	1.0 tbsp	0.31
04120	Salad dressing, french dressing, commercial, regular	16.0	1.0 tbsp	0.80
04141	Salad dressing, french dressing, commercial, regular, without salt	15.0	1.0 tablespoon	0.62
04367	Salad dressing, french dressing, fat-free	16.0	1.0 tablespoon	0.00
42171	Salad dressing, french dressing, reduced calorie	16.0	1.0 tbsp	0.46
04020	Salad dressing, french dressing, reduced fat	16.0	1.0 tablespoon	0.16
04142	Salad dressing, french dressing, reduced fat, without salt	16.0	1.0 tablespoon	0.46
04133	Salad dressing, french, home recipe	14.0	1.0 tablespoon	1.12
43017	Salad dressing, green goddess, regular	15.0	1.0 tbsp	0.69
04135	Salad dressing, home recipe, vinegar and oil	16.0	1.0 tablespoon	0.74
04686	Salad dressing, honey mustard dressing, reduced calorie	30.0	2.0 tbsp (1 serving)	0.44
04703	Salad dressing, honey mustard, regular	30.0	2.0 tbsp	1.06
04021	Salad dressing, italian dressing, commercial, reduced fat	15.0	1.0 tablespoon	0.64
04114	Salad dressing, italian dressing, commercial, regular	14.7	1.0 tbsp	0.32
04143	Salad dressing, italian dressing, commercial, regular, without salt	14.7	1.0 tablespoon	0.38
04636	Salad dressing, italian dressing, fat-free	14.0	1.0 tbsp	0.11
42140	Salad dressing, italian dressing, reduced calorie	14.0	1.0 tbsp	0.08
04144	Salad dressing, italian dressing, reduced fat, without salt	15.0	1.0 tablespoon	0.09
04013	Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	16.0	1.0 tbsp	0.35

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Per Necasita1339Slad dressing, mayonais cype, regular, with akt14.50.10 bl0.6301018Slad dressing, mayonais, initiation, mik cream15.60.10 bls0.0001027Slad dressing, mayonais, initiation, soyben without choleserol0.14.10.10 bls0.00010410Slad dressing, mayonais, light, MART RALANCE, Onega Plus light0.14.10.10 bls0.0001052Slad dressing, mayonais, light, MART RALANCE, Onega Plus light0.13.10.10 bls0.0001054Slad dressing, mayonais, light, MART RALANCE, Onega Plus light0.13.10.10 bls0.0001055Slad dressing, mayonais, light, MART RALANCE, Onega Plus light0.13.10.10 bls0.0001056Slad dressing, mayonais, light, MART RALANCE, Onega Plus light0.13.10.10 bls0.0001057Slad dressing, mayonaise, light, MART RALANCE, Onega Plus light0.13.10.10 bls0.0001058Slad dressing, mayonaise, light, Mart Real, Mart Rata0.13.10.10 bls0.0001059Slad dressing, mayonaise, light, Mart Real, M	NDB_No	Description	Weight(g)	Measure (Vitamin E alpha-tocopherol)(mg)
01018Salad dessing, mayonasis, type, regular, with sult14.71.0 dup0.2304028Salad dessing, mayonasis, initiation, milk ceam15.51.0 tublepoor0.0004039Salad dessing, mayonasis, initiation, sulytean without cholesterol14.11.0 tublepoor0.0304039Salad dessing, mayonasis, fight SART BALANCE, Onega Plus light14.01.0 tublepoor0.0304050Salad dessing, mayonasis, fight SART BALANCE, Onega Plus light13.81.0 tublepoor0.3404051Salad dessing, mayonasis, fight SART BALANCE, Onega Plus light13.81.0 tublepoor0.0404052Salad dessing, mayonasis, topic MART BALANCE, Onega Plus light13.81.0 tublepoor0.0404053Salad dessing, mayonasis, topic Marting, commercial, regular13.81.0 tublepoor0.0404054Salad dessing, mayonasis, topic marting, regular13.02.0 tublepoor0.0704173Salad dessing, mayonasis, function cancer15.01.0 tublepoor0.0704174Salad dessing, mayonasis, function dessing, regular15.01.0 tublepoor0.0204175Salad dessing, mayonasis, function dessing, regular15.01.0 tublepoor0.020418Salad dessing, main dessing, regular15.01.0 tublepoor0.020419Salad dessing, main dessing, regular15.01.0 tublepoor0.0304104Salad dessing, main dessing, regular15.01.0 tublepoor0.0304105Salad dessing, main dessing, regular15.0					Per Measure
9408Skala dressing, mayonnsise, initiation, withen15.01.0 tablespoon0.00594097Skala dressing, mayonnsise, initiation, wythen14.11.0 tablespoon0.70194041Skala dressing, mayonnaise, light14.01.0 tablespoon0.73394049Skala dressing, mayonnaise, light, SMART BALANCE, Orega Pius light14.01.0 tablespoon0.73394049Skala dressing, mayonnaise, light, SMART BALANCE, Orega Pius light13.81.0 tablespoon0.73394055Skala dressing, mayonnaise, kythen and safflower oil, with skal13.81.0 tablespoon0.70494174Skala dressing, mayonnaise, kythen and safflower oil, with skal13.81.0 tablespoon0.704942173Skala dressing, mayonnaise, kythen and safflower oil, with skal13.41.0 tablespoon0.70594714Skala dressing, ranch dressing, charleng curramerial, regular13.01.0 tablespoon0.70394648Skala dressing, ranch dressing, related fa15.01.0 tablespoon0.70394649Skala dressing, result dressing, related fa15.01.0 tablespoon0.73394640Skala dressing, result dressing, related fa15.01.0 tablespoon0.73394641Skala dressing, result dressing, related fa15.01.0 tablespoon0.73594642Skala dressing, result dressing, related fa15.01.0 tablespoon0.75594744Skala dressing, result dressing, related fa15.01.0 tablespoon0.75594645Skala dressing, result	43329	Salad dressing, mayonnaise and mayonnaise-type, low calorie	14.5	1.0 tbsp	0.45
94027Salad dressing, mayonnaise, initiation, sophean siture choicecol15.01.0 tobp0.03094029Salad dressing, mayonnaise, initiation, sophean siture choicecol15.00.0 tobbeyon0.03394689Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Pius light14.01.0 tobp; (I NELA serving)1.46694026Salad dressing, mayonnaise, sophat and saltover oil, with salt13.81.0 tobp;0.01594026Salad dressing, mayonnaise, sophat and saltover oil, with salt13.81.0 tobp;0.01694027Salad dressing, progresci, creamy13.80.0 tobp;0.01794138Salad dressing, progresci, creamy3.000.0 tobp;0.01894141Salad dressing, response dressing, commercial, regular14.00.0 tobp;0.01894451Salad dressing, ranch dressing, coldered freqular15.00.10 tablespoor0.02894461Salad dressing, ranch dressing, reduced far15.00.10 tablespoor0.03894415Salad dressing, ransin dressing, low caloric15.00.10 tablespoor0.03894415Salad dressing, ransin dressing, low caloric15.00.10 tablespoor0.03894415Salad dressing, senten seed dressing, reduced far15.00.10 tablespoor0.03894415Salad dressing, senten seed dressing, reduced far15.00.10 tablespoor0.03894415Salad dressing, senten seed dressing, reduced far15.00.10 tablespoor0.03894415Salad dressing, shorad falad, conma	04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	0.23
Q4029Salad dessing, mayonnaise, initiation, sophean without cholesterol14.110 tablespoor0.70Q1641Salad dessing, mayonnaise, light16.91.0 tablespoor0.33Q4699Salad Dessing, mayonnaise, light SAART BALANCE, Omega Phis light14.01.0 tbp (INLEA serving)0.45Q4025Salad Dessing, mayonnaise, regular13.81.0 tbps (INLEA serving)0.45Q4026Salad Dessing, mayonnaise, iter, far-free16.01.0 tbbp0.01Q1237Salad Dessing, mayonnaise, iter, far-free16.01.0 tbbp0.01Q1238Salad Dessing, regular commercial, regular13.40.0 tbbp0.03Q4744Salad dessing, rench dressing, commercial, regular33.00.0 tbbbp0.03Q4745Salad dessing, ranch dressing, referee15.01.0 tablespoor0.23Q4746Salad dessing, ranch dressing, regular15.01.0 tablespoor0.23Q4748Salad dessing, result dessing, regular15.01.0 tablespoor0.03Q4745Salad dessing, result dessing, regular15.01.0 tablespoor0.03Q4746Salad dessing, result dessing, regular15.01.0 tablespoor0.03Q4745Salad dessing, result dessing, regular15.01.0 tablespoor0.03Q4746Salad dessing, result dessing, regular15.01.0 tbbp0.04Q4746Salad dessing, result dessing, regular15.01.0 tbbp0.04Q4746Salad dessing, result dessing, result1.0 tbbp	04028	Salad dressing, mayonnaise, imitation, milk cream	15.0	1.0 tablespoon	0.06
04641Salad dressing, mayonnaise, light0.010.03304689Salad Dressing, mayonnaise, regular14.61.0 tbsp (1 NELS serving)14.604026Salad dressing, mayonnaise, regular13.81.0 tbsp (1 NELS serving)0.0504026Salad dressing, mayonnaise, regular13.81.0 tbsp (1 NELS serving)0.0112137Salad dressing, propercor dressing, ourmercial, regular13.41.0 tbsp (0.01)0.0112138Salad dressing, propercor dressing, ourmercial, regular13.41.0 tbsp (0.01)0.0112137Salad dressing, regular, cduced fat15.01.0 tablespoor0.03304648Salad dressing, ranch dressing, reduced fat15.01.0 tablespoor0.03304649Salad dressing, regular15.01.0 tablespoor0.03304050Salad dressing, regular15.01.0 tablespoor0.03404051Salad dressing, regular, cduced fat15.01.0 tablespoor0.03604052Salad dressing, regular, genglar15.01.0 tablespoor0.03604053Salad dressing, regular, genglar15.01.0 tablespoor0.05604054Salad dressing, result dressing, regular15.01.0 tablespoor0.05604055Salad dressing, notand island, consent, regular15.01.0 tablespoor0.05604054Salad dressing, notand island, consent, regular15.01.0 tablespoor0.05604055Salad dressing, notand island, consent, regular16.01.0 tablespoor	04027	Salad dressing, mayonnaise, imitation, soybean	15.0	1.0 tbsp	0.30
94889Salad Dressing, mayomaise, tight, SMART BALANCE, Omega Plas light14.01.01.01.01.4.604025Salad dressing, mayomaise, regular1.3.81.00.0.450.4.504026Salad dressing, mayomaise, singhem and afflower oil, with salt1.3.81.00.0.100.0.102137Salad dressing, proprised, refere1.3.41.00.0.100.0.102137Salad dressing, proprised, creamy3.3.02.00.0.7504704Salad dressing, reduced fat1.5.01.00.0.1004638Salad dressing, ranch dressing, frefre1.6.01.00.0.5004640Salad dressing, ranch dressing, regular1.5.01.00.0.5004638Salad dressing, ranch dressing, regular1.5.01.00.0.5004640Salad dressing, ranch dressing, regular1.5.01.00.0.5004625Salad dressing, ranch dressing, regular1.5.01.00.0.5004626Salad dressing, ranch dressing, regular1.5.01.00.0.5004625Salad dressing, rance cadresion1.5.01.00.0.5004626Salad dressing, rance cadresion1.5.01.00.0.5004625Salad dressing, rance cadresion1.5.01.00.0.5004626Salad dressing, rance cadresion1.6.01.00.0.5004626Salad dressing, rance cadresion1.5.01.00.0.5004627Salad dressing, rance cadresion1.6.01.00.0	04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	14.1	1.0 tablespoon	0.70
04025Salad dressing, mayonnaise, negular13.81.0 thop0.45504026Salad dressing, mayonnaise, not, fat-free16.01.0 thop0.012137Salad dressing, pepperton dressing, commercial, regular13.41.0 thop0.010474Salad dressing, pepperton dressing, commercial, regular13.02.0 thop0.07804738Salad dressing, noth dressing, fat-free16.01.0 tholespoon0.03304638Salad dressing, ranch dressing, fat-free15.01.0 tholespoon0.03304639Salad dressing, regular15.01.0 tholespoon0.03304015Salad dressing, regular15.01.0 tholespoon0.03304015Salad dressing, regular16.01.0 tholespoon0.03304015Salad dressing, regular16.01.0 tholespoon0.03504016Salad dressing, regular16.01.0 tholespoon0.03504017Salad dressing, regular16.01.0 tholespoon0.03604018Salad dressing, regular16.01.0 thole0.05604029Salad dressing, regular	04641	Salad dressing, mayonnaise, light	15.0	1.0 tablespoon	0.33
04026Salad dressing, mayonnaise, soybean and safflower oil, with salt13.81.0 tablespoor3.0 decempoor42193Salad dressing, mayonnaise, like, fat-free16.01.0 tbsp0.0142137Salad dressing, poppsed, erzamy13.41.0 tbsp0.7504704Salad dressing, ranch d	04689	Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	14.0	1.0 tbsp (1 NLEA serving)	1.46
42193Salad Dressing, mayonnaise-like, fat-free16.01.0 tbsp0.0142137Salad cressing, commercial, regular13.41.0 tbsp0.65704704Salad dressing, contex dressing, fat-free33.02.0 tbsp0.7804638Salad dressing, ranch dressing, fat-free15.01.0 tablespoon0.02404640Salad dressing, ranch dressing, fat-free15.01.0 tablespoon0.02404635Salad dressing, ranch dressing, regular15.01.0 tablespoon0.03304016Salad dressing, russin dressing, low calorie16.01.0 tablespoon0.05004020Salad dressing, russin dressing, low calorie15.01.0 tablespoon0.05704016Salad dressing, russin dressing, low calorie15.01.0 tablespoon0.05704016Salad dressing, sweet and sour15.01.0 tablespoon0.05704017Salad dressing, thousand island dressing, regular15.01.0 tablespoon0.01604017Salad dressing, thousand island dressing, regular15.01.0 tablespoon0.01604017Salad dressing, thousand island dressing, regular15.01.0 tablespoon0.01604017Salad dressing, thousand island dressing, regular16.01.0 tablespoon0.01604017Salad dressing, thousand island dressing, regular16.01.0 tablespoon0.01604017Salad dressing, thousand island dressing, regular16.01.0 tablespoon0.01604018Salad dressing, thousand island	04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	0.45
42137Salad dressing, peppercorn dressing, commercial, regular113.410.0bs0.57 04794 Salad dressing, peppyseed, creamy33.02.0 thsp0.78 04638 Salad dressing, ranch dressing, rath free14.01.0 tablespoon0.03 04640 Salad dressing, ranch dressing, regular15.01.0 tablespoon0.24 04637 Salad dressing, ransin dressing, regular15.01.0 tablespoon0.03 04015 Salad dressing, russian dressing, regular15.01.0 tablespoon0.00 04022 Salad dressing, russian dressing, low calorie16.01.0 tablespoon0.00 04016 Salad dressing, sevent and sour16.01.0 tablespoon0.00 04016 Salad dressing, sevent and sour16.01.0 tablespoon0.05 04022 Salad dressing, sevent and sour16.01.0 tablespoon0.05 04015 Salad dressing, sevent and sour16.01.0 tablespoon0.05 04023 Salad dressing, sevent and sour16.01.0 tablespoon0.05 04023 Salad dressing, thousand island dressing, reduced fat15.01.0 tablespoon0.05 04023 Salad dressing, thousand island dressing, reduced fat15.01.0 tablespoon0.05 04023 Salad dressing, thousand island dressing, reduced fat15.01.0 tablespoon0.05 04023 Salad dressing, thousand island cressing, reduced fat15.01.0 tablespoon0.05 04024 Salad dressing, thousand island, cre	04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13.8	1.0 tablespoon	3.04
04704 Salad dressing, popyseed, eranny 33.0 2.0 thp 04638 Salad dressing, ranch dressing, fat-free 14.0 1.0 tablespoor 0.03 04640 Salad dressing, ranch dressing, reduced fat 15.0 1.0 tablespoor 0.24 04639 Salad dressing, ranch dressing, regular 15.0 1.0 tablespoor 0.23 04015 Salad dressing, russian dressing, low calorie 16.0 1.0 tablespoor 0.000 04016 Salad dressing, russian dressing, low calorie 16.0 1.0 tablespoor 0.000 04016 Salad dressing, sesame seed dressing, regular 15.0 1.0 tablespoor 0.000 04016 Salad dressing, sesame seed fressing, regular 16.0 1.0 tablespoor 0.010 04017 Salad dressing, shousand island dressing, fat-free 16.0 1.0 tablespoor 0.012 04017 Salad dressing, chousand island cressing, regular 15.0 1.0 tablespoor 0.012 04017 Salad dressing, notsand siland cressing, regular 16.0 1.0 tablespoor 0.023 04010 Salad dressing, notso what pland, commercial,	42193	Salad Dressing, mayonnaise-like, fat-free	16.0	1.0 tbsp	0.01
04638Salad dressing, ranch dressing, rachuced fat14.01.0 tablespoon0.0304640Salad dressing, ranch dressing, regular15.01.0 tablespoon0.2404635Salad dressing, russian dressing, regular15.01.0 tablespoon0.0304016Salad dressing, russian dressing, low calorie16.01.0 tablespoon0.00604016Salad dressing, seame seed dressing, regular15.01.0 tablespoon0.00504016Salad dressing, seame seed dressing, regular15.01.0 tablespoon0.0514019Salad dressing, seame seed dressing, regular16.01.0 tablespoon0.0504016Salad dressing, thousand island dressing, regular16.01.0 tablespoon0.0504017Salad dressing, thousand island dressing, regular16.01.0 tablespoon0.0104023Salad dressing, thousand island dressing, reduced fat15.01.0 tablespoon0.0504017Salad dressing, thousand island cressing, reduced fat16.01.0 tablespoon0.0504017Salad dressing, thousand island cressing, reduced fat16.01.0 tablespoon0.0507068Salarni, cooked, beef10.01.0 slice0.0507070Salarni, cooked, beef9.81.0 slice0.0607070Salarni, cooked, turkey9.81.0 slice0.0607070Salarni, cooked, ving, frozen63.01.0 patity0.1005190Salarno, sockeye, carned, drained solits, without skin and bones85.03	42137	Salad dressing, peppercorn dressing, commercial, regular	13.4	1.0 tbsp	0.57
04640Salad dressing, rench dressing, requed fat1501.0 tablespoon0.2404639Salad dressing, ranch dressing, regular15.01.0 tablespoon0.0304015Salad dressing, russian dressing, regular15.01.0 tablespoon0.0604022Salad dressing, russian dressing, tow calorie16.01.0 tablespoon0.0604016Salad dressing, russian dressing, tow calorie16.01.0 tablespoon0.0604016Salad dressing, sweet and sour16.01.0 tablespoon0.07504023Salad dressing, thousand island dressing, fat-free16.01.0 tablespoon0.01504035Salad dressing, thousand island dressing, reduced fat15.01.0 tablespoon0.01504017Salad dressing, thousand island dressing, reduced fat16.01.0 tablespoon0.01504017Salad dressing, thousand island, commercial, regular16.01.0 tablespoon0.01504017Salad dressing, thousand island dressing, reduced fat15.01.0 tablespoon0.01504017Salami, cooked, beef and pork28.01.0 slice0.0507068Salami, cooked, beef and pork28.01.0 slice0.0507070Salami, thy or hard, pork, beef9.81.0 slice0.051520Salmon, red (sockeye), filets with skin, smoked (Alaska Naive)108.01.0 file1.301524Salmon, sockeye, canned, drained solids, without skin and bones85.03.0 oz1.61525Salmon, sockeye, canned, total	04704	Salad dressing, poppyseed, creamy	33.0	2.0 tbsp	0.78
Pd639Salad dressing, ranch dressing, regular1501.0 tablespoon0.3304015Salad dressing, russian dressing, low calorie15.01.0 tablespoon0.0004022Salad dressing, sussan dressing, low calorie16.01.0 tablespoon0.0004016Salad dressing, seame seed dressing, regular15.01.0 tablespoon0.7543019Salad dressing, sweet and sour16.01.0 tablespoon0.7543019Salad dressing, thousand island dressing, fat-free16.01.0 tablespoon0.1204023Salad dressing, thousand island dressing, reduced fat15.01.0 tablespoon0.1504017Salad dressing, thousand island, commercial, regular16.01.0 tablespoon0.1504017Salad dressing, thousand island, commercial, regular16.01.0 tablespoon0.0507068Salami, cooked, beef0.601.0 tablespoon0.0507072Salami, cooked, beef0.81.0 slice0.0607072Salami, cooked, utvky0.81.0 slice0.0607072Salami, cooked, utvky0.81.0 slice0.0707072Salami, on, sockeye, canned, draide solits, without skin and bones85.01.0 slice0.1615264Salmon, sockeye, canned, draide solits, without skin and bones85.03.0 oz1.615275Salmon, sockeye, canned, draide solits, without skin and bones85.03.0 oz1.615286Saladry, cooked, bolied, drained, with salt135.01.0 cup slice </td <td>04638</td> <td>Salad dressing, ranch dressing, fat-free</td> <td>14.0</td> <td>1.0 tablespoon</td> <td>0.03</td>	04638	Salad dressing, ranch dressing, fat-free	14.0	1.0 tablespoon	0.03
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04022 Salad dressing, russian dressing, low calorie 16.0 1.0 tablespoon 0.06 04016 Salad dressing, sesame seed dressing, regular 15.0 1.0 tablespoon 0.75 43019 Salad dressing, sweet and sour 16.0 1.0 tablespoon 0.75 43019 Salad dressing, thousand island dressing, fat-free 16.0 1.0 tablespoon 0.12 04023 Salad dressing, thousand island dressing, reduced fat 15.0 1.0 tablespoon 0.15 04017 Salad dressing, thousand island, commercial, regular 16.0 1.0 tablespoon 0.15 04017 Salad dressing, thousand island, commercial, regular 16.0 1.0 tablespoon 0.15 04017 Salad dressing, thousand island, commercial, regular 16.0 1.0 tablespoon 0.15 04017 Salad dressing, thousand island, commercial, regular 16.0 1.0 tablespoon 0.16 07068 Salami, cocked, beef 0.0 1.0 slice 0.05 07070 Salami, corked, therf and pork, heef 9.8 1.0 slice 0.06 32031 Salibury steak with gravy, fr	04639	Salad dressing, ranch dressing, regular	15.0	1.0 tablespoon	0.33
04016Salad dressing, sesame seed dressing, regular1501.0 tablespoon0.7543019Salad dressing, sweet and sour16.01.0 thsp0.4104635Salad dressing, thousand island dressing, fat-free16.01.0 thsp0.1204023Salad dressing, thousand island dressing, reduced fat15.01.0 tablespoon0.1504017Salad dressing, thousand island, commercial, regular16.01.0 tablespoon0.6407068Salami, cooked, beef0.601.0 thsp0.6407069Salami, cooked, beef and pork12.31.0 slice round0.0307070Salami, cooked, theef and pork28.01.0 slice0.0607072Salami, dry or hard, pork, beef9.81.0 slice0.0632031Salabiry steak with gravy, frozen63.01.0 party0.1632140Salabory, red (sockeye), filets with skin, smoked (Alaska Native)108.01.0 filet1.3015253Salmon, sockeye, canned, total can contents85.03.0 oz1.01.815253Salavi, cooked, boiled, drained, without skin and bones85.03.0 oz1.61.011852Salsify, cooked, boiled, drained, without salt135.01.0 cup slices0.2611438Salsify, cooked, boiled, drained, without salt135.01.0 cup, sliced0.2602047Salt, table6.01.0 tsp0.20	04015	Salad dressing, russian dressing	15.0	1.0 tbsp	0.50
43019Salad dressing, sweet and sour16.01.0 tbsp0.4104635Salad dressing, thousand island dressing, fat-free16.01.0 tbsp0.1204023Salad dressing, thousand island dressing, reduced fat15.01.0 tablespoon0.01504017Salad dressing, thousand island, commercial, regular16.01.0 tablespoon0.01504017Salad dressing, thousand island, commercial, regular16.01.0 tablespoon0.0507068Salami, cooked, beef26.01.0 slice round0.0307070Salami, cooked, turkey28.01.0 slice round0.0307070Salami, cooked, turkey9.81.0 slice round0.0307072Salami, dry or hard, pork, beef9.81.0 slice0.0632031Salisbury steak with gravy, frozen63.01.0 patty0.1435190Salmon, red (sockeye), filets with skin, smoked (Alaska Native)108.01.0 filet1.3015244Salmon, sockeye, canned, total can contents85.03.0 oz1.615253Salmon, sockeye, canned, total can contents85.03.0 oz1.611852Salsify, cooked, boiled, drained, with salt135.01.0 cup slices0.2611438Salsify, cooked, boiled, drained, without salt135.01.0 cup slices0.2602047Salt, table6.01.0 tsp0.000.26	04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	0.06
04635Salad dressing, thousand island dressing, fat-free16.01.0 tbps0.1204033Salad dressing, thousand island dressing, reduced fat15.01.0 tblespoon0.1504017Salad dressing, thousand island, commercial, regular16.01.0 tblespoon0.6407068Salami, cooked, beef02.01.0 slice0.0507069Salami, cooked, beef and pork12.31.0 slice round0.0307070Salami, cooked, turkey28.01.0 slice0.0707072Salami, dry or hard, pork, beef9.81.0 slice0.0632031Salisbury steak with gravy, frozen63.01.0 fliet1.3015264Salamo, sockeye, anned, drained solids, without skin and bones85.03.0 oz1.615253Salmon, sockeye, canned, drained, with salt135.01.0 cup slice0.2611438Salisfy, cooked, boiled, drained, with uslt135.01.0 cup slice0.2602047Salt, table6.01.0 tsp0.26	04016	Salad dressing, sesame seed dressing, regular	15.0	1.0 tablespoon	0.75
04023Salad dressing, thousand island dressing, reduced fat15.015.01.0 tablespoor0.1504017Salad dressing, thousand island, commercial, regular16.01.0 tbsp0.6407068Salami, cooked, beef0.0 slice0.0 slice0.0 slice0.0 slice07069Salami, cooked, beef and pork12.31.0 slice round0.0307070Salami, cooked, turkey28.01.0 slice0.0507071Salami, cooked, turkey9.80.0 slice0.0507072Salami, dry or hard, pork, beef9.81.0 slice0.0632031Salsbury steak with gravy, frozen63.01.0 patty0.1435190Salmon, red (sockeye), filets with skin, smoked (Alaska Native)108.01.0 filet1.3015253Salmon, sockeye, canned, drained solids, without skin and bones85.03.0 oz1.6011852Salsfy, cooked, boiled, drained, with salt135.01.0 cup slices0.2611438Salsfy, cooked, boiled, drained, without salt135.01.0 cup, sliced0.2602047Salt, table6.01.0 tsp0.00	43019	Salad dressing, sweet and sour	16.0	1.0 tbsp	0.41
04017Salad dressing, thousand island, commercial, regular16.01.0 thyp0.6407068Salami, cooked, beef02601.0 slice0.0507069Salami, cooked, beef and pork12.31.0 slice round0.0307070Salami, cooked, turkey028.01.0 serving0.0707072Salami, dry or hard, pork, beef9.81.0 slice0.0632031Salisbury steak with gravy, frozen63.01.0 spatiar0.1435190Salmon, red (sockeye), filets with skin, smoked (Alaska Native)108.01.0 filet1.3015243Salmon, sockeye, canned, drained solids, without skin and bones85.03.0 oz1.615253Salmon, sockeye, canned, total can contents85.03.0 oz1.611852Salsify, cooked, boiled, drained, with salt113.01.0 cup slices0.2611438Salsify, cooked, boiled, drained, without salt135.01.0 cup, sliced0.2602047Salt, table6.00.01.0 tsp0.0	04635	Salad dressing, thousand island dressing, fat-free	16.0	1.0 tbsp	0.12
07068Salami, cooked, beef0.01.0 slice0.0507069Salami, cooked, beef and pork12.31.0 slice round0.0307070Salami, cooked, turkey28.01.0 slice0.0707072Salami, dry or hard, pork, beef9.81.0 slice0.0632031Salisbury steak with gravy, frozen63.01.0 patty0.1435190Salmon, red (sockeye), filets with skin, smoked (Alaska Native)108.01.0 filet1.3015264Salmon, sockeye, canned, drained solids, without skin and bones85.03.0 oz1.7815253Salmon, sockeye, canned, total can contents85.03.0 oz1.6011852Salsify, cooked, boiled, drained, with salt135.01.0 curp slices0.2611438Salsify, cooked, boiled, drained, without salt6.01.0 curp slices0.2602047Salt, table6.01.0 tsp0.00	04023	Salad dressing, thousand island dressing, reduced fat	15.0	1.0 tablespoon	0.15
07069Salami, cooked, beef and pork12.31.0 slice round0.0307070Salami, cooked, turkey28.01.0 serving0.0707072Salami, dry or hard, pork, beef9.81.0 slice0.0632031Salisbury steak with gravy, frozen63.01.0 patty0.1435190Salmon, red (sockeye), filets with skin, smoked (Alaska Native)108.01.0 filet1.3015264Salmon, sockeye, canned, drained solids, without skin and bones85.03.0 oz1.7815253Salmon, sockeye, canned, total can contents85.03.0 oz1.6011852Salsify, cooked, boiled, drained, with salt135.01.0 cup slices0.2611438Salsify, cooked, boiled, drained, without salt6.01.0 tup slices0.2602047Salt, table6.01.0 tup slices0.00	04017	Salad dressing, thousand island, commercial, regular	16.0	1.0 tbsp	0.64
07070Salami, cooked, turkey28.01.0 serving0.0707072Salami, dry or hard, pork, beef9.81.0 slice0.0632031Salisbury steak with gravy, frozen63.01.0 patty0.1435190Salmon, red (sockeye), filets with skin, smoked (Alaska Native)108.01.0 filet1.3015264Salmon, sockeye, canned, drained solids, without skin and bones85.03.0 oz1.6015253Salmon, sockeye, canned, total can contents85.03.0 oz1.6011852Salsify, cooked, boiled, drained, with salt135.01.0 cup slices0.2611438Salsify, cooked, boiled, drained, without salt6.01.0 tup0.2602047Salt, table6.01.0 tup0.00	07068	Salami, cooked, beef	26.0	1.0 slice	0.05
07072Salami, dry or hard, pork, beef9.81.0 slice0.0632031Salisbury steak with gravy, frozen63.01.0 patty0.1435190Salmon, red (sockeye), filets with skin, smoked (Alaska Native)108.01.0 filet1.3015264Salmon, sockeye, canned, drained solids, without skin and bones85.03.0 oz1.7815253Salmon, sockeye, canned, total can contents85.03.0 oz1.6011852Salsify, cooked, boiled, drained, with salt135.01.0 cup slices0.2611438Salsify, cooked, boiled, drained, without salt63.01.0 cup, sliced0.2602047Salt, table6.01.0 tsp0.00	07069	Salami, cooked, beef and pork	12.3	1.0 slice round	0.03
32031Salisbury steak with gravy, frozen63.01.0 patty0.1435190Salmon, red (sockeye), filets with skin, smoked (Alaska Native)108.01.0 filet1.3015264Salmon, sockeye, canned, drained solids, without skin and bones85.03.0 oz1.7815253Salmon, sockeye, canned, total can contents85.03.0 oz1.6011852Salsify, cooked, boiled, drained, with salt135.01.0 cup slices0.2611438Salsify, cooked, boiled, drained, without salt6.01.0 tup, sliced0.2602047Salt, table6.01.0 tsp0.00	07070	Salami, cooked, turkey	28.0	1.0 serving	0.07
Salmon, red (sockeye), filets with skin, smoked (Alaska Native)108.01.0 filet1.3015264Salmon, sockeye, canned, drained solids, without skin and bones85.03.0 oz1.7815253Salmon, sockeye, canned, total can contents85.03.0 oz1.6011852Salsify, cooked, boiled, drained, with salt135.01.0 cup slices0.2611438Salsify, cooked, boiled, drained, without salt135.01.0 cup, sliced0.2602047Salt, table6.01.0 tsp0.00	07072	Salami, dry or hard, pork, beef	9.8	1.0 slice	0.06
15264Salmon, sockeye, canned, drained solids, without skin and bones85.03.0 oz1.7815253Salmon, sockeye, canned, total can contents85.03.0 oz1.6011852Salsify, cooked, boiled, drained, with salt135.01.0 cup slices0.2611438Salsify, cooked, boiled, drained, without salt135.01.0 cup, sliced0.2602047Salt, table6.01.0 tsp0.00	32031	Salisbury steak with gravy, frozen	63.0	1.0 patty	0.14
15253Salmon, sockeye, canned, total can contents85.03.0 oz1.6011852Salsify, cooked, boiled, drained, with salt135.01.0 cup slices0.2611438Salsify, cooked, boiled, drained, without salt135.01.0 cup, sliced0.2602047Salt, table6.01.0 tsp0.00	35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	108.0	1.0 filet	1.30
11852Salsify, cooked, boiled, drained, with salt135.01.0 cup slices0.2611438Salsify, cooked, boiled, drained, without salt135.01.0 cup, sliced0.2602047Salt, table6.01.0 tsp0.00	15264	Salmon, sockeye, canned, drained solids, without skin and bones	85.0	3.0 oz	1.78
11438 Salsify, cooked, boiled, drained, without salt 135.0 1.0 cup, sliced 0.26 02047 Salt, table 6.0 1.0 tsp 0.00	15253	Salmon, sockeye, canned, total can contents	85.0	3.0 oz	1.60
02047 Salt, table 6.0 1.0 tsp 0.00	11852	Salsify, cooked, boiled, drained, with salt	135.0	1.0 cup slices	0.26
02047 Salt, table 6.0 1.0 tsp 0.00	11438	Salsify, cooked, boiled, drained, without salt	135.0	1.0 cup, sliced	0.26
	02047	Salt, table	6.0	1.0 tsp	0.00

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NDB_No	Description	Weight(g)	Measure (Vitamin E alpha-tocopherol)(mg)
				Per Measure
07073	Sandwich spread, pork, beef	15.0	1.0 tbsp	0.26
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	15.0	1.0 tablespoon	0.60
09314	Sapote, mamey, raw	175.0	1.0 cup 1" pieces	3.69
06150	Sauce, barbecue	17.0	1.0 tbsp	0.14
27056	Sauce, barbecue, BULL'S-EYE, original	16.0	1.0 tbsp	0.15
27057	Sauce, barbecue, KC MASTERPIECE, original	18.0	1.0 tbsp	0.17
06307	Sauce, barbecue, KRAFT, original	16.0	1.0 tbsp	0.11
27058	Sauce, barbecue, OPEN PIT, original	17.0	1.0 tbsp	0.04
27055	Sauce, barbecue, SWEET BABY RAY'S, original	18.0	1.0 tbsp	0.19
06962	Sauce, chili, peppers, hot, immature green, canned	15.0	1.0 tbsp	0.05
27051	Sauce, cocktail, ready-to-serve	60.0	0.25 cup	0.65
27046	Sauce, duck, ready-to-serve	33.0	2.0 Tbsp	0.07
27063	Sauce, enchilada, red, mild, ready to serve	56.0	0.25 cup	0.39
06179	Sauce, fish, ready-to-serve	18.0	1.0 tbsp	0.00
06175	Sauce, hoisin, ready-to-serve	16.0	1.0 tbsp	0.04
06166	Sauce, homemade, white, medium	250.0	1.0 cup	0.72
06167	Sauce, homemade, white, thick	250.0	1.0 cup	0.95
06165	Sauce, homemade, white, thin	250.0	1.0 cup	0.42
27066	Sauce, horseradish	5.6	1.0 tsp	0.23
06631	Sauce, hot chile, sriracha	6.5	1.0 tsp	0.31
06632	Sauce, hot chile, sriracha, CHA! BY TEXAS PETE	6.9	1.0 tsp	0.30
06633	Sauce, hot chile, sriracha, TUONG OT SRIRACHA	6.2	1.0 tsp	0.33
27067	Sauce, OLD EL PASO, enchilada, red, mild, ready to serve	58.0	0.25 cup	0.35
06176	Sauce, oyster, ready-to-serve	18.0	1.0 tbsp	0.00
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	132.0	1.0 serving 1/2 cup	3.17
06976	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	128.0	1.0 serving 1/2 cup	3.07
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	17.0	1.0 tbsp	0.16
27059	Sauce, peanut, made from peanut butter, water, soy sauce	18.0	1.0 tbsp	0.40
06961	Sauce, peppers, hot, chili, mature red, canned	15.0	1.0 tbsp	0.05
06628	Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated	63.0	0.25 cup	4.58
06629	Sauce, pesto, CLASSICO, basil pesto, ready-to-serve	62.0	0.25 cup	2.86
06630	Sauce, pesto, MEZZETTA, NAPA VALLEY BISTRO, basil pesto, ready-to-serve	60.0	0.25 cup	7.87
06626	Sauce, pesto, ready-to-serve, refrigerated	63.0	0.25 cup	4.58
06627	Sauce, pesto, ready-to-serve, shelf stable	61.0	0.25 cup	5.40

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NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
06168	Sauce, ready-to-serve, pepper or hot	4.7	1.0 tsp	0.01
06169	Sauce, ready-to-serve, pepper, TABASCO	4.7	1.0 tsp	0.00
06164	Sauce, salsa, ready-to-serve	36.0	2.0 tbsp	0.46
27047	Sauce, salsa, verde, ready-to-serve	30.0	2.0 Tbsp	0.13
27048	Sauce, steak, tomato based	34.0	2.0 Tbsp	0.39
27050	Sauce, sweet and sour, ready-to-serve	35.0	2.0 Tbsp	0.00
27049	Sauce, tartar, ready-to-serve	30.0	2.0 tablespoons	0.50
06112	Sauce, teriyaki, ready-to-serve	18.0	1.0 tbsp	0.00
06189	Sauce, teriyaki, ready-to-serve, reduced sodium	36.0	2.0 Tbsp	0.00
06972	Sauce, tomato chili sauce, bottled, with salt	6.0	1.0 packet	0.12
06971	Sauce, worcestershire	17.0	1.0 tbsp	0.01
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	0.20
32032	Sausage, egg and cheese breakfast biscuit	126.0	1.0 biscuit	1.97
07089	Sausage, Italian, pork, cooked	83.0	1.0 link, 4/lb	0.21
16107	Sausage, meatless	25.0	1.0 link	0.52
07979	Sausage, pork, turkey, and beef, reduced sodium	85.0	3.0 oz	0.19
07075	Sausage, smoked link sausage, pork and beef	85.0	3.0 oz	0.11
07919	Sausage, turkey, breakfast links, mild	56.0	2.0 oz, 2 links	0.11
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	0.05
07083	Sausage, Vienna, canned, chicken, beef, pork	16.0	1.0 sausage (7/8" dia x 2" long)	0.04
21611	School Lunch, chicken nuggets, whole grain breaded	88.0	5.0 pieces	1.08
21610	School Lunch, chicken patty, whole grain breaded	86.0	1.0 patty	1.17
21601	School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	0.89
21600	School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked	130.0	1.0 piece 4"x6"	0.98
21603	School Lunch, pizza, pepperoni topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	1.00
21602	School Lunch, pizza, pepperoni topping, thin crust, whole grain, frozen, cooked	127.0	1.0 piece 4"x6"	1.02
21605	School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, cooked	129.0	1.0 slice per 1/10 pizza	0.97
21604	School Lunch, pizza, sausage topping, thin crust, whole grain, frozen, cooked	133.0	1.0 piece 4" x 6"	1.08
07951	Scrapple, pork	17.0	1.0 cubic inch	0.03
11442	Seaweed, agar, raw	10.0	2.0 tbsp (1/8 cup)	0.09
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	5.0	0.25 cup	0.28
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	25.0	0.25 cup	0.17
11444	Seaweed, irishmoss, raw	10.0	2.0 tbsp (1/8 cup)	0.09
11445	Seaweed, kelp, raw	10.0	2.0 tbsp (1/8 cup)	0.09

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NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
11446	Seaweed, laver, raw	26.0	10.0 sheets	0.26
11667	Seaweed, spirulina, dried	112.0	1.0 cup	5.60
11669	Seaweed, wakame, raw	10.0	2.0 tbsp (1/8 cup)	0.10
12006	Seeds, chia seeds, dried	28.35	1.0 oz	0.14
12220	Seeds, flaxseed	10.3	1.0 tbsp, whole	0.03
12012	Seeds, hemp seed, hulled	30.0	3.0 tbsp	0.24
12014	Seeds, pumpkin and squash seed kernels, dried	129.0	1.0 cup	2.81
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	0.66
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	118.0	1.0 cup	0.66
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15.0	1.0 tbsp	0.04
12201	Seeds, sesame seed kernels, dried (decorticated)	150.0	1.0 cup	2.52
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	128.0	1.0 cup	0.32
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	128.0	1.0 cup	0.32
12023	Seeds, sesame seeds, whole, dried	144.0	1.0 cup	0.36
12540	Seeds, sunflower seed butter, with salt added	16.0	1.0 tbsp	3.66
12040	Seeds, sunflower seed butter, without salt	16.0	1.0 tbsp	3.66
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	128.0	1.0 cup	33.41
12036	Seeds, sunflower seed kernels, dried	46.0	1.0 cup, with hulls, edible yield	16.18
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	128.0	1.0 cup	33.41
12037	Seeds, sunflower seed kernels, dry roasted, without salt	128.0	1.0 cup	33.41
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	135.0	1.0 cup	49.05
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	49.05
20066	Semolina, enriched	167.0	1.0 cup	0.43
14347	Shake, fast food, vanilla	20.8	1.0 fl oz	0.05
11640	Shallots, freeze-dried	0.9	1.0 tbsp	0.00
11677	Shallots, raw	10.0	1.0 tbsp chopped	0.00
19097	Sherbet, orange	74.0	0.5 cup (4 fl oz)	0.01
04546	Shortening bread, soybean (hydrogenated) and cottonseed	12.8	1.0 tablespoon	0.78
04548	Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)	12.8	1.0 tbsp	0.78
04551	Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	12.8	1.0 tbsp	0.25
04550	Shortening frying (heavy duty), beef tallow and cottonseed	12.8	1.0 tbsp	0.51
04556	Shortening frying (heavy duty), palm (hydrogenated)	12.8	1.0 tbsp	2.43
04560	Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)	12.8	1.0 tbsp	0.78
04549	Shortening industrial, lard and vegetable oil	12.8	1.0 tbsp	0.13

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NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
04554	Shortening industrial, soybean (hydrogenated) and cottonseed	12.8	1.0 tbsp	0.78
04570	Shortening, confectionery, fractionated palm	13.6	1.0 tbsp	2.58
04544	Shortening, household, lard and vegetable oil	12.8	1.0 tablespoon	0.13
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	12.8	1.0 tbsp	0.78
04666	Shortening, industrial, soy (partially hydrogenated) and corn for frying	12.8	1.0 tbsp	0.78
04667	Shortening, industrial, soy (partially hydrogenated) for baking and confections	12.8	1.0 tbsp	0.78
04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	13.6	1.0 tbsp	1.10
04587	Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed	12.8	1.0 tbsp	0.78
04586	Shortening, special purpose for cakes and frostings, soybean (hydrogenated)	12.8	1.0 tbsp	0.78
04615	Shortening, vegetable, household, composite	12.8	1.0 tbsp	0.78
07074	Smoked link sausage, pork	68.0	1.0 link (4" long x 1-1/8" dia)	0.17
25062	Snack, Mixed Berry Bar	38.0	1.0 bar	0.11
19410	Snack, potato chips, made from dried potatoes, plain	28.0	1.0 oz	3.84
25060	Snack, Pretzel, hard chocolate coated	28.0	1.0 serving	0.17
25046	Snacks, bagel chips, plain	28.35	1.0 oz	0.23
19400	Snacks, banana chips	28.35	1.0 oz	0.07
19002	Snacks, beef jerky, chopped and formed	28.35	1.0 oz	0.14
25059	Snacks, brown rice chips	9.0	1.0 cake	0.59
25043	Snacks, candy bits, yogurt covered with vitamin C	20.0	1.0 package	0.12
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	23.0	1.0 Roll	0.09
25051	Snacks, CLIF BAR, mixed flavors	68.0	1.0 bar	0.16
19003	Snacks, corn-based, extruded, chips, plain	28.0	1.0 oz	2.02
43447	Snacks, corn-based, extruded, chips, unsalted	88.0	1.0 cup, crushed	1.20
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	0.76
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz	1.19
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	28.35	1.0 oz	1.45
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	28.35	1.0 oz	2.00
19013	Snacks, fruit leather, pieces	28.35	1.0 oz	0.16
19014	Snacks, fruit leather, rolls	21.0	1.0 large	0.12
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1.0 oz	0.28
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	24.0	1.0 bar	0.36
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	35.0	1.0 bar	2.41
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	35.0	1.0 bar	0.93
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	35.0	1.0 bar	0.60

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NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	78.0	1.0 bar	0.63
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	47.0	1.0 bar	4.83
25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	35.0	1.0 bar	2.50
25041	Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	40.0	2.0 bar	0.92
25052	Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	24.0	1.0 bar	0.54
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	31.0	1.0 bar	1.30
42272	Snacks, granola bar, with coconut, chocolate coated	28.35	1.0 oz	0.09
19015	Snacks, granola bars, hard, plain	21.0	1.0 bar	0.44
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	60.0	1.0 bar	1.35
25038	Snacks, granola bars, soft, almond, confectioners coating	35.0	1.0 bar	2.66
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1.0 oz	1.18
19404	Snacks, granola bars, soft, uncoated, chocolate chip	43.0	1.0 bar (1.5 oz)	0.13
25036	Snacks, granola bites, mixed flavors	20.0	1.0 package	0.50
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22.0	1.0 serving	0.00
19009	Snacks, KRAFT, CORNNUTS, plain	28.35	1.0 oz	0.56
19049	Snacks, M& MMARS, COMBOS Snacks Cheddar Cheese Pretzel	28.35	1.0 oz	0.19
19440	Snacks, M& MMARS, KUDOS Whole Grain Bar, chocolate chip	28.0	1.0 bar	3.02
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	32.0	1.0 bar	1.19
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	1.59
25037	Snacks, pita chips, salted	28.35	1.0 oz	1.96
25027	Snacks, plantain chips, salted	28.35	1.0 oz	1.43
19034	Snacks, popcorn, air-popped	8.0	1.0 cup	0.02
19036	Snacks, popcorn, cakes	10.0	1.0 cake	0.03
19038	Snacks, popcorn, caramel-coated, with peanuts	28.35	1.0 oz (approx 2/3 cup)	0.24
19039	Snacks, popcorn, caramel-coated, without peanuts	28.35	1.0 oz	0.34
19040	Snacks, popcorn, cheese-flavor	11.0	1.0 cup	0.42
42259	Snacks, popcorn, home-prepared, oil-popped, unsalted	8.0	1.0 cup	0.19
25000	Snacks, popcorn, microwave, 94% fat free	28.35	1.0 oz	0.12
25001	Snacks, popcorn, microwave, low fat	28.35	1.0 oz	0.14
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	7.9	1.0 cup	0.21
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	11.0	1.0 cup	0.27
19041	Snacks, pork skins, plain	28.35	1.0 oz	0.15
19042	Snacks, potato chips, barbecue-flavor	28.35	1.0 oz	1.25
19437	Snacks, potato chips, fat free, salted	28.35	1.0 oz	0.01

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NDB_No	Description	Weight(g)	Measure	Vitamin E alpha-tocopherol)(mg)
				Per Measure
19423	Snacks, potato chips, fat-free, made with olestra	28.35	1.0 oz	0.00
25064	Snacks, potato chips, lightly salted	28.0	23.0 pieces	2.16
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	28.35	1.0 oz	2.57
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	28.35	1.0 oz	0.00
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1.0 oz	0.62
19411	Snacks, potato chips, plain, salted	28.0	1.0 oz	2.93
19811	Snacks, potato chips, plain, unsalted	28.35	1.0 oz	2.58
19422	Snacks, potato chips, reduced fat	28.35	1.0 oz	1.55
42283	Snacks, potato chips, white, restructured, baked	34.0	1.0 cup	0.74
19415	Snacks, potato sticks	28.35	1.0 oz	2.58
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	28.35	1.0 oz	0.18
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	28.35	1.0 oz	0.10
19047	Snacks, pretzels, hard, plain, salted	28.35	1.0 oz	0.13
19816	Snacks, rice cakes, brown rice, plain, unsalted	9.0	1.0 cake	0.11
19051	Snacks, rice cracker brown rice, plain	9.0	1.0 cake	0.06
19418	Snacks, sesame sticks, wheat-based, salted	28.35	1.0 oz	1.09
25025	Snacks, soy chips or crisps, salted	28.35	1.0 oz	0.29
25012	Snacks, sweet potato chips, unsalted	28.35	1.0 oz	2.78
19524	Snacks, taro chips	28.35	1.0 oz	3.21
43566	Snacks, tortilla chips, light (baked with less oil)	63.0	1.0 cup, crushed	2.22
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	28.35	1.0 oz	1.00
19833	Snacks, tortilla chips, low fat, unsalted	28.35	1.0 oz	1.00
19057	Snacks, tortilla chips, nacho cheese	28.35	1.0 oz	1.77
19056	Snacks, tortilla chips, plain, white corn, salted	28.35	1.0 oz	1.00
43364	Snacks, tortilla chips, unsalted, white corn	26.0	1.0 cup	0.92
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146.0	1.0 cup	12.26
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	28.35	1.0 oz	2.31
25040	Snacks, vegetable chips, made from garden vegetables	28.35	1.0 oz	1.37
25050	Snacks, yucca (cassava) chips, salted	28.35	1.0 oz	0.79
20648	Sorghum flour, whole-grain	121.0	1.0 cup	0.60
20067	Sorghum grain	192.0	1.0 cup	0.96
06190	Soup, bean & amp; ham, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	0.96
06004	Soup, bean with pork, canned, condensed	130.0	0.5 cup	1.13
06404	Soup, bean with pork, canned, prepared with equal volume water	266.0	1.0 serving 1 cup	1.14

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NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
06978	Soup, beef and mushroom, low sodium, chunk style	251.0	1.0 cup	0.55
06749	Soup, beef and vegetables, canned, ready-to-serve	250.0	1.0 cup	1.12
27062	Soup, beef barley, ready to serve	208.0	1.0 cup	0.25
06032	Soup, beef broth bouillon and consomme, canned, condensed	124.0	0.5 cup	0.01
06008	Soup, beef broth or bouillon canned, ready-to-serve	240.0	1.0 cup	0.00
06075	Soup, beef broth or bouillon, powder, dry	3.6	1.0 cube	0.08
06475	Soup, beef broth or bouillon, powder, prepared with water	240.0	1.0 serving 1 cup	0.02
06076	Soup, beef broth, cubed, dry	3.6	1.0 cube	0.00
06476	Soup, beef broth, cubed, prepared with water	240.0	1.0 serving 1 cup	0.02
06188	Soup, beef broth, less/reduced sodium, ready to serve	219.0	1.0 cup	0.00
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	1.25
06409	Soup, beef noodle, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	1.22
06980	Soup, beef stroganoff, canned, chunky style, ready-to-serve	240.0	1.0 cup	0.98
06002	Soup, black bean, canned, condensed	257.0	1.0 cup (8 fl oz)	0.93
06402	Soup, black bean, canned, prepared with equal volume water	247.0	1.0 cup	0.44
06981	Soup, bouillon cubes and granules, low sodium, dry	2.6	1.0 tsp	0.02
06584	Soup, broccoli cheese, canned, condensed, commercial	121.0	1.0 serving 1/2 cup	0.87
06011	Soup, cheese, canned, condensed	124.0	0.5 cup	0.69
06024	Soup, chicken and vegetable, canned, ready-to-serve	255.0	1.0 cup	0.61
06081	Soup, chicken broth cubes, dry	4.8	1.0 cube	0.00
06080	Soup, chicken broth or bouillon, dry	4.0	1.0 cube	0.02
06480	Soup, chicken broth or bouillon, dry, prepared with water	241.0	1.0 cup 8 fl oz	0.02
06013	Soup, chicken broth, canned, condensed	126.0	0.5 cup (4 fl oz)	0.01
06413	Soup, chicken broth, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.05
06183	Soup, chicken broth, less/reduced sodium, ready to serve	240.0	1.0 cup	0.02
06970	Soup, chicken broth, low sodium, canned	240.0	1.0 cup	0.00
06194	Soup, chicken broth, ready-to-serve	249.0	1.0 cup	0.10
06017	Soup, chicken gumbo, canned, condensed	126.0	0.5 cup (4 fl oz)	0.45
06417	Soup, chicken gumbo, canned, prepared with equal volume water	244.0	1.0 cup	0.37
06149	Soup, chicken mushroom, canned, condensed	124.0	0.5 cup	0.79
06019	Soup, chicken noodle, canned, condensed	124.0	0.5 cup	0.06
06419	Soup, chicken noodle, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.07
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	0.24
06528	Soup, chicken noodle, dry, mix, prepared with water	245.0	1.0 cup	0.12

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NDB_No	Description	Weight(g)	Measure ^{(alpha}	Vitamin E a-tocopherol)(mg)
				Per Measure
06966	Soup, chicken noodle, low sodium, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.07
27044	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	0.24
06022	Soup, chicken rice, canned, chunky, ready-to-serve	240.0	1.0 cup	0.58
06208	Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	245.0	1.0 cup	0.15
06025	Soup, chicken vegetable, canned, condensed	121.0	0.5 cup	0.30
06023	Soup, chicken with rice, canned, condensed	126.0	0.5 cup	0.09
06423	Soup, chicken with rice, canned, prepared with equal volume water	243.0	1.0 serving 1 cup	0.07
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	0.32
06026	Soup, chili beef, canned, condensed	263.0	1.0 cup (8 fl oz)	2.84
06426	Soup, chili beef, canned, prepared with equal volume water	261.0	1.0 cup	1.38
06070	Soup, chunky beef, canned, ready-to-serve	245.0	1.0 cup	0.69
06018	Soup, chunky chicken noodle, canned, ready-to-serve	530.0	1.0 can	0.64
06067	Soup, chunky vegetable, canned, ready-to-serve	230.0	1.0 cup	0.39
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	240.0	1.0 cup	0.43
06027	Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	240.0	1.0 cup (8 fl oz)	1.61
06028	Soup, clam chowder, manhattan, canned, condensed	126.0	0.5 cup (4 fl oz)	1.30
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	249.0	1.0 serving 1 cup	1.24
06030	Soup, clam chowder, new england, canned, condensed	126.0	0.5 cup	0.53
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.55
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.50
27043	Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	519.0	1.0 can	2.08
06001	Soup, cream of asparagus, canned, condensed	126.0	0.5 cup (4 fl oz)	0.62
06010	Soup, cream of celery, canned, condensed	126.0	0.5 cup	1.75
06016	Soup, cream of chicken, canned, condensed	126.0	0.5 cup (4 fl oz)	0.68
06955	Soup, cream of chicken, canned, condensed, reduced sodium	124.0	0.5 cup	0.10
06483	Soup, cream of chicken, dry, mix, prepared with water	261.0	1.0 cup 8 fl oz	0.60
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	0.63
06182	Soup, cream of mushroom, canned, condensed, reduced sodium	251.0	1.0 cup	0.40
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.66
06443	Soup, cream of mushroom, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.60
06968	Soup, cream of mushroom, low sodium, ready-to-serve, canned	244.0	1.0 cup	0.90
06046	Soup, cream of onion, canned, condensed	126.0	0.5 cup	0.54
06053	Soup, cream of potato, canned, condensed	124.0	0.5 cup	0.09
06256	Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	253.0	1.0 cup (8 fl oz)	0.05

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NDB_No	Description	Weight(g)	Measure (Vitamin E alpha-tocopherol)(mg)
				Per Measure
06456	Soup, cream of shrimp, canned, prepared with equal volume water	244.0	1.0 cup	0.00
06101	Soup, cream of vegetable, dry, powder	18.0	1.0 packet	0.43
27000	Soup, egg drop, Chinese restaurant	241.0	1.0 cup	0.31
27001	Soup, hot and sour, Chinese restaurant	233.0	1.0 cup	0.91
06039	Soup, minestrone, canned, chunky, ready-to-serve	240.0	1.0 cup	1.61
06040	Soup, minestrone, canned, condensed	123.0	0.5 cup (4 fl oz)	0.57
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	245.0	1.0 cup	1.72
06044	Soup, mushroom with beef stock, canned, condensed	126.0	0.5 cup (4 fl oz)	1.12
06045	Soup, onion, canned, condensed	123.0	0.5 cup (4 fl oz)	0.27
06094	Soup, onion, dry, mix	7.5	1.0 serving 1 tbsp	0.01
06494	Soup, onion, dry, mix, prepared with water	230.0	1.0 serving 1 cup	0.02
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	0.23
06449	Soup, pea, green, canned, prepared with equal volume water	259.0	1.0 serving 1 cup	0.23
06965	Soup, pea, low sodium, prepared with equal volume water	259.0	1.0 cup	0.23
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	0.48
06748	Soup, PROGRESSO, beef barley, traditional, ready to serve	210.0	1.0 cup	0.27
06583	Soup, ramen noodle, any flavor, dry	81.0	1.0 package without flavor packet	1.98
06982	Soup, ramen noodle, beef flavor, dry	82.0	1.0 package without flavor packet	2.04
06983	Soup, ramen noodle, chicken flavor, dry	81.0	1.0 package without flavor packet	1.95
27035	Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium	40.0	1.41 oz dry (half noodle block)	0.10
06170	Soup, stock, beef, home-prepared	240.0	1.0 cup	0.02
06172	Soup, stock, chicken, home-prepared	240.0	1.0 cup	0.07
06174	Soup, stock, fish, home-prepared	233.0	1.0 cup	0.40
06611	Soup, SWANSON, beef broth, lower sodium	213.0	1.0 cup	0.00
06615	Soup, SWANSON, vegetable broth	220.0	1.0 cup	0.00
06061	Soup, tomato beef with noodle, canned, condensed	251.0	1.0 cup (8 fl oz)	1.56
06461	Soup, tomato beef with noodle, canned, prepared with equal volume water	244.0	1.0 cup	0.76
06063	Soup, tomato rice, canned, condensed	129.0	0.5 cup (4 fl oz)	2.23
06463	Soup, tomato rice, canned, prepared with equal volume water	247.0	1.0 cup	2.12
06159	Soup, tomato, canned, condensed	148.0	1.0 cup	0.50
06956	Soup, tomato, canned, condensed, reduced sodium	121.0	1.0 serving 1/2 cup	0.41
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.45
06559	Soup, tomato, canned, prepared with equal volume water, commercial	248.0	1.0 serving 1 cup	0.42
06498	Soup, tomato, dry, mix, prepared with water	265.0	1.0 cup 8 fl oz	0.58

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NDB_No	Description	Weight(g)	Measure (alpha	Vitamin E -tocopherol)(mg)
				Per Measure
06964	Soup, tomato, low sodium, with water	248.0	1.0 serving 1 cup	0.42
06071	Soup, vegetable beef, canned, condensed	126.0	0.5 cup	0.60
06471	Soup, vegetable beef, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.59
06700	Soup, vegetable broth, ready to serve	221.0	1.0 cup	0.00
06974	Soup, vegetable chicken, canned, prepared with water, low sodium	241.0	1.0 cup	0.72
06967	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	253.0	1.0 cup	1.82
06072	Soup, vegetable with beef broth, canned, condensed	123.0	0.5 cup	0.15
06472	Soup, vegetable with beef broth, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.14
06217	Soup, vegetable, canned, low sodium, condensed	126.0	0.5 cup	1.80
06068	Soup, vegetarian vegetable, canned, condensed	126.0	0.5 cup	1.47
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241.0	1.0 cup	1.40
27002	Soup, wonton, Chinese restaurant	223.0	1.0 cup	0.13
01180	Sour cream, fat free	12.0	1.0 tablespoon	0.00
01074	Sour cream, imitation, cultured	28.35	1.0 oz	0.21
01179	Sour cream, light	12.0	1.0 tablespoon	0.04
01178	Sour cream, reduced fat	12.0	1.0 tablespoon	0.05
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	0.16
09315	Soursop, raw	225.0	1.0 cup, pulp	0.18
16117	Soy flour, defatted	105.0	1.0 cup	0.13
16115	Soy flour, full-fat, raw	84.0	1.0 cup, stirred	1.64
16116	Soy flour, full-fat, roasted	85.0	1.0 cup, stirred	1.68
16118	Soy flour, low-fat	88.0	1.0 cup, stirred	0.48
16121	Soy protein concentrate, produced by alcohol extraction	28.35	1.0 oz	0.00
16122	Soy protein isolate	28.35	1.0 oz	0.00
16422	Soy protein isolate, potassium type	28.35	1.0 oz	0.00
16125	Soy sauce made from hydrolyzed vegetable protein	18.0	1.0 tbsp	0.00
16124	Soy sauce made from soy (tamari)	18.0	1.0 tbsp	0.00
16123	Soy sauce made from soy and wheat (shoyu)	16.0	1.0 tbsp	0.00
16424	Soy sauce made from soy and wheat (shoyu), low sodium	14.2	1.0 tbsp	0.06
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	15.0	1.0 tbsp	0.00
43299	Soybean, curd cheese	225.0	1.0 cup	1.35
16109	Soybeans, mature cooked, boiled, without salt	172.0	1.0 cup	0.60
16409	Soybeans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0.60
16108	Soybeans, mature seeds, raw	186.0	1.0 cup	1.58

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NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
16110	Soybeans, mature seeds, roasted, salted	172.0	1.0 cup	1.57
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	0.20
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	94.0	1.0 cup	0.20
16223	Soymilk (All flavors), enhanced	243.0	1.0 cup	6.12
16230	Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	0.19
16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	243.0	1.0 cup	0.32
16231	Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	0.32
16166	Soymilk, chocolate, unfortified	243.0	1.0 cup	0.02
16168	Soymilk, chocolate, with added calcium, vitamins A and D	243.0	1.0 cup	0.27
16225	Soymilk, original and vanilla, light, with added calcium, vitamins A and D	243.0	1.0 cup	0.15
16120	Soymilk, original and vanilla, unfortified	243.0	1.0 cup	0.27
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	243.0	1.0 cup	0.27
22401	Spaghetti with meat sauce, frozen entree	283.0	1.0 serving	1.42
20126	Spaghetti, spinach, dry	57.0	2.0 oz	0.42
22912	Spaghetti, with meatballs in tomato sauce, canned	246.0	1.0 cup	1.23
22932	SPAGHETTIOS, SpaghettiOs A to Z's	252.0	1.0 cup (1 serving)	0.00
22966	SPAGHETTIOS, SpaghettiOs with Meatballs - Easy Open	206.0	1.0 can (1 serving)	0.00
22942	SPAGHETTIOS, SpaghettiOs A to Z's with Meatballs	252.0	1.0 cup (1 serving)	0.00
22931	SPAGHETTIOS, SpaghettiOs Original	252.0	1.0 cup (1 serving)	0.00
22965	SPAGHETTIOS, SpaghettiOs Original, easy open	213.0	1.0 can (1 serving)	0.00
22938	SPAGHETTIOS, SpaghettiOs plus Calcium	252.0	1.0 cup (1 serving)	0.00
22941	SPAGHETTIOS, SpaghettiOs with Sliced Franks	252.0	1.0 cup (1 serving)	0.00
32021	Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)	198.0	1.0 cup	1.33
32018	Spanish rice mix, dry mix, unprepared	70.0	0.5 cup	0.60
20141	Spelt, cooked	194.0	1.0 cup	0.50
20140	Spelt, uncooked	174.0	1.0 cup	1.37
02003	Spices, basil, dried	0.7	1.0 tsp, leaves	0.07
02005	Spices, caraway seed	2.1	1.0 tsp	0.05
02007	Spices, celery seed	2.0	1.0 tsp	0.02
02009	Spices, chili powder	2.7	1.0 tsp	1.03
02010	Spices, cinnamon, ground	2.6	1.0 tsp	0.06
02011	Spices, cloves, ground	2.1	1.0 tsp	0.19
02012	Spices, coriander leaf, dried	0.6	1.0 tsp	0.01
02014	Spices, cumin seed	2.1	1.0 tsp, whole	0.07

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NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
02015	Spices, curry powder	2.0	1.0 tsp	0.50
02020	Spices, garlic powder	3.1	1.0 tsp	0.02
02021	Spices, ginger, ground	1.8	1.0 tsp	0.00
02023	Spices, marjoram, dried	0.6	1.0 tsp	0.01
02024	Spices, mustard seed, ground	2.0	1.0 tsp	0.10
02025	Spices, nutmeg, ground	2.2	1.0 tsp	0.00
02026	Spices, onion powder	2.4	1.0 tsp	0.01
02027	Spices, oregano, dried	1.0	1.0 tsp, leaves	0.18
02028	Spices, paprika	2.3	1.0 tsp	0.67
02029	Spices, parsley, dried	0.5	1.0 tsp	0.04
02030	Spices, pepper, black	2.3	1.0 tsp, ground	0.02
02031	Spices, pepper, red or cayenne	1.8	1.0 tsp	0.54
02033	Spices, poppy seed	2.8	1.0 tsp	0.05
02034	Spices, poultry seasoning	1.5	1.0 tsp	0.02
02035	Spices, pumpkin pie spice	1.7	1.0 tsp	0.03
02038	Spices, sage, ground	0.7	1.0 tsp	0.05
02042	Spices, thyme, dried	1.0	1.0 tsp, leaves	0.07
02043	Spices, turmeric, ground	3.0	1.0 tsp	0.13
11658	Spinach souffle	136.0	1.0 cup	1.26
11855	Spinach, canned, no salt added, solids and liquids	234.0	1.0 cup	3.74
11461	Spinach, canned, regular pack, drained solids	214.0	1.0 cup	4.15
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	3.74
11854	Spinach, cooked, boiled, drained, with salt	180.0	1.0 cup	3.74
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	3.74
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	3.36
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	3.36
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	4.52
11457	Spinach, raw	30.0	1.0 cup	0.61
06192	Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	253.0	1.0 cup	0.51
06193	Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	0.15
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0.25
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.25
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	0.14
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	210.0	1.0 cup, diced	0.25

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NDB_No	Description	Weight(g)	Measure (alpha-to	Vitamin E peopherol)(mg)
				Per Measure
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0.22
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.22
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	192.0	1.0 cup slices	0.29
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	0.29
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	0.17
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.11
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	0.29
11475	Squash, summer, scallop, raw	130.0	1.0 cup slices	0.17
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.11
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.22
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	223.0	1.0 cup	0.27
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	223.0	1.0 cup	0.27
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	95.0	0.33 package (10 oz)	0.11
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	0.15
11863	Squash, winter, all varieties, cooked, baked, with salt	205.0	1.0 cup, cubes	0.25
11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	0.25
11643	Squash, winter, all varieties, raw	116.0	1.0 cup, cubes	0.14
11866	Squash, winter, butternut, cooked, baked, with salt	205.0	1.0 cup, cubes	2.64
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	2.64
11487	Squash, winter, butternut, frozen, unprepared	113.0	0.33 package (12 oz)	2.09
11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	2.02
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	0.41
11490	Squash, winter, hubbard, baked, without salt	205.0	1.0 cup, cubes	0.41
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	0.28
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	0.28
11489	Squash, winter, hubbard, raw	116.0	1.0 cup, cubes	0.19
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	155.0	1.0 cup	0.19
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	155.0	1.0 cup	0.19
11492	Squash, winter, spaghetti, raw	101.0	1.0 cup, cubes	0.13
35144	Stew, dumpling with mutton (Navajo)	308.0	1.0 serving	1.14
35145	Stew, hominy with mutton (Navajo)	411.0	1.0 serving	1.52
35146	Stew, mutton, corn, squash (Navajo)	303.0	1.0 serving	1.12
35236	Stew, pinto bean and hominy, badufsuki (Hopi)	227.0	8.0 oz	0.09
09317	Strawberries, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup	0.48

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9319Strawbernis, Inven, unsweetend, whole12501 0 cp, haved0.019318Strawbernis, Inven, unsweetend12101 0 cp, haved0.019316Strawbernis, Inven, unsweetend12101 0 cp, haved0.0114350Strawbernis, Inven, Unsweetend12001 0 serving (2.5 havejng hyp)0.0114380Strawbernis, Inven, Unsweetend14186 0 inch hyp)0.0114381Strawbernis, Inven, Isrue and tomano14186 0 inch hyp)0.0112137SUBWAY, Buck forest ham sido while bread with lettace and tomato14186 0 inch hyp)0.0112138SUBWAY, unstall minitars alo while bread with lettace and tomato14006 0 inch hyp)0.0112141SUBWAY, unstall minitars alo while bread with lettace and tomato14006 0 inch hyp)0.0112150SUBWAY, unstal minitar solit while bread with lettace and tomato14006 0 inch hyp)0.0112161SUBWAY, stack Argen is bread with lettace and tomato20206 0 inch hyp)0.0112170SUBWAY, tunk sho while bread with lettace and tomato20206 0 inch hyp)0.0112181SUBWAY, tunk sho while bread with lettace and tomato20206 0 inch hyp)0.0112192SUBWAY, tunk sho while bread with lettace and tomato20206 0 inch hyp)0.0112193SUBWAY, tunk sho while bread with lettace and tomato20206 0 inch hyp)0.0112194SUBWAY, tunk sho while bread with lettace and tomato10001.0000.01 </th <th></th> <th></th> <th></th> <th></th> <th>Per Measure</th>					Per Measure
9818Stravberries, invocentened1210110 cup, blows04409316Stravberries, rav12201.0 cup, blaves0.40018350Stravberris, rav12321.0 servig 2.3 keptig 0.3 keptig 0.	09320	Strawberries, frozen, sweetened, sliced	255.0	1.0 cup, thawed	0.59
9916Stawkernie, raw11201.0 cup, halves0.441450Stawkernik priver beverage nice, poder28.551.0 sercing (2.4 heaping teq)0.0002114SUBWAY, BLT, sub on white bread with heace and tomato14.800.6 inch sub0.6 inch2109SUBWAY, black forest hum sub on white bread with lettuce and tomato18.600.6 inch sub0.6 inch2117SUBWAY, orear coasted chicks sub on white bread with lettuce and tomato20.900.6 0 inch sub0.6 inch2118SUBWAY, orear coasted chicks sub on white bread with lettuce and tomato20.900.6 0 inch sub0.6 inch21214SUBWAY, suck samp: checks sub on white bread with lettuce and tomato20.000.6 0 inch sub0.6 inch21215SUBWAY, suck samp: check sub on white bread with lettuce and tomato20.000.6 0 inch sub0.6 inch21216SUBWAY, suck samp: check sub on white bread with lettuce and tomato20.000.6 0 inch sub0.6 inch21217SUBWAY, suck samp: check sub on white bread with lettuce and tomato20.000.6 0 inch sub0.6 0 inch21218SUBWAY, suck sub on white bread with lettuce and tomato20.000.0 0 inch sub0.6 0 inch sub0.6 0 inch21214SUBWAY, suck sub on white bread with lettuce and tomato20.000.0 0 inch sub0.0 0 inch sub0.0 0 inch sub21214SUBWAY, suck sub on white bread with lettuce and tomato20.000.0 0 inch sub0.0 0 inch sub<	09319	Strawberries, frozen, sweetened, whole	255.0	1.0 cup, thawed	0.61
J4350Strawbery-flavor beverage mix, powder12201.0 serving (2.5 hearping top)0.00118354Strawbery-flavor beverage mix, powder18401.0 serving (2.5 hearping top)0.04018451Strawbery-flavor beverage mix, powder18406.0 inch sub0.63521204SUBWAY, heak forest ham suh on white bread with lettuce and tomato18406.0 inch sub0.63521215SUBWAY, coel cur sub on white bread with lettuce and tomato19406.0 inch sub0.63521214SUBWAY, neat berf auto on white bread with lettuce and tomato19406.0 inch sub0.63521215SUBWAY, neats berf auto on white bread with lettuce and tomato19406.0 inch sub0.63521216SUBWAY, scats heff auto on white bread with lettuce and tomato20106.0 inch sub0.63521317SUBWAY, scats heff auto white bread with lettuce and tomato20106.0 inch sub0.63521418SUBWAY, scats heff auto white bread with lettuce and tomato20106.0 inch sub0.63721519SUBWAY, suest sub on white bread with lettuce and tomato20106.0 inch sub0.63721614SUBWAY, nucles us down white bread with lettuce and tomato20106.0 inch sub0.63121714SUBWAY, nucles us down white bread with lettuce and tomato20106.0 inch sub0.63121814SUBWAY, nucles us down white bread with lettuce and tomato18406.0 inch sub0.63121814SubwAY, nucles us down white bread with lettuce and tomato18406.0 inch su	09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	0.64
1834Smalel, apple1.0 nor0.0 nor21161SUBWAY, Isl.T. sub on white bread with hacon, lettace and tomato148.06.0 inch sub0.4821209SUBWAY, loak forest ham sub on white heread with lettace and tomato194.06.0 inch sub0.50321213SUBWAY, neatball mariana sub on white heread with lettace and tomato196.06.0 inch sub0.60521214SUBWAY, neatball mariana sub on white heread with lettace and tomato196.06.0 inch sub0.60521210SUBWAY, neatball mariana sub on white heread with lettace and tomato196.06.0 inch sub0.60521210SUBWAY, neatball mariana sub on white heread with lettace and tomato196.06.0 inch sub0.60521210SUBWAY, stack & amp, checks cub on white heread with lettace and tomato207.06.0 inch sub0.60521152SUBWAY, stack & amp, checks cub on white heread with lettace and tomato207.06.0 inch sub0.60521164SUBWAY, stack & amp, checks cub on white heread with lettace and tomato207.06.0 inch sub0.60521165SUBWAY, tutary baset sub on white heread with lettace and tomato207.06.0 inch sub0.60521169SUBWAY, tutary baset sub on white heread with lettace and tomato207.06.0 inch sub0.60521169SUBWAY, tutary baset sub on white heread with lettace and tomato207.06.0 inch sub0.60521169SUBWAY, tutary baset sub on white heread with lettace and tomato207.06.0 inch sub0.60521160Suce sub on and	09316	Strawberries, raw	152.0	1.0 cup, halves	0.44
21161SUBWAY, BLT, sub on white bread with bacon, lettuce and tomato148.06.0 inch sub0.4532123SUBWAY, black forest ham sub on white bread with lettuce and tomato196.06.0 inch sub0.80321213SUBWAY, cold cut sub on white bread with lettuce and tomato196.06.0 inch sub0.80521214SUBWAY, roast bed sub on white bread with lettuce and tomato198.06.0 inch sub0.80521210SUBWAY, roast bed sub on white bread with lettuce and tomato198.06.0 inch sub0.80521212SUBWAY, roast bed sub on white bread with lettuce and tomato201.06.0 inch sub0.80521213SUBWAY, roast bed sub on white bread with lettuce and tomato201.06.0 inch sub0.80521224SUBWAY, subwey CULB sub on white bread with lettuce and tomato202.06.0 inch sub0.80721244SUBWAY, tuna who on white bread with lettuce, tomato and sweet onion sauce228.06.0 inch sub0.87221247SUBWAY, tuna who white bread with lettuce and tomato27.06.0 inch sub0.8122135Succotash, (corn and linas), frozen, cooked, boiled, drained, with salt17.01.0 cup angaked0.0011934Sugars, prova28.01.0 log angaked0.0001935Sugars, granulad28.01.0 cup angaked0.0011934Sugars, granulad28.01.0 cup angaked0.0011935Sugars, granulad28.01.0 cup angaked0.0011935Sugars, granulad0.002.50 crackers	14350	Strawberry-flavor beverage mix, powder	22.0	1.0 serving (2-3 heaping tsp)	0.00
2129SUBWAY, black forest ham sub on white bread with lettuce and tomato18406.0 inch sub0.03321213SUBWAY, cod cut sub on white bread with lettuce and tomato20906.0 inch sub1.6521211SUBWAY, rom athal marinan sub on white bread with lettuce and tomato20906.0 inch sub1.6521210SUBWAY, rom athaf chicken sub on white bread with lettuce and tomato19006.0 inch sub6.0521210SUBWAY, steak kamp; cheese sub on white bread with lettuce and tomato20106.0 inch sub6.0521220SUBWAY, steak kamp; cheese sub on white bread with lettuce and tomato20106.0 inch sub6.0521220SUBWAY, steak kamp; cheese sub on white bread with lettuce and tomato20106.0 inch sub6.0521221SUBWAY, steak kamp; cheese sub on white bread with lettuce and tomato20206.0 inch sub6.0521224SUBWAY, steak kamp; cheese sub on white bread with lettuce and tomato22006.0 inch sub6.0521244SUBWAY, steak kamp; cheese sub on white bread with lettuce and tomato22006.0 inch sub6.0521245SUBWAY, steak kamp; cheese sub on white bread with lettuce and tomato22001.0 cup6.012124SUBWAY, steak kamp; cheese sub on white bread with lettuce and tomato22001.0 cup6.012124SUBWAY, steak kamp; cheese sub on white bread with lettuce and tomato22001.0 cup6.012125Succetah, (corn and linus), frozen, cocket, builed, with salt17001.0 cup6.012136	18354	Strudel, apple	28.35	1.0 oz	0.40
21213SUBWAY, cold cut sub on white bread with lettuce and tomato19606.0 inch sub0.08021157SUBWAY, metaball mariants abt on white bread with lettuce and tomato19806.0 inch sub16.521210SUBWAY, noen roasted chicken sub on white bread with lettuce and tomato19806.0 inch sub0.05121210SUBWAY, steak kamp; cheese sub on white bread with American cheese, lettuce and tomato20106.0 inch sub0.05021159SUBWAY, steak kamp; cheese sub on white bread with American cheese, lettuce and tomato20706.0 inch sub0.05021150SUBWAY, steak kamp; cheese sub on white bread with lettuce, ontato and sweet onion sauce22806.0 inch sub0.05021140SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, ontato and sweet onion sauce22806.0 inch sub0.72021141SUBWAY, tanky breast sub on white bread with lettuce, ontato and sweet onion sauce21806.0 inch sub0.72021142SUBWAY, tanky breast sub on white bread with lettuce, ontato and sweet onion sauce17806.0 inch sub0.72021143Succotash, (corn and limas), frozen, cooked, boiled, drained, with suit17001.0 cup0.01011502Succotash, (corn and limas), frozen, cooked, with suit17001.0 cup0.00011534Sugas, pown3.01.0 sup0.00011534Sugas, pown3.01.0 sup0.00012545SUNSHINE, CHEEZ-TT, 100 Calorie RIGHT BITES, Extra Cheesy Party Mix3.01.0 sup0.00012546	21161	SUBWAY, B.L.T. sub on white bread with bacon, lettuce and tomato	148.0	6.0 inch sub	0.43
21137SUBWAY, meanball marinan sub on white bread with lettuce and tomato20096.0 inch sub1.6521211SUBWAY, oven coasted chicken sub on white bread with lettuce and tomato198.06.0 inch sub0.8521210SUBWAY, suck sub, may hube bread with lettuce and tomato190.06.0 inch sub0.8521150SUBWAY, suck skamp, cheeses bud on white bread with lettuce and tomato207.06.0 inch sub0.8521150SUBWAY, suck skamp, cheeses bud on white bread with lettuce, tomato and sweet onion sauce228.06.0 inch sub0.8721214SUBWAY, suck storion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce228.06.0 inch sub0.8721217SUBWAY, suck storion chicken teriyaki sub on white bread with lettuce and tomato207.06.0 inch sub0.8721217SUBWAY, suck storion chicken teriyaki sub on white bread with lettuce and tomato184.06.0 inch sub0.8721217SUBWAY, suck storion chicken teriyaki sub on white bread with lettuce and tomato184.06.0 inch sub0.8721217SUBWAY, suck storian dimus), frozen, cooked, boiled, drained, without sati170.01.0 cup0.011152Succash, (corn and limus), frozen, cooked, boiled, drained, without sati170.01.0 cup0.001153Sugar, srangle1.0 cup1.0 cup0.000.001154Sugar, srangle1.0 cup1.0 cup0.001254Sugar, srangle1.0 cup1.0 cup0.001254Sugar, srangle1.0 c	21209	SUBWAY, black forest ham sub on white bread with lettuce and tomato	184.0	6.0 inch sub	0.53
21211SUBWAY, oven raasted chicken sub on white bread with lettuce and tomato198.06.0 inch sub0.8321210SUBWAY, raast berf sub on white bread with lettuce and tomato190.06.0 inch sub0.5521152SUBWAY, steak & cheses sub on white bread with American cheses, lettuce and tomato207.06.0 inch sub0.8021152SUBWAY, SUBWAY CLUB sub on white bread with lettuce; and tomato207.06.0 inch sub0.8021150SUBWAY, steak & chese sub on white bread with lettuce; and tomato228.06.0 inch sub0.8721214SUBWAY, urest orion chicken terisjaki sub on white bread with lettuce; and tomato237.06.0 inch sub0.8121214SUBWAY, urest post sub on white bread with lettuce; and tomato237.06.0 inch sub0.8221207SUBWAY, urest post sub on white bread with lettuce; and tomato237.06.0 inch sub0.8221214Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt107.01.0 cup0.3111322Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt107.01.0 cup0.0011324Sugars, granulaed10.01.0 cup0.000.0011335Sugars, granulaed10.01.0 cup0.0011340Sugars, pownerd30.01.0 cup unsifted0.0012341Sugars, pownerd30.02.0 crackers0.0012352Sugars, pownerd30.01.0 cup0.0012343Sugars, pownerd30.01.0 cup <td>21213</td> <td>SUBWAY, cold cut sub on white bread with lettuce and tomato</td> <td>196.0</td> <td>6.0 inch sub</td> <td>0.80</td>	21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	196.0	6.0 inch sub	0.80
21210SUBWAY, roast beef sub on white bread with lettuce and tomato19006.0 inch sub0.5521159SUBWAY, steak & amp; cheese sub on white bread with lettuce and tomato20106.0 inch sub0.6021150SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato20206.0 inch sub0.6021140SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce and tomato23706.0 inch sub0.87221214SUBWAY, turkey breast sub on white bread with lettuce and tomato23706.0 inch sub0.72221207SUBWAY, turkey breast sub on white bread with lettuce and tomato21700.6 inch sub0.72221207SUBWAY, turkey breast sub on white bread with lettuce and tomato21800.0 inch sub0.63121207SUBWAY, turkey breast sub on white bread with lettuce and tomato21800.0 inch sub0.63121208Succatsh, (corn and limas), frozen, cooked, boiled, drained, without salt17001.0 cup0.3119330Sugars, prown3.01.0 spunpacked0.00019334Sugars, graulated3.01.0 spunpacked0.00019335Sugars, powdered3.02.5 0 crackers0.00019336Sugars, powdered3.02.5 0 crackers0.00019340Sugars, powdered3.02.5 0 crackers0.0019350Sugars, powdered3.02.5 0 crackers0.0019350Sugars, powdered3.01.0 cup0.6119340SubstNINE, CHEZ-T, Mozarella Crackers	21157	SUBWAY, meatball marinara sub on white bread (no toppings)	209.0	6.0 inch sub	1.65
SUBWAY, steak & amp; cheese sub on white bread with American cheese, lettuce and tomato20106.0 inch sub0.8021152SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato20706.0 inch sub0.6021150SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce228.06.0 inch sub0.8721214SUBWAY, tura sub on white bread with lettuce and tomato237.06.0 inch sub0.87221207SUBWAY, turkey breast sub on white bread with lettuce and tomato184.06.0 inch sub0.52211872Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt170.01.0 cup0.3111934Sugars, granulated0.001.0 cup0.3119345Sugars, granulated3.01.0 tup unpacked0.0019335Sugars, granulated3.01.0 cup unsitted0.0019336Sugars, granulated3.01.0 cup unsitted0.0019337Supster, Critez-TT, fulo C	21211	SUBWAY, oven roasted chicken sub on white bread with lettuce and tomato	198.0	6.0 inch sub	0.83
2152SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato207.06.0 inch sub0.05021150SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce228.06.0 inch sub0.8721214SUBWAY, tuna sub on white bread with lettuce and tomato237.06.0 inch sub3.7221207SUBWAY, turky breast sub on white bread with lettuce and tomato237.06.0 inch sub3.7221207SUBWAY, turky breast sub on white bread with lettuce and tomato184.06.0 inch sub0.5211872Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt170.01.0 cup0.3111933Sugars, forown3.01.0 tsp unpacked0.0019334Sugars, granulated3.01.0 tsp0.0019335Sugars, spowdered1.0 cup unsifted0.0019336Sugars, powdered1.0 Calor and limas), frozen cooked, stage Sparty Mix21.01.0 cup0.0019335Sugars, powdered1.0 Calor and limas), frozen cooked, stage Sparty Mix21.01.0 cup0.0019336Sugars, powdered1.0 Calor and limas), frozen cooked, stage Sparty Mix21.01.0 cup0.0019335Sugars, powdered1.0 Calor and limas)0.000.25.0 crackers0.0019336Sugars, powdered1.0 Calor and limas)0.002.5.0 crackers0.0019347Sweet potato leaves, cooked, stagened, withsalt64.01.0 cup0.611154Sweet potato leaves, cooke	21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	190.0	6.0 inch sub	0.55
21150SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce228.06.0 inch sub0.8721214SUBWAY, tuna sub on white bread with lettuce and tomato237.06.0 inch sub3.7221207SUBWAY, turkey breast sub on white bread with lettuce and tomato184.06.0 inch sub0.5211872Succotash, (corn and limas), frozen, cooked, boiled, drained, with sult170.01.0 cup0.3111502Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt170.01.0 cup0.3119334Sugars, granulated3.01.0 tsp unpacked0.0019335Sugars, granulated3.01.0 tsp unpacked0.0019346Sugars, maple3.01.0 tsp unpacked0.0019356Sugars, maple3.01.0 tsp0.0028240SUNSHINE, CHEEZ-IT, 100 Calorie RIGHT BITES, Extra Cheesy Party Mix21.01.0 top0.0028241SUNSHINE, CHEEZ-IT, Mozarella Crackers3.02.5.0 crackers0.0028245SUNSHINE, CHEEZ-IT, Mozarella Crackers3.02.5.0 crackers0.0011874Sweet potato leaves, cooked, stanned, with salt64.01.0 cup2.5.011874Sweet potato, canned, mashed0.55.01.0 cup2.5.211874Sweet potato, canned, mashed1.0 cup2.5.111874Sweet potato, canned, mashed1.0 cup2.5.211874Sweet potato, canned, synup pack, drained solids1.0 cup2.5.2118	21159	SUBWAY, steak & amp; cheese sub on white bread with American cheese, lettuce and tomato	201.0	6.0 inch sub	0.80
21214SUBWAY, tuna sub on white bread with lettuce and tomato237.06.0 inch sub3.7221207SUBWAY, turkey breast sub on white bread with lettuce and tomato184.06.0 inch sub0.5211872Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt170.01.0 cup0.3111502Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt170.01.0 cup0.3119334Sugars, granulated1.0 serving packet0.000.000.0019335Sugars, granulated0.001.0 serving packet0.0019336Sugars, granulated0.001.0 cup unsited0.00019336Sugars, granulated1.0 serving packet0.000.0019336Sugars, powdered1.0 cup unsited0.0000.00028240SUNSHINE, CHEEZ-IT, 100 Calorie RIGHT BITES, Extra Cheesy Party Mix21.01.0 cup unsited0.0028240SUNSHINE, CHEEZ-IT, Mozzarella Crackers30.02.5 crackers0.001154Sweet potato leaves, cooked, steamed, with salt64.01.0 cup0.611154Sweet potato, canned, mashed1.0 feld0.002.5511647Sweet potato, canned, mashed1.0 feld0.000.2511647Sweet potato, canned, mashed1.0 cup2.2511645Sweet potato, canned, symp pack, drinied solids1.0 cup2.2511645Sweet potato, canned, symp pack, drinied solids2.501.0 cup, mashed2.5511645S	21152	SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato	207.0	6.0 inch sub	0.50
21207SUBWAY, turkey breast sub on white bread with lettuce and tomato184.06.0 inch sub0.5211872Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt170.01.0 cup0.3111502Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt170.01.0 tsp unpacked0.0019334Sugars, brown3.01.0 tsp unpacked0.0019335Sugars, granulated3.01.0 tsp unpacked0.0019340Sugars, maple3.01.0 tsp unpacked0.0019336Sugars, powdered120.01.0 cup unsifted0.0028240SUNSHINE, CHEEZ-IT, Aiago Crackers3.01.0 top unsifted0.0028240SUNSHINE, CHEEZ-IT, Mozzarella Crackers3.025.0 crackers0.0018740Sweet potato leaves, cooked, stamed, with salt64.01.0 cup0.6111505Sweet potato leaves, cooked, stamed, with salt64.01.0 cup0.6111514Sweet potato, canned, mashed196.01.0 cup0.6111512Sweet potato, canned, syrup pack, drained solids196.01.0 cup, mashed2.2511645Sweet potato, canned, with salt25.01.0 cup, mashed2.5511875Sweet potato, canned, usin, flesh, with salt25.01.0 cup, mashed2.5511875Sweet potato, canned, sin, flesh, with salt25.01.0 cup, mashed2.5511875Sweet potato, canned, with salt25.01.0 cup, mashed2.5511875 </td <td>21150</td> <td>SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce</td> <td>228.0</td> <td>6.0 inch sub</td> <td>0.87</td>	21150	SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce	228.0	6.0 inch sub	0.87
11872Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt10000.0 cup0.3111502Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt10000.0 cup0.3119334Sugars, brown3.01.0 tsp unpacked0.0019335Sugars, granulated0.02.81.0 serving packet0.0019340Sugars, maple3.01.0 tsp unpacked0.0019336Sugars, powdered120.01.0 cup unsifted0.0019336SUNSHINE, CHEEZ-TI, 100 Caloric RIGHT BITES, Extra Cheesy Party Mix21.01.0 cup unsifted0.0028240SUNSHINE, CHEEZ-TI, Nago Crackers3.0025.0 crackers0.001834Sweet potato leaves, cooked, steamed, with salt64.01.0 cup0.611154Sweet potato, canned, steamed, with salt196.01.0 cup0.611154Sweet potato, canned, steamed, with salt196.01.0 cup2.5211645Sweet potato, canned, syrup pack, drained solids196.01.0 cup2.5111512Sweet potato, canned, vacuum pack255.01.0 cup, mashed2.5511875Sweet potato, con	21214	SUBWAY, tuna sub on white bread with lettuce and tomato	237.0	6.0 inch sub	3.72
11502Succtash, (corr and limas), frozen, cooked, boiled, drained, without salt170.0100.00.0 and1934Sugars, brown3.0.0.0 sp unpacked0.001935Sugars, granulated2.8.0.0 serving packed0.001934Sugars, maple3.0.0.0 serving packed0.001936Sugars, powdered10.0.0.0 cup unsifted0.0028250SUNSHINE, CHEEZ-IT, 100 Calorie RIGHT BITES, Extra Cheesy Party Mix21.0.0.0 cup.0.0 cup2824SUNSHINE, CHEEZ-IT, Asiago Crackers3.00.0.2 cup carkers.0.002824SUNSHINE, CHEEZ-IT, Mozzarella Crackers3.00.0.2 cup carkers.0.001874Sweet potato leaves, cooked, steamed, with salt64.0.0.0 cup.0.611154Sweet potato leaves, cooked, steamed, without salt.0.64.0.0 cup.2.81164Sweet potato, canned, syrup pack, drained solids.0.61.0.0 cup.2.811645Sweet potato, canned, syrup pack, solids and liquids.0.2.0.2.2.811645Sweet potato, canned, vacuum pack.0.2.0.2.2.811645Sweet potato, conked, baked in skin, flesh, with salt.0.4.0.0 cup, mashed.2.81165Sweet potato, cooked, baked in skin, flesh, with salt.0.4.0.0 cup, mashed.2.51165Sweet potato, cooked, baked in skin, flesh, with salt.0.4.0.0 cup, mashed.2.51165Sweet potato, cooked, baked in skin, flesh, with salt.0.4.0.0 cup, ma	21207	SUBWAY, turkey breast sub on white bread with lettuce and tomato	184.0	6.0 inch sub	0.52
19334Sugars, brown3.01.0 tsp unpacked0.0019335Sugars, granulated2.81.0 serving packet0.0019340Sugars, maple3.01.0 tsp0.0019363Sugars, powdered12001.0 cup unsifted0.0028250SUNSHINE, CHEEZ-IT, 100 Calorie RIGHT BITES, Extra Cheesy Party Mix21.01.0 pouch0.0028244SUNSHINE, CHEEZ-IT, Mozzarella Crackers30.025.0 crackers0.0028245SUNSHINE, CHEEZ-IT, Mozzarella Crackers30.025.0 crackers0.001874Sweet potato leaves, cooked, steamed, with salt64.01.0 cup0.6111514Sweet potato, canned, mashed64.01.0 cup2.7811647Sweet potato, canned, syrup pack, drained solids196.01.0 cup2.7811645Sweet potato, canned, syrup pack, drained solids28.01.0 cup2.1411512Sweet potato, canned, vacuum pack25.01.0 cup, mashed2.5511875Sweet potato, cooked, baked in skin, flesh, with salt114.01.0 medium (2" dia, 5" long, raw)0.81	11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	0.31
Number 19335Sugars, granulated1.0 serving and 1.0 serving and 1.0 serving and 	11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0.31
19340Sugars, maple3.01.0 try0.0019336Sugars, powdered120.01.0 cup unsifted0.0028250SUNSHINE, CHEEZ-IT, 100 Calorie RIGHT BITES, Extra Cheesy Party Mix21.01.0 cup unsifted0.0028234SUNSHINE, CHEEZ-IT, Asiago Crackers30.025.0 crackers0.0028246SUNSHINE, CHEEZ-IT, Mozzarella Crackers30.025.0 crackers0.0011874Sweet potato leaves, cooked, steamed, with salt64.01.0 cup0.6111506Sweet potato, canned, mashed64.01.0 cup0.6111514Sweet potato, canned, syrup pack, drained solids716.02.2511645Sweet potato, canned, syrup pack, drained solids196.01.0 cup2.2511645Sweet potato, canned, syrup pack, solids and liquids228.01.0 cup, mashed2.5511875Sweet potato, conked, baked in skin, flesh, with salt255.01.0 cup, mashed2.5511875Sweet potato, conked, baked in skin, flesh, with salt21.01.0 medium (2" dia, 5" long, raw0.81	19334	Sugars, brown	3.0	1.0 tsp unpacked	0.00
19336Sugars, powdered120.01.0 cup unsifted0.0028250SUNSHINE, CHEEZ-IT, 100 Calore RIGHT BITES, Extra Cheesy Party Mix21.01.0 pouch0.0028234SUNSHINE, CHEEZ-IT, Asiago Crackers30.030.025.0 crackers0.0028246SUNSHINE, CHEEZ-IT, Mozzarella Crackers30.025.0 crackers0.001874Sweet potato leaves, cooked, steamed, with salt64.01.0 cup0.6111506Sweet potato leaves, cooked, steamed, without salt64.01.0 cup0.6111514Sweet potato, canned, mashed255.01.0 cup2.7811647Sweet potato, canned, syrup pack, drained solids196.01.0 cup2.2511645Sweet potato, canned, syrup pack, solids and liquids228.01.0 cup, mashed2.1411512Sweet potato, coxked, baked in skin, flesh, with salt255.01.0 cup, mashed2.5511875Sweet potato, coxked, baked in skin, flesh, with salt314.01.0 medium(2" dia, 5" long, raw)0.81	19335	Sugars, granulated	2.8	1.0 serving packet	0.00
28250SUNSHINE, CHEEZ-IT, 100 Calorie RIGHT BITES, Extra Cheesy Party Mix21.01.0 pouch0.0028234SUNSHINE, CHEEZ-IT, Asiago Crackers30.030.025.0 crackers0.0028246SUNSHINE, CHEEZ-IT, Mozzarella Crackers30.030.025.0 crackers0.001874Sweet potato leaves, cooked, steamed, with salt64.01.0 cup0.6111506Sweet potato leaves, cooked, steamed, without salt64.01.0 cup0.6111514Sweet potato, canned, mashed64.01.0 cup2.7811647Sweet potato, canned, syrup pack, drained solids196.01.0 cup2.7511645Sweet potato, canned, syrup pack, solids and liquids25.01.0 cup, mashed2.1611512Sweet potato, canned, vacuum pack25.01.0 cup, mashed2.5511875Sweet potato, cooked, baked in skin, flesh, with salt21.01.10 medium (2" dia, 5" long, raw)0.81	19340	Sugars, maple	3.0	1.0 tsp	0.00
28234SUNSHINE, CHEEZ-IT, Asiago Crackers30.030.025.0 crackers0.0028246SUNSHINE, CHEEZ-IT, Mozzarella Crackers30.030.025.0 crackers0.0011874Sweet potato leaves, cooked, steamed, with salt64.01.0 cup0.6111506Sweet potato leaves, cooked, steamed, without salt64.01.0 cup0.6111514Sweet potato, canned, mashed64.01.0 cup2.7811647Sweet potato, canned, syrup pack, drained solids196.01.0 cup2.2511645Sweet potato, canned, syrup pack, solids and liquids228.01.0 cup, mashed2.1411512Sweet potato, canned, vacuum pack255.01.0 cup, mashed2.5511875Sweet potato, cooked, baked in skin, flesh, with salt114.01.0 medium (2" dia, 5" long, raw0.81	19336	Sugars, powdered	120.0	1.0 cup unsifted	0.00
28246SUNSHINE, CHEEZ-IT, Mozzarella Crackers30.025.0 crackers0.0011874Sweet potato leaves, cooked, steamed, with salt64.01.0 cup0.6111506Sweet potato leaves, cooked, steamed, without salt64.01.0 cup0.6111514Sweet potato, canned, mashed64.01.0 cup0.6111617Sweet potato, canned, syrup pack, drained solids196.01.0 cup2.7811645Sweet potato, canned, syrup pack, solids and liquids228.01.0 cup2.1411512Sweet potato, canned, vacuum pack255.01.0 cup, mashed2.5511875Sweet potato, cooked, baked in skin, flesh, with salt114.01.0 medium (2" dia, 5" long, raw)0.81	28250	SUNSHINE, CHEEZ-IT, 100 Calorie RIGHT BITES, Extra Cheesy Party Mix	21.0	1.0 pouch	0.00
11874Sweet potato leaves, cooked, steamed, with salt64.01.0 cup0.6111506Sweet potato leaves, cooked, steamed, without salt64.01.0 cup0.6111514Sweet potato, canned, mashed255.01.0 cup2.7811647Sweet potato, canned, syrup pack, drained solids196.01.0 cup2.2511645Sweet potato, canned, syrup pack, solids and liquids228.01.0 cup, mashed2.1411512Sweet potato, canned, vacuum pack255.01.0 cup, mashed2.5511875Sweet potato, cooked, baked in skin, flesh, with salt114.01.0 medium (2" dia, 5" long, raw)0.81	28234	SUNSHINE, CHEEZ-IT, Asiago Crackers	30.0	25.0 crackers	0.00
InterferenceInterferenceInterference11506Sweet potato leaves, cooked, steamed, without salt64.01.0 cup0.6111514Sweet potato, canned, mashed255.01.0 cup2.7811647Sweet potato, canned, syrup pack, drained solids196.01.0 cup2.2511645Sweet potato, canned, syrup pack, solids and liquids228.01.0 cup2.1411512Sweet potato, canned, vacuum pack255.01.0 cup, mashed2.5511875Sweet potato, cooked, baked in skin, flesh, with salt114.01.0 medium (2" dia, 5" long, raw)0.81	28246	SUNSHINE, CHEEZ-IT, Mozzarella Crackers	30.0	25.0 crackers	0.00
11514Sweet potato, canned, mashed255.01.0 cup2.7811647Sweet potato, canned, syrup pack, drained solids196.01.0 cup2.2511645Sweet potato, canned, syrup pack, solids and liquids228.01.0 cup2.1411512Sweet potato, canned, vacuum pack255.01.0 cup, mashed2.5511875Sweet potato, cooked, baked in skin, flesh, with salt114.01.0 medium (2" dia, 5" long, raw)0.81	11874	Sweet potato leaves, cooked, steamed, with salt	64.0	1.0 cup	0.61
11647Sweet potato, canned, syrup pack, drained solids196.01.0 cup11645Sweet potato, canned, syrup pack, solids and liquids228.01.0 cup11512Sweet potato, canned, vacuum pack255.01.0 cup, mashed11875Sweet potato, cooked, baked in skin, flesh, with salt114.01.0 medium (2" dia, 5" long, raw)	11506	Sweet potato leaves, cooked, steamed, without salt	64.0	1.0 cup	0.61
11645Sweet potato, canned, syrup pack, solids and liquids228.01.0 cup11512Sweet potato, canned, vacuum pack255.01.0 cup, mashed2.5511875Sweet potato, cooked, baked in skin, flesh, with salt114.01.0 medium (2" dia, 5" long, raw)0.81	11514	Sweet potato, canned, mashed	255.0	1.0 cup	2.78
11512Sweet potato, canned, vacuum pack255.01.0 cup, mashed2.5511875Sweet potato, cooked, baked in skin, flesh, with salt114.01.0 medium (2" dia, 5" long, raw)0.81	11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	2.25
11512Sweet potato, canned, vacuum pack255.01.0 cup, mashed2.5511875Sweet potato, cooked, baked in skin, flesh, with salt114.01.0 medium (2" dia, 5" long, raw)0.81	11645		228.0		2.14
11875Sweet potato, cooked, baked in skin, flesh, with salt114.01.0 medium (2" dia, 5" long, raw)0.81			255.0		
			114.0	-	0.81
	11508	Sweet potato, cooked, baked in skin, flesh, without salt		1.0 cup	

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NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	3.08
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	3.08
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	0.94
11517	Sweet potato, frozen, cooked, baked, without salt	176.0	1.0 cup, cubes	1.36
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	0.35
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	51.0	12.0 fries	0.76
18356	Sweet rolls, cinnamon, commercially prepared with raisins	28.35	1.0 oz	0.56
19918	Sweetener, herbal extract powder from Stevia leaf	1.0	1.0 package	0.00
19912	Sweetener, syrup, agave	6.9	1.0 tsp	0.07
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	3.5	1.0 tsp	0.00
43216	Sweeteners, tabletop, fructose, dry, powder	196.0	1.0 cup	0.00
44018	Sweeteners, tabletop, fructose, liquid	0.1	1.0 serving	0.00
43158	Sweeteners, tabletop, saccharin (sodium saccharin)	1.0	1.0 serving 1 packet	0.00
19868	Sweeteners, tabletop, sucralose, SPLENDA packets	1.0	1.0 serving 1 packet	0.00
90480	Syrup, Cane	21.0	1.0 serving	0.00
19030	Syrup, fruit flavored	20.0	1.0 serving	0.00
19924	Syrup, NESTLE, chocolate	20.0	1.0 tablespoon	0.00
19348	Syrups, chocolate, fudge-type	304.0	1.0 cup	8.00
19345	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	35.0	2.0 tbsp	0.00
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	35.0	2.0 tbsp	0.01
19349	Syrups, corn, dark	328.0	1.0 cup	0.00
19351	Syrups, corn, high-fructose	310.0	1.0 cup	0.00
19350	Syrups, corn, light	341.0	1.0 cup	0.00
42040	Syrups, grenadine	20.0	1.0 tbsp	0.00
19353	Syrups, maple	20.0	1.0 tbsp	0.00
19355	Syrups, sorghum	330.0	1.0 cup	0.00
43026	Syrups, sugar free	240.0	1.0 cup	0.00
19361	Syrups, table blends, cane and 15% maple	315.0	1.0 cup	0.00
19129	Syrups, table blends, pancake	314.0	1.0 cup	0.00
19128	Syrups, table blends, pancake, reduced-calorie	73.0	1.0 serving 1/4 cup	0.00
19360	Syrups, table blends, pancake, with 2% maple	20.0	1.0 tbsp	0.00
19113	Syrups, table blends, pancake, with butter	73.0	1.0 serving 1/4 cup	0.00
36020	T.G.I. FRIDAY'S, chicken fingers	225.0	1.0 serving	3.80
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	41.0	1.0 piece	0.76

Vitamin E

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NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	176.0	1.0 serving	1.36
36007	T.G.I. FRIDAY'S, french fries	184.0	1.0 serving	2.01
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	175.0	1.0 serving	3.66
36008	T.G.I. FRIDAY'S, fried mozzarella	35.0	1.0 piece	0.30
36009	T.G.I. FRIDAY'S, macaroni & amp; cheese, from kid's menu	144.0	1.0 cup	1.73
21264	TACO BELL, Bean Burrito	185.0	1.0 each burrito	0.92
21265	TACO BELL, BURRITO SUPREME with beef	241.0	1.0 burrito	0.67
21266	TACO BELL, BURRITO SUPREME with chicken	248.0	1.0 item	1.04
21267	TACO BELL, BURRITO SUPREME with steak	248.0	1.0 item	0.94
21268	TACO BELL, Nachos	80.0	1.0 serving	3.26
21269	TACO BELL, Nachos Supreme	222.0	1.0 serving	3.88
21260	TACO BELL, Original Taco with beef, cheese and lettuce	69.0	1.0 each taco	0.41
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	102.0	1.0 each taco	0.41
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	98.0	1.0 each taco	0.34
21263	TACO BELL, Soft Taco with steak	127.0	1.0 item	0.55
21270	TACO BELL, Taco Salad	533.0	1.0 item	2.88
18360	Taco shells, baked	12.9	1.0 shell	0.09
35147	Tamales (Navajo)	186.0	1.0 piece	0.00
35237	Tamales, masa and pork filling (Hopi)	113.0	4.0 oz	1.25
09437	Tamarind nectar, canned	251.0	1.0 cup	0.30
09322	Tamarinds, raw	120.0	1.0 cup, pulp	0.12
09223	Tangerine juice, canned, sweetened	249.0	1.0 cup	0.37
09221	Tangerine juice, raw	247.0	1.0 cup	0.32
09219	Tangerines, (mandarin oranges), canned, juice pack	249.0	1.0 cup	0.25
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	189.0	1.0 cup	0.28
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252.0	1.0 cup	0.25
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	0.39
20068	Tapioca, pearl, dry	152.0	1.0 cup	0.00
32007	Taquitos, frozen, beef and cheese, oven-heated	42.0	1.0 piece	0.52
32006	Taquitos, frozen, chicken and cheese, oven-heated	42.0	1.0 piece	0.47
11520	Taro leaves, raw	28.0	1.0 cup	0.57
11878	Taro, cooked, with salt	132.0	1.0 cup slices	3.87
11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	3.87
11518	Taro, raw	104.0	1.0 cup, sliced	2.48

Vitamin E

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NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
20142	Teff, uncooked	193.0	1.0 cup	0.15
07078	Thuringer, cervelat, summer sausage, beef, pork	56.0	2.0 oz 1 serving	0.12
18361	Toaster pastries, brown-sugar-cinnamon	28.35	1.0 oz	0.38
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	28.35	1.0 oz	0.26
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	53.0	1.0 piece	0.39
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	51.0	1.0 pastry	0.46
18479	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted brown sugar cinnamon	50.0	1.0 pastry	0.00
18489	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted strawberry	52.0	1.0 pastry	0.00
03968	Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed	29.2	1.0 fl oz	0.25
03967	Toddler formula, MEAD JOHNSON, ENFAGROW, PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), powder	8.8	1.0 scoop	0.40
43476	Tofu yogurt	262.0	1.0 cup	0.81
16159	Tofu, extra firm, prepared with nigari	91.0	0.2 block	0.01
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	126.0	0.5 cup	0.01
16129	Tofu, fried	28.35	1.0 oz	0.01
16427	Tofu, raw, regular, prepared with calcium sulfate	124.0	0.5 cup	0.01
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120.0	1.0 piece (2-1/2" x 2-3/4" x 1")	0.01
11954	Tomatillos, raw	34.0	1.0 medium	0.13
43365	Tomato and vegetable juice, low sodium	242.0	1.0 cup	0.77
11540	Tomato juice, canned, with salt added	243.0	1.0 cup	0.78
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	0.78
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	2.84
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	4.92
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	4.92
11549	Tomato products, canned, sauce	245.0	1.0 cup	3.53
11551	Tomato products, canned, sauce, with mushrooms	245.0	1.0 cup	4.70
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	2.95
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	3.53
11693	Tomatoes, crushed, canned	121.0	0.5 cup	1.51
11527	Tomatoes, green, raw	180.0	1.0 cup	0.68
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	1.42
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	1.42
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	2.12
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	1.34

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1934Topping, hoterscotch or caramel41.02.0 top00001935Topping, nachmalkow scam23.51.0 cg0.0001936Topping, nachmalkow scam34.01.0 cgp0.0351936Topping, nachpalp34.00.0 top0.0131937Topping, straubary44.00.0 top0.0131933Totilla, inputs with check lilling, fresh-refrigerated, as parchased28.51.0 cg0.0212008Torilla chur, so with faked without fat28.551.0 cg0.0212038Torilla, hur, so spin and from routos sudvich (Nargio)19700.10 serving0.0312039Torilla, hur, so spin and from routos sudvich (Nargio)19700.0 serving0.0311834Torilla, ready-to-bake or -fry, corn28.351.0 oz0.0081835Torilla, ready-to-bake or -fry, corn28.351.0 oz0.0081836Torilla, ready-to-bake or -fry, whole what44.01.0 torilla0.0011836Torilla, ready-to-bake or -fry, whole what44.01.0 torilla0.0101836Torilla, ready-to-bake or -fry, whole what44.01.0 torilla0.0112030Trakes kond, nerving-aria1.0001.0 curp, condot0.0112031Turkey hacon, nicrowaved44.01.0 torilla0.0112032Torilla, ready-bake or -fry, whole what1.0001.0 curp, condot0.0112033Turkey hacon, nicrowaved1.0001.0 curp, condot0.0112034 <td>11529</td> <td>Tomatoes, red, ripe, raw, year round average</td> <td>149.0</td> <td>1.0 cup cherry tomatoes</td> <td>0.80</td>	11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	0.80
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1936Toppings, nuck in syrup328.01.0 cup0.031936Toppings, inscappic0.000.0 cup0.031937Toppings, strawberry42.00.2.0 thttp0.041933Tortilini, just with chesse filling, fresh-refrigerated, as purchased81.00.075 cup0.0131943.3Tortilini, just with chesse filling, fresh-refrigerated, as purchased82.31.0.070.0222502.8Tortilin, bits, low far, backet withour far28.351.0.070.0413514.3Tortilia, includes plain and from mution standsch (Navajo)0.9701.0.9 eus0.0103514.3Tortilia, ready-to-bake or -fry, cup48.01.0.0 cull0.0011836.4Tortilia, ready-to-bake or -fry, cup, refrigerated44.01.0.0 cull0.021837.5Tortilia, ready-to-bake or -fry, bulo wheat41.01.0.0 cull0.0122825.5Tortilia, ready-to-bake or -fry, bulo wheat10.001.0 cup0.0122825.6Tortilia, ready-to-bake or -fry, bulo wheat10.001.0 cup0.0122825.7Tortilia, ready-to-bake or -fry, bulo wheat10.001.0 cup0.0122825.7Tortilia, ready-to-bake or -fry, bulo wheat10.001.0 cup0.0122825.7Tortilia, fort, whole spain1.001.0 cup0.0122825.7Tortilia, ready-to-bake or -fry, bulo wheat1.00.0120.0122825.7Tortilia, ready-to-bake or -fry, bulo wheat1.00.0120.0122825.7Tort	19364	Toppings, butterscotch or caramel	41.0	2.0 tbsp	0.02
1936Toppings, ineargle34.01.0 cm0.0319137Toppings, strawberry42.042.00.01319137Toppings, strawberry42.00.0150.01519133Torilla chass, intobese filling, frash-erfrigerated, as purchased82.00.0130.02219284Torilla chass, low fat, bade withou fat28.31.0 oz0.02325028Torilla, bite, schow, pain, atled28.31.0 oz0.0311933Torilla, includes plain and from mutico assolvich (Navajo)97.01.0 serving0.0371834Torilla, ready-to-bake or -fry, oron28.31.0 oz0.0081834Torilla, ready-to-bake or -fry, othor, schif stable48.01.0 torilla0.0001834Torilla, ready-to-bake or -fry, under wheta48.01.0 torilla0.0011835Torilla, ready-to-bake or -fry, under wheta48.01.0 torilla0.0101836Torilla, ready-to-bake or -fry, under wheta49.01.0 torilla0.0171837Torilla, ready-to-bake or -fry, under wheta49.01.0 torilla0.0171837Torilla, ready-to-bake or -fry, under wheta41.01.0 torilla0.0171837Torilla, ready-to-bake or -fry, whole wheta41.01.0 torilla0.0171937Turkey and pork satagge, fresh, bulk, patty or link, cooked1.0 torilla0.0100.0101937Turkey and pork satagge, fresh, bulk, patty or link, cooked85.01.0 strilla0.0101937Turkey th	19365	Toppings, marshmallow cream	28.35	1.0 oz	0.00
19137Toppings, strawberry42.02.0 dbg0.042201Tortellin, pasta with cheese filling, fresh-refrigerated, as purchased81.00.075 cup0.1319433Tortilla chips, low fat, baded without fat28.351.0 oz0.2819434Tortilla, chips, low fat, baded without fat28.351.0 oz0.8419529Tortilla, chips, splon, salted28.351.0 oz0.8419529Tortilla, chips, elow, pain, salted28.351.0 oz0.0119433Tortilla, ready-do-bake or -fry, com28.351.0 oz0.0119434Tortilla, ready-do-bake or -fry, com28.351.0 oz0.0119504Tortilla, ready-do-bake or -fry, flour, shelf stable49.01.0 tortilla0.0119870Tortilla, ready-do-bake or -fry, flour, shelf stable49.01.0 tortilla0.0219870Tortilla, ready-to-bake or -fry, flour, shelf stable49.01.0 tortilla0.0220070Triticale flour, whole-grain13001.0 cup0.010.0220173Turkey hacon, microwaved81.01.0 etrilla0.010.020.0220184Turkey hacon, microwaved85.01.0 serving0.000.020.0220185Turkey fram whole, light meat, meat ond skin, with added solution, coxed, roasted85.01.0 serving0.0220184Turkey fram whole, light meat, meat adskin, with added solution, coxed, roasted85.01.0 serving0.0220185Turkey fram whole, light meat,	19367	Toppings, nuts in syrup	328.0	1.0 cup	0.75
2201Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased81.00.75 c.p.0.1319433Tortilla chigs, low far, baked without far28.351.0 oz0.2225028Tortilla, briegn, saktawikawik (Apri)28.351.0 oz0.8425291Tortilla, hiecdn, saktawikawik (Apri)67.01.0 serving0.033513Tortilla, nedu-saktawikawik (Apri)1.0 serving0.030.033513Tortilla, nedu-saktawikawik (Apri)28.351.0 oz0.033514Tortilla, nedu-saktawik (Apri)48.01.0 outilla0.003513Tortilla, nedu-saktawik (Apri)48.01.0 outilla0.02353Tortilla, nedu-saktawik (Apri), four, sheff satable49.01.0 outilla0.02353Tortilla, nedu-saktawik (Apri), four, sheff satable49.01.0 tortilla0.02354Tortilla, ready-to-bake or -fyr, our, sheff satable41.01.0 tortilla0.022050Tirtika (Park on Aprice satassa, fresh, bulk, party or link, cooked130.01.0 cup, cooked0.012070Tirtakey and pork saussag, fresh, bulk, party or link, cooked130.01.0 cup, cooked0.012073Tarkey baco, unprepared28.01.0 serving0.020714Tarkey baca, unskin, waith, preparkaged of cli, luncheon meat28.01.0 serving0.020716Tarkey from whole, fight mear, meat and skin, cooked, roasted85.01.0 serving0.0105181Tarkey from whole, fight mear, meat and skin,	19366	Toppings, pineapple		1.0 cup	0.03
19433Torilla chips, low fat, back withou fat20.0	19137	Toppings, strawberry	42.0	2.0 tbsp	0.04
2528Torilla chips, yellow, plain, saled28.5510 oz0.843529Forilla, blue corn, Sakwavikaviki (Topi)57.01.0 peice0.0135143Torilla, includes plain and from muton sankvich (Navajo)197.01.0 servita0.0318363Torillas, ready-to-bake or -fry, four, refrigerated48.01.0 torilla0.00818700Torillas, ready-to-bake or -fry, four, refrigerated48.01.0 torilla0.01228255Torillas, ready-to-bake or -fry, hole wheat41.01.0 torilla0.0228260Torillas, ready-to-bake or -fry, whole wheat10.00.0 corp0.0 corp28270Torillas, ready-to-bake or -fry, hole wheat0.00.0 corp0.0 corp28281Torillas, ready-to-bake or -fry, whole wheat10.00.0 corp0.0 corp28292Torillas, ready-to-bake or -fry, whole wheat10.00.0 corp0.0 corp28293Torillas, ready-to-bake or -fry, whole wheat10.00.0 corp0.0 corp28294Torillas, ready-to-bake or -fry, whole wheat10.00.0 corp0.0 corp28295Torillas, ready-to-bake or -fry, whole wheat10.00.0 corp0.0 corp28295Torillas, ready-to-bake or -fry, whole wheat10.00.0 corp0.0 corp29204Turkey and pork sausage, fresh, bulk, patty or bulk, pocked, and the core8.11.0 solite0.0 corp29215Turkey form whole, light meat, meat and skin, corbed, reasted85.01.0 sorite0.0 corp29316T	22901	Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased	81.0	0.75 cup	0.13
35239Tortilla, lube com, Sakwavikaviki (Hopi)57.01.0 peice0.0135143Tortilla, includes plain and from mutton sandwich (Navajo)197.0197.01.0 serving0.0318864Tortilla, ready-to-bake or -fry, com28.551.0 ozi0.00818370Tortillas, ready-to-bake or -fry, flour, refrigerated44.01.0 tortilla0.0018970Tortillas, ready-to-bake or -fry, whole wheat41.01.0 tortilla leaving0.0320069Triticale1.0 cortilla, ready-to-bake or -fry, whole wheat1.0 tortilla leaving0.0320070Triticale flour, whole-grain1.3001.0 cortilla, ready-to-bake or -fry, whole wheat1.0 tortilla0.0120171Triticay and pork sausage, fresh, bulk, patty or link, cooked1.3001.0 corticle0.01020173Triticay and pork sausage, fresh, bulk, patty or link, cooked1.1 do tortic0.01020174Turkey broan, microwaved8.11.0 bite0.01020175Turkey broan, incrowaved1.1 do tortic0.00120180Turkey from whole, dark meat, meat and skin, cooked, roasted8.501.0 serving0.00220181Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted85.01.0 serving0.00220182Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted85.01.0 serving0.00220182Turkey from whole, light meat, meat and skin, with added solution, roasted85.01.0 serving0.00220184<	19433	Tortilla chips, low fat, baked without fat	28.35	1.0 oz	0.22
31343Tortilla, includes plain and from mutton sandwich (Navajo)197019701.0 serving0.0318363Tortillas, ready-to-bake or fry, com0.080.080.00818364Tortillas, ready-to-bake or fry, four, refrigerated48.00.10 tortilla0.00018970Tortillas, ready-to-bake or fry, four, shelf stable49.01.0 tortilla0.03720059Tortilas, ready-to-bake or fry, whole wheat41.00.10 tortilla0.3720059Triticale flour, whole-grain130.01.0 cortilla0.1720170Triticale flour, whole-grain130.01.0 cortilla0.0120173Turkey pacon, microwared8.11.0 storing0.00120174Turkey bacon, unprepared8.11.0 storing0.001201754Turkey breast, liced, prepackaged or deli, luncheon meat28.01.0 storing0.00120186Turkey from whole, light meat, meat and skin, cooked, roasted85.01.0 storing0.00220170Turkey from whole, light meat, meat and skin, nav85.03.0 oz0.00620180Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted85.03.0 oz0.00620192Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted85.03.0 oz0.00620192Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted85.03.0 oz0.00620193Turkey from whole, light meat, meat and skin, with added solution, raw81.0 <td>25028</td> <td>Tortilla chips, yellow, plain, salted</td> <td>28.35</td> <td>1.0 oz</td> <td>0.84</td>	25028	Tortilla chips, yellow, plain, salted	28.35	1.0 oz	0.84
18363 Tortillas, ready-to-bake or -fry, com 28.35 10 or	35239	Tortilla, blue corn, Sakwavikaviki (Hopi)	57.0	1.0 piece	0.10
18364Tortillas, ready-to-bake or -fry, flour, refrigerated48.01.0 tortillal0.0018970Tortillas, ready-to-bake or -fry, flour, shelf stable49.01.0 tortillal serving0.3728255Tortillas, ready-to-bake or -fry, whole wheat41.01.0 tortillal 1 serving0.3720060Triticale10001.0 tortillal 1 serving0.3720070Triticale flour, whole-grain130.01.0 corp, cooked0.1520731Turkey adork susage, fresh, bulk, patry or link, cooked130.01.0 corp, cooked0.0107933Turkey bacon, microwaved8.11.0 slice0.0007046Turkey braact, low salt, prepackaged or deli, luncheon meat28.01.0 slice0.0007045Turkey braast, sliced, prepackaged or deli, luncheon meat28.01.0 slice0.0007084Turkey braast, sliced, prepackaged or deli, luncheon meat85.01.0 serving0.0007185Turkey from whole, light meat, meat and skin, cooked, roasted85.01.0 serving0.0005187Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted85.03.0 oz0.0005070Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted85.03.0 oz0.0005070Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted85.03.0 oz0.0005070Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted85.03.0 oz0.0005070	35143	Tortilla, includes plain and from mutton sandwich (Navajo)	197.0	1.0 serving	0.37
Iso70Torillas, ready-to-bake or -fry, flour, shelf stable49.0 $1.0 tortillal6.4228295Tortillas, ready-to-bake or -fry, whole wheat41.01.0 tortillal 1 serving0.37200690Triticale192.01.0 cup1.73200700Triticale flour, whole-grain130.01.0 cup, cooled0.5120173Turkey and pork sauseg, fresh, bulk, patty or link, cooked130.01.0 cup, cooled0.5120174Turkey and pork sauseg, fresh, bulk, patty or link, cooked8.11.0 slice0.0120175Turkey bacon, microwaved8.11.0 slice0.0120176Turkey bacon, unprepared28.01.0 slice0.0220176Turkey bacon, unprepared28.01.0 slice0.0220181Turkey breast, sliced, prepackaged or deli, luncheon meat28.01.0 slice0.0220181Turkey from whole, light meat, meat and skin, cooked, roasted85.01.0 slice0.0220182Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted85.01.0 serving0.0620181Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted85.03.0 oz0.0620507Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted85.03.0 oz0.0620507Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted85.03.0 oz0.0620507Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted$	18363	Tortillas, ready-to-bake or -fry, corn	28.35	1.0 oz	0.08
28295Tortillas, ready-to-bake or -fry, whole what41.01.0 tortillal serving0.3720069Triticale1001.0 cup1.7320070Triticale flour, whole-grain13001.0 cup, cooked0.5142173Turkey and pork sausage, fresh, bulk, patty or link, cooked13001.0 cup, cooked0.5107973Turkey bacon, microwaved8.11.0 slice0.0107254Turkey bacon, unprepared14.01.0 serving0.0207046Turkey breast, low salt, prepackaged or deli, luncheon meat28.01.0 slice0.0207081Turkey from whole, dark meat, meat and sin, cooked, roasted85.01.0 serving0.0205187Turkey from whole, light meat, meat and skin, cooked, roasted85.01.0 serving0.0605180Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted85.03.0 oz0.0605703Turkey from whole, light meat, meat and skin, with added solution, raw114.04.0 oz0.0505667Turkey from whole, light meat, meat only, with added solution, raw114.04.0 oz0.0505678Turkey from whole, light meat, meat only, with added solution, raw114.04.0 oz0.0505666Turkey from whole, light meat, meat only, with added solution, raw114.04.0 oz0.0505765Turkey from whole, light meat, meat only, with added solution, raw114.04.0 oz0.0505666Turkey from whole, light meat, meat only, with added solution, raw114.0	18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	48.0	1.0 tortilla	0.00
20069Triticale192.01.0 cup1.7320070Triticale flour, whole-grain130.01.0 cup, cooked1.1742173Turkey and pork sausage, fresh, bulk, patty or link, cooked130.01.0 cup, cooked0.5142173Turkey bacon, microwaved130.01.0 cup, cooked0.0107254Turkey bacon, unprepared8.11.0 slice0.0107254Turkey breast, low salt, prepackaged or deli, luncheon meat28.01.0 slice0.0307081Turkey breast, sliced, prepackaged615.01.0 slice0.0205187Turkey from whole, light meat, meat and skin, cooked, roasted85.01.0 serving0.1005182Turkey from whole, light meat, meat and skin, roaw85.03.0 oz0.0605703Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted85.03.0 oz0.0605704Turkey from whole, light meat, meat and skin, with added solution, raw114.04.0 oz0.0805697Turkey from whole, light meat, meat and skin, with added solution, raw114.04.0 oz0.0505696Turkey from whole, light meat, meat and skin, with added solution, raw114.04.0 oz0.0705180Turkey from whole, light meat, meat only, with added solution, raw114.04.0 oz0.0705180Turkey from whole, light meat, meat only, with added solution, raw114.04.0 oz0.0705180Turkey from whole, light meat, meat only, with added solution, raw185.01.0 servi	18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	0.42
20070Triticale flour, whole-grain130.01.0 cup, cooked1.1742173Turkey and pork sausage, fresh, bulk, patty or link, cooked130.01.0 cup, cooked0.5107973Turkey bacon, microwaved8.11.0 slice0.0107254Turkey bacon, unprepared14.01.0 serving0.0207046Turkey breast, low salt, prepackaged or deli, luncheon meat28.01.0 slice0.0307081Turkey from whole, dark meat, meat only, raw85.01.0 serving0.0105182Turkey from whole, light meat, meat and skin, cooked, roasted85.01.0 serving0.0605703Turkey from whole, light meat, meat and skin, raw85.03.0 oz0.0605704Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted85.03.0 oz0.0605705Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted85.03.0 oz0.0605704Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted85.03.0 oz0.0605704Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted85.03.0 oz0.0605696Turkey from whole, light meat, meat only, with added solution, cooked, roasted85.03.0 oz0.0705180Turkey from whole, light meat, raw114.04.0 oz0.0705181Turkey from whole, light meat, meat only, with added solution, raw114.04.0 oz0.0705182Turkey from whole, light	28295	Tortillas, ready-to-bake or -fry, whole wheat	41.0	1.0 tortilla 1 serving	0.37
42173Turkey and pork sausge, fresh, bulk, patty or link, cooked130010 cup, cooked0.5107973Turkey bacon, microwaved8.11.0 slice0.0107254Turkey bacon, unprepared14.01.0 serving0.0207046Turkey breast, low salt, prepackaged or deli, luncheon meat28.01.0 slice0.0307081Turkey breast, sliced, prepackaged or deli, luncheon meat28.01.0 slice0.0205187Turkey from whole, dark meat, meat only, raw85.01.0 serving0.0105182Turkey from whole, light meat, meat and skin, cooked, roasted85.01.0 serving0.0605703Turkey from whole, light meat, meat and skin, raw85.03.0 oz0.0605704Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted85.03.0 oz0.0605705Turkey from whole, light meat, meat and skin, with added solution, raw114.04.0 oz0.0505696Turkey from whole, light meat, meat and skin, with added solution, raw114.04.0 oz0.0705185Turkey from whole, light meat, meat only, with added solution, raw114.04.0 oz0.0705185Turkey from whole, light meat, meat only, with added solution, raw114.04.0 oz0.0705185Turkey from whole, light meat, meat only, with added solution, raw114.04.0 oz0.0705185Turkey from whole, neat, meat only, cooked, simmered85.01.0 serving0.0505180Turkey from whole, neat, meat on	20069	Triticale	192.0	1.0 cup	1.73
Turkey bacon, microwaved8.11.0 slice0.0107973Turkey bacon, unprepared14.01.0 serving0.0207046Turkey breast, low salt, prepackaged or deli, luncheon meat28.01.0 slice0.0307081Turkey breast, low salt, prepackaged1.0 slice0.0307084Turkey breast, sliced, prepackaged1.0 slice0.0205187Turkey from whole, dark meat, meat only, raw85.01.0 serving0.1005182Turkey from whole, light meat, meat and skin, cooked, roasted85.01.0 serving0.0605181Turkey from whole, light meat, meat and skin, raw85.03.0 oz0.0605702Turkey from whole, light meat, meat and skin, cooked, roasted85.03.0 oz0.0605703Turkey from whole, light meat, meat and skin, cooked, roasted85.03.0 oz0.0805704Turkey from whole, light meat, meat and skin, raw114.04.0 oz0.0805705Turkey from whole, light meat, meat only, with added solution, cooked, roasted85.03.0 oz0.0505704Turkey from whole, light meat, meat only, with added solution, cooked, roasted85.03.0 oz0.0505805Turkey from whole, light meat, meat only, with added solution, caw114.04.0 oz0.0505806Turkey from whole, light meat, meat only, with added solution, raw114.04.0 oz0.0705180Turkey from whole, light meat, neat only, with added solution, raw114.04.0 oz0.0705180Tu	20070	Triticale flour, whole-grain	130.0	1.0 cup	1.17
17254Turkey bacon, unprepared14.01.0 serving0.0207046Turkey breast, low salt, prepackaged or deli, luncheon meat28.01.0 slice0.0307081Turkey breast, sliced, prepackaged1.0 slice0.0307081Turkey breast, sliced, prepackaged85.01.0 serving0.1005187Turkey from whole, dark meat, meat only, raw85.01.0 serving0.1005182Turkey from whole, light meat, meat and skin, cooked, roasted85.01.0 serving0.0605181Turkey from whole, light meat, meat and skin, raw85.03.0 oz0.0605703Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted85.03.0 oz0.0605704Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted85.03.0 oz0.0805705Turkey from whole, light meat, meat and skin, with added solution, raw114.04.0 oz0.0805697Turkey from whole, light meat, meat only, with added solution, raw114.04.0 oz0.0705185Turkey from whole, light meat, raw85.01.0 serving0.0805180Turkey from whole, light meat, meat only, cooked, simmered85.01.0 serving0.0505180Turkey from whole, light meat, meat only, cooked, simmered85.01.0 serving0.0505180Turkey from whole, light meat, meat only, cooked, simmered85.01.0 serving0.0505180Turkey from whole, light meat, meat only, cooked, simmered85.0 </td <td>42173</td> <td>Turkey and pork sausage, fresh, bulk, patty or link, cooked</td> <td>130.0</td> <td>1.0 cup, cooked</td> <td>0.51</td>	42173	Turkey and pork sausage, fresh, bulk, patty or link, cooked	130.0	1.0 cup, cooked	0.51
07046Turkey breast, low salt, prepackaged or deli, luncheon meat28.01.0 slice0.0307081Turkey breast, sliced, prepackaged15.01.0 slice0.0205187Turkey from whole, dark meat, meat only, raw85.01.0 serving0.1005182Turkey from whole, light meat, meat and skin, cooked, roasted85.01.0 serving0.0605181Turkey from whole, light meat, meat and skin, raw85.01.0 serving0.0605703Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted85.03.0 oz0.0605704Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted85.03.0 oz0.0605705Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted85.03.0 oz0.0805697Turkey from whole, light meat, meat only, with added solution, cooked, roasted85.03.0 oz0.0505696Turkey from whole, light meat, meat only, with added solution, raw114.04.0 oz0.0705185Turkey from whole, light meat, meat only, with added solution, raw114.04.0 oz0.0705185Turkey from whole, light meat, neat only, with added solution, raw85.01.0 serving0.0505185Turkey from whole, light meat, neat only, with added solution, raw85.01.0 serving0.0505180Turkey from whole, neck, meat only, cooked, simmered85.01.0 serving0.54	07973	Turkey bacon, microwaved	8.1	1.0 slice	0.01
07081Turkey breast, sliced, prepackaged0.00.0 slice0.0205187Turkey from whole, dark meat, meat only, raw85.01.0 serving0.1005182Turkey from whole, light meat, meat and skin, cooked, roasted85.01.0 serving0.0605181Turkey from whole, light meat, meat and skin, raw85.03.0 oz0.0605703Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted85.03.0 oz0.0605702Turkey from whole, light meat, meat and skin, with added solution, raw114.04.0 oz0.0805697Turkey from whole, light meat, meat only, with added solution, cooked, roasted85.03.0 oz0.0505696Turkey from whole, light meat, meat only, with added solution, raw114.04.0 oz0.0505185Turkey from whole, light meat, raw85.01.0 serving0.0505186Turkey from whole, light meat, meat only, with added solution, raw114.04.0 oz0.0705185Turkey from whole, light meat, meat only, with added solution, raw114.04.0 oz0.0505185Turkey from whole, light meat, meat only, with added solution, raw85.01.0 serving0.0505185Turkey from whole, light meat, meat only, cooked, simmered85.01.0 serving0.5505180Turkey from whole, neck, meat only, cooked, simmered85.01.0 serving0.54	07254	Turkey bacon, unprepared	14.0	1.0 serving	0.02
05187Turkey from whole, dark meat, meat only, raw85.01.0 serving0.1005182Turkey from whole, light meat, meat and skin, cooked, roasted85.01.0 serving0.0605181Turkey from whole, light meat, meat and skin, raw85.03.0 oz0.0605703Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted85.03.0 oz0.0605702Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted85.03.0 oz0.0605703Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted85.03.0 oz0.0605697Turkey from whole, light meat, meat only, with added solution, cooked, roasted85.03.0 oz0.0505696Turkey from whole, light meat, meat only, with added solution, raw114.04.0 oz0.0705185Turkey from whole, light meat, raw85.01.0 serving0.0505180Turkey from whole, neck, meat only, cooked, simmered85.01.0 serving0.55	07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	28.0	1.0 slice	0.03
D5182Turkey from whole, light meat, meat and skin, cooked, roasted85.01.0 serving0.06D5181Turkey from whole, light meat, meat and skin, raw85.03.0 oz0.06D5703Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted85.03.0 oz0.06D5702Turkey from whole, light meat, meat and skin, with added solution, raw114.04.0 oz0.08D5697Turkey from whole, light meat, meat only, with added solution, cooked, roasted85.03.0 oz0.05D5696Turkey from whole, light meat, meat only, with added solution, raw114.04.0 oz0.07D5185Turkey from whole, light meat, raw85.01.0 serving0.05D5180Turkey from whole, neck, meat only, cooked, simmered85.01.0 serving0.54	07081	Turkey breast, sliced, prepackaged	15.0	1.0 slice	0.02
D5181Turkey from whole, light meat, meat and skin, raw85.03.0 oz0.0605703Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted85.03.0 oz0.0605702Turkey from whole, light meat, meat and skin, with added solution, raw114.04.0 oz0.0805697Turkey from whole, light meat, meat only, with added solution, cooked, roasted85.03.0 oz0.0805696Turkey from whole, light meat, meat only, with added solution, raw114.04.0 oz0.0705185Turkey from whole, light meat, raw85.01.0 serving0.0505180Turkey from whole, neck, meat only, cooked, simmered85.01.0 serving0.54	05187	Turkey from whole, dark meat, meat only, raw	85.0	1.0 serving	0.10
05703Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted85.03.0 oz0.0605702Turkey from whole, light meat, meat and skin, with added solution, raw114.04.0 oz0.0805697Turkey from whole, light meat, meat only, with added solution, cooked, roasted85.03.0 oz0.0505696Turkey from whole, light meat, meat only, with added solution, raw114.04.0 oz0.0705185Turkey from whole, light meat, meat only, with added solution, raw114.04.0 oz0.0705185Turkey from whole, light meat, raw85.01.0 serving0.0505180Turkey from whole, neck, meat only, cooked, simmered85.01.0 serving0.54	05182	Turkey from whole, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	0.06
05702Turkey from whole, light meat, meat and skin, with added solution, raw114.04.0 oz0.0805697Turkey from whole, light meat, meat only, with added solution, cooked, roasted85.03.0 oz0.0505696Turkey from whole, light meat, meat only, with added solution, raw114.04.0 oz0.0705185Turkey from whole, light meat, raw85.01.0 serving0.0505180Turkey from whole, neck, meat only, cooked, simmered85.01.0 serving0.54	05181	Turkey from whole, light meat, meat and skin, raw	85.0	3.0 oz	0.06
05697Turkey from whole, light meat, meat only, with added solution, cooked, roasted85.03.0 oz0.0505696Turkey from whole, light meat, meat only, with added solution, raw114.04.0 oz0.0705185Turkey from whole, light meat, raw85.01.0 serving0.0505180Turkey from whole, neck, meat only, cooked, simmered85.01.0 serving0.54	05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	0.06
05696Turkey from whole, light meat, meat only, with added solution, raw114.04.0 oz0.0705185Turkey from whole, light meat, raw85.01.0 serving0.0505180Turkey from whole, neck, meat only, cooked, simmered85.01.0 serving0.54	05702	Turkey from whole, light meat, meat and skin, with added solution, raw	114.0	4.0 oz	0.08
05185Turkey from whole, light meat, raw85.01.0 serving0.0505180Turkey from whole, neck, meat only, cooked, simmered85.01.0 serving0.54	05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.05
05180Turkey from whole, neck, meat only, cooked, simmered85.01.0 serving0.54	05696	Turkey from whole, light meat, meat only, with added solution, raw	114.0	4.0 oz	0.07
	05185	Turkey from whole, light meat, raw	85.0	1.0 serving	0.05
05179 Turkey from whole, neck, meat only, raw 28.35 1.0 oz 0.03	05180	Turkey from whole, neck, meat only, cooked, simmered	85.0	1.0 serving	0.54
	05179	Turkey from whole, neck, meat only, raw	28.35	1.0 oz	0.03

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NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
42128	Turkey ham, sliced, extra lean, prepackaged or deli-sliced	138.0	1.0 cup pieces	0.54
07958	Turkey sausage, fresh, cooked	57.0	1.0 serving	0.10
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	0.07
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	128.0	1.0 cup	0.00
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.83
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.44
05186	Turkey, all classes, light meat, cooked, roasted	85.0	1.0 serving	0.05
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.04
05215	Turkey, back from whole bird, meat only, raw	114.0	4.0 oz	0.14
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	114.0	4.0 oz	0.13
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	85.0	3.0 oz	0.08
05216	Turkey, back, from whole bird, meat only, roasted	85.0	3.0 oz	0.06
05719	Turkey, back, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.14
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.05
05219	Turkey, breast, from whole bird, meat only, raw	114.0	4.0 oz	0.07
05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	0.05
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.07
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.05
05284	Turkey, canned, meat only, with broth	135.0	1.0 cup, drained	0.36
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	0.07
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	0.07
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	114.0	4.0 oz	0.13
05694	Turkey, dark meat from whole, meat only, with added solution, raw	114.0	4.0 oz	0.14
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	0.03
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.06
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	0.05
05739	Turkey, drumstick, from whole bird, meat only, roasted	85.0	3.0 oz	0.05
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.14
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.06
43367	Turkey, drumstick, smoked, cooked, with skin, bone removed	21.0	1.0 oz with bone, cooked (yield after bone removed)	0.13
05188	Turkey, from whole, dark meat, cooked, roasted	85.0	1.0 serving	0.06
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	85.0	3.0 oz	0.30
05174	Turkey, gizzard, all classes, cooked, simmered	45.0	1.0 gizzard cooked	0.05

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NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
05173	Turkey, gizzard, all classes, raw	63.0	1.0 raw gizzard	0.14
05176	Turkey, heart, all classes, cooked, simmered	20.0	1.0 heart	0.03
05175	Turkey, heart, all classes, raw	24.0	1.0 piece	0.07
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")	0.09
43390	Turkey, light or dark meat, smoked, cooked, with skin, bone removed	85.0	3.0 oz, boneless	0.29
05178	Turkey, liver, all classes, cooked, simmered	53.0	1.0 liver cooked	0.08
05177	Turkey, liver, all classes, raw	78.0	1.0 raw liver	0.19
07900	Turkey, pork, and beef sausage, low fat, smoked	85.0	3.0 oz	0.08
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	85.0	3.0 oz	0.06
05732	Turkey, retail parts, breast, meat and skin, raw	85.0	3.0 oz	0.08
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	85.0	3.0 oz	0.08
05711	Turkey, retail parts, breast, meat only, cooked, roasted	863.0	1.0 breast	0.52
05710	Turkey, retail parts, breast, meat only, raw	85.0	3.0 oz	0.08
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.07
05708	Turkey, retail parts, breast, meat only, with added solution, raw	1171.0	1.0 breast	1.17
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	85.0	3.0 oz	0.07
05736	Turkey, retail parts, drumstick, meat and skin, raw	85.0	3.0 oz	0.15
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	28.0	3.0 oz	0.02
05716	Turkey, retail parts, drumstick, meat only, raw	85.0	3.0 oz	0.16
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	0.06
05742	Turkey, retail parts, thigh, meat and skin, raw	85.0	3.0 oz	0.14
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	85.0	3.0 oz	0.06
05717	Turkey, retail parts, thigh, meat only, raw	85.0	3.0 oz	0.15
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	85.0	3.0 oz	0.14
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	0.08
05713	Turkey, retail parts, wing, meat only, cooked, roasted	85.0	3.0 oz	0.14
05712	Turkey, retail parts, wing, meat only, raw	28.0	3.0 oz	0.03
05170	Turkey, skin from whole (light and dark), roasted	85.0	1.0 serving	0.13
05698	Turkey, skin from whole (light and dark), with added solution, raw	28.35	1.0 oz	0.03
05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	0.03
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	28.35	1.0 oz	0.04
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	28.35	1.0 oz	0.04
05714	Turkey, skin, from retail parts, from dark meat, raw	28.35	1.0 oz	0.02
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	385.0	1.0 serving	0.92

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NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
05740	Turkey, thigh, from whole bird, meat only, raw	85.0	3.0 oz	0.10
05741	Turkey, thigh, from whole bird, meat only, roasted	85.0	3.0 oz	0.06
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.10
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.06
05172	Turkey, whole, giblets, cooked, simmered	95.0	1.0 giblets	0.12
05171	Turkey, whole, giblets, raw	85.0	3.0 oz	0.21
05166	Turkey, whole, meat and skin, cooked, roasted	85.0	3.0 oz	0.06
05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	0.08
05706	Turkey, whole, meat and skin, with added solution, raw	85.0	3.0 oz	0.08
05707	Turkey, whole, meat and skin, with added solution, roasted	85.0	3.0 oz	0.06
05168	Turkey, whole, meat only, cooked, roasted	85.0	3.0 oz	0.05
05167	Turkey, whole, meat only, raw	85.0	3.0 oz	0.08
05704	Turkey, whole, meat only, with added solution, raw	85.0	3.0 oz	0.07
05705	Turkey, whole, meat only, with added solution, roasted	28.0	3.0 oz	0.02
05227	Turkey, wing, from whole bird, meat only, raw	85.0	3.0 oz	0.05
05228	Turkey, wing, from whole bird, meat only, roasted	85.0	3.0 oz	0.05
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.05
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.05
43366	Turkey, wing, smoked, cooked, with skin, bone removed	19.0	1.0 oz with bone, cooked (yield after bone removed)	0.03
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	3.47
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	163.0	1.0 cup	3.47
43387	Turnip greens, canned, no salt added	144.0	1.0 cup	2.12
11891	Turnip greens, cooked, boiled, drained, with salt	144.0	1.0 cup, chopped	2.71
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	2.71
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	2.18
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	4.36
11568	Turnip greens, raw	55.0	1.0 cup, chopped	1.57
11889	Turnips, cooked, boiled, drained, with salt	156.0	1.0 cup, cubes	0.03
11565	Turnips, cooked, boiled, drained, without salt	156.0	1.0 cup, cubes	0.03
11890	Turnips, frozen, cooked, boiled, drained, with salt	156.0	1.0 cup	0.03
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	0.03
11564	Turnips, raw	130.0	1.0 cup, cubes	0.04
32015	Turnover, cheese-filled, tomato-based sauce, frozen, unprepared	127.0	1.0 serving 4.5 oz	1.00
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	0.55

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NDB_No	Description	Weight(g)	Measure (Vitamin E alpha-tocopherol)(mg)
				Per Measure
32028	Turnover, filled with egg, meat and cheese, frozen	127.0	1.0 piece turnover 1 serving	0.83
32027	Turnover, meat- and cheese-filled, tomato-based sauce, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	0.17
93600	Turtle, green, raw	85.0	3.0 oz	0.42
28371	UDI'S, Gluten Free, Soft & amp; Delicious White Sandwich Bread	28.0	1.0 slice	0.45
28373	UDI'S, Gluten Free, Whole Grain Dinner Rolls	44.0	1.0 roll	0.61
05336	USDA Commodity Chicken, canned, meat only, drained	135.0	1.0 cup drained	0.36
04670	USDA Commodity Food, oil, vegetable, low saturated fat	13.6	1.0 tbsp	1.25
04669	USDA Commodity Food, oil, vegetable, soybean, refined	13.6	1.0 tablespoon	1.11
13166	USDA Commodity, beef, canned	45.0	1.0 serving	0.88
01182	USDA Commodity, cheese, cheddar, reduced fat	113.0	1.0 cup shredded	0.18
05353	USDA Commodity, chicken fajita strips, frozen	9.4	1.0 strip	0.02
05338	USDA Commodity, Chicken, canned, meat only, with broth	135.0	1.0 cup drained	0.28
05337	USDA Commodity, Chicken, canned, meat only, with water	135.0	1.0 cup drained	0.28
07044	USDA Commodity, luncheon meat, canned	45.0	1.0 serving	0.07
16167	USDA Commodity, Peanut Butter, smooth	32.0	2.0 tbsp	1.90
10158	USDA Commodity, pork, canned	85.0	3.0 oz	0.24
05354	USDA Commodity, turkey taco meat, frozen, cooked	85.0	3.0 oz	0.21
02050	Vanilla extract	4.2	1.0 tsp	0.00
02052	Vanilla extract, imitation, no alcohol	4.2	1.0 tsp	0.00
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0.21
17092	Veal, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0.09
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	0.34
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0.07
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	0.36
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0.07
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	85.0	3.0 oz	0.38
17140	Veal, cubed for stew (leg and shoulder), separable lean only, raw	28.35	1.0 oz	0.08
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	85.0	3.0 oz	0.33
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	85.0	3.0 oz	0.32
17143	Veal, ground, cooked, broiled	85.0	3.0 oz	0.13
17424	Veal, ground, cooked, pan-fried	85.0	3.0 oz	0.22
17142	Veal, ground, raw	85.0	3.0 oz	0.42
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85.0	3.0 oz	0.42
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	85.0	3.0 oz	0.45

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NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	85.0	3.0 oz	0.36
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.42
17094	Veal, leg (top round), separable lean and fat, raw	28.35	1.0 oz	0.09
17100	Veal, leg (top round), separable lean only, cooked, braised	85.0	3.0 oz	0.42
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	85.0	3.0 oz	0.45
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	85.0	3.0 oz	0.36
17103	Veal, leg (top round), separable lean only, cooked, roasted	85.0	3.0 oz	0.47
17099	Veal, leg (top round), separable lean only, raw	28.35	1.0 oz	0.08
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	85.0	3.0 oz	0.37
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	85.0	3.0 oz	0.26
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	0.33
17427	Veal, loin, chop, separable lean only, cooked, grilled	85.0	3.0 oz	0.32
17105	Veal, loin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.34
17106	Veal, loin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.37
17104	Veal, loin, separable lean and fat, raw	85.0	3.0 oz	0.26
17108	Veal, loin, separable lean only, cooked, braised	85.0	3.0 oz	0.36
17109	Veal, loin, separable lean only, cooked, roasted	85.0	3.0 oz	0.42
17107	Veal, loin, separable lean only, raw	85.0	3.0 oz	0.23
17111	Veal, rib, separable lean and fat, cooked, braised	85.0	3.0 oz	0.29
17112	Veal, rib, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.30
17110	Veal, rib, separable lean and fat, raw	28.35	1.0 oz	0.06
17114	Veal, rib, separable lean only, cooked, braised	85.0	3.0 oz	0.30
17115	Veal, rib, separable lean only, cooked, roasted	85.0	3.0 oz	0.31
17113	Veal, rib, separable lean only, raw	28.35	1.0 oz	0.06
17435	Veal, shank, separable lean and fat, raw	85.0	3.0 oz	0.14
17428	Veal, shank, separable lean only, raw	85.0	3.0 oz	0.13
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	85.0	3.0 oz	0.39
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.39
17122	Veal, shoulder, arm, separable lean and fat, raw	28.35	1.0 oz	0.08
17126	Veal, shoulder, arm, separable lean only, cooked, braised	85.0	3.0 oz	0.40
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	85.0	3.0 oz	0.42
17125	Veal, shoulder, arm, separable lean only, raw	28.35	1.0 oz	0.08
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	0.40
17128	Veal, shoulder, blade chop, separable lean and fat, raw	85.0	3.0 oz	0.26

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NDB_No	Description	Weight(g)	Measure	Vitamin E alpha-tocopherol)(mg)
				Per Measure
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	85.0	3.0 oz	0.40
17131	Veal, shoulder, blade chop, separable lean only, raw	85.0	3.0 oz	0.22
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	85.0	3.0 oz	0.37
17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.40
17132	Veal, shoulder, blade, separable lean only, cooked, braised	85.0	3.0 oz	0.38
17133	Veal, shoulder, blade, separable lean only, cooked, roasted	85.0	3.0 oz	0.42
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	0.36
17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.39
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	28.35	1.0 oz	0.08
17120	Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	0.38
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	85.0	3.0 oz	0.42
17119	Veal, shoulder, whole (arm and blade), separable lean only, raw	28.35	1.0 oz	0.07
17135	Veal, sirloin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.35
17136	Veal, sirloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.36
17134	Veal, sirloin, separable lean and fat, raw	28.35	1.0 oz	0.07
17138	Veal, sirloin, separable lean only, cooked, braised	85.0	3.0 oz	0.37
17139	Veal, sirloin, separable lean only, cooked, roasted	85.0	3.0 oz	0.39
17137	Veal, sirloin, separable lean only, raw	28.35	1.0 oz	0.07
17203	Veal, variety meats and by-products, liver, cooked, braised	80.0	1.0 slice	0.54
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	67.0	1.0 slice	0.40
17202	Veal, variety meats and by-products, liver, raw	28.35	1.0 oz	0.10
17219	Veal, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	0.08
17218	Veal, variety meats and by-products, thymus, raw	28.35	1.0 oz	0.03
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	2.58
11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	2.59
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	269.0	1.0 cup	0.75
04513	Vegetable oil, palm kernel	13.6	1.0 tablespoon	0.52
42151	Vegetable oil-butter spread, reduced calorie	13.0	1.0 tbsp	1.20
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	268.0	1.0 cup	2.14
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	182.0	1.0 cup	0.53
11581	Vegetables, mixed, canned, drained solids	163.0	1.0 cup	0.47
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	91.0	0.5 cup	0.35
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	91.0	0.5 cup	0.35
43134	Vegetarian fillets	85.0	1.0 fillet	2.93

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NDB_No	Description	Weight(g)	Measure ^{(alpl}	Vitamin E ha-tocopherol)(mg)
				Per Measure
43137	Vegetarian meatloaf or patties	56.0	1.0 slice	0.97
16147	Veggie burgers or soyburgers, unprepared	70.0	1.0 pattie	0.16
43114	Vermicelli, made from soy	140.0	1.0 cup	0.71
02048	Vinegar, cider	14.9	1.0 tbsp	0.00
02053	Vinegar, distilled	14.9	1.0 tbsp	0.00
16272	Vitasoy USA Nasoya, Lite Silken Tofu	91.0	0.2 package	4.79
16210	Vitasoy USA, Nasoya Lite Firm Tofu	79.0	0.2 package	4.12
18934	Waffle, buttermilk, frozen, ready-to-heat, microwaved	35.0	1.0 waffle	0.22
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	28.0	1.0 oz	0.19
18935	Waffle, plain, frozen, ready-to-heat, microwave	32.0	1.0 waffle, round (4"dia)	0.30
18932	Waffles, buttermilk, frozen, ready-to-heat	39.0	1.0 waffle, square	0.24
18951	Waffles, chocolate chip, frozen, ready-to-heat	70.0	2.0 waffles	0.00
28346	Waffles, gluten-free, frozen, ready-to-heat	45.0	1.0 waffle	0.43
18403	Waffles, plain, frozen, ready -to-heat, toasted	28.35	1.0 oz	0.28
18365	Waffles, plain, frozen, ready-to-heat	28.35	1.0 oz	0.30
28304	Waffles, whole wheat, lowfat, frozen, ready-to-heat	70.0	1.0 serving 2 waffles	0.29
27064	Wasabi	20.0	1.0 tablespoon	0.69
14555	Water, bottled, generic	29.6	1.0 fl oz	0.00
14604	Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener	29.6	1.0 fl oz	0.00
14637	Water, with corn syrup and/or sugar and low calorie sweetener, fruit flavored	200.0	1.0 pouch	3.80
11588	Waterchestnuts, chinese, (matai), raw	62.0	0.5 cup slices	0.74
11590	Waterchestnuts, chinese, canned, solids and liquids	70.0	0.5 cup slices	0.35
11591	Watercress, raw	34.0	1.0 cup, chopped	0.34
09326	Watermelon, raw	154.0	1.0 cup, balls	0.08
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	175.0	1.0 cup, cubes	0.14
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	175.0	1.0 cup, cubes	0.14
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	215.0	1.0 sandwich	1.23
21247	WENDY'S, french fries	71.0	1.0 kid's meal Serving	1.42
35009	Whale, beluga, meat, dried (Alaska Native)	45.0	1.0 strip	0.12
20077	Wheat bran, crude	58.0	1.0 cup	0.86
20081	Wheat flour, white, all-purpose, enriched, bleached	125.0	1.0 cup	0.08
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	125.0	1.0 cup	0.08
20581	Wheat flour, white, all-purpose, enriched, unbleached	125.0	1.0 cup	0.29
20082	Wheat flour, white, all-purpose, self-rising, enriched	125.0	1.0 cup	0.06

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NDB_No	Description	Weight(g)	Measure	Vitamin E (alpha-tocopherol)(mg)
				Per Measure
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	0.08
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	0.55
20084	Wheat flour, white, cake, enriched	137.0	1.0 cup unsifted, dipped	0.03
20086	Wheat flour, white, tortilla mix, enriched	111.0	1.0 cup	1.82
20080	Wheat flour, whole-grain	120.0	1.0 cup	0.85
20129	Wheat flours, bread, unenriched	137.0	1.0 cup unsifted, dipped	0.55
20071	Wheat, hard red spring	192.0	1.0 cup	1.94
20072	Wheat, hard red winter	192.0	1.0 cup	1.94
20074	Wheat, hard white	192.0	1.0 cup	1.94
20139	Wheat, KAMUT khorasan, cooked	172.0	1.0 cup	0.41
20138	Wheat, KAMUT khorasan, uncooked	186.0	1.0 cup	1.13
20073	Wheat, soft red winter	168.0	1.0 cup	1.70
20075	Wheat, soft white	168.0	1.0 cup	1.70
01113	Whey, acid, dried	57.0	1.0 cup	0.00
01112	Whey, acid, fluid	246.0	1.0 cup	0.00
01115	Whey, sweet, dried	145.0	1.0 cup	0.03
01114	Whey, sweet, fluid	246.0	1.0 cup	0.00
43268	Whipped cream substitute, dietetic, made from powdered mix	80.0	1.0 cup	0.04
42135	Whipped topping, frozen, low fat	75.0	1.0 cup	0.38
20089	Wild rice, cooked	164.0	1.0 cup	0.39
20088	Wild rice, raw	160.0	1.0 cup	1.31
35232	Wocas, dried seeds, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	10.10
35235	Wocas, tuber, cooked, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	0.12
16516	WORTHINGTON Multigrain Cutlets, canned, unprepared	92.0	2.0 slices	16.64
11897	Yam, cooked, boiled, drained, or baked, with salt	136.0	1.0 cup, cubes	0.46
11602	Yam, cooked, boiled, drained, or baked, without salt	136.0	1.0 cup, cubes	0.46
11601	Yam, raw	150.0	1.0 cup, cubes	0.52
11603	Yambean (jicama), raw	120.0	1.0 cup slices	0.55
43406	Yeast extract spread	6.0	1.0 tsp	0.00
32011	Yellow rice with seasoning, dry packet mix, unprepared	57.0	1.0 serving (2 oz)	0.14
21463	Yogurt parfait, lowfat, with fruit and granola	149.0	1.0 item	0.37
01187	Yogurt, chocolate, nonfat milk	170.0	1.0 container (6 oz)	0.00
01222	Yogurt, chocolate, nonfat milk, fortified with vitamin D	170.0	1.0 container (6 oz)	0.00
01235	Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener	68.0	0.5 cup	0.05

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NDB_No	Description	Weight(g)	Measure	Vitamin E alpha-tocopherol)(mg)
				Per Measure
43261	Yogurt, fruit variety, nonfat	170.0	1.0 container (6 oz)	0.10
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	170.0	1.0 container (6 oz)	0.10
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.03
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.03
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.03
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.03
01203	Yogurt, fruit, lowfat, with low calorie sweetener	170.0	1.0 container (6 oz)	0.10
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	0.10
01287	Yogurt, Greek, plain, lowfat	200.0	1.0 container (7 oz)	0.08
01256	Yogurt, Greek, plain, nonfat	170.0	1.0 container	0.02
01284	Yogurt, Greek, strawberry, lowfat	150.0	1.0 container (5.3 oz)	0.03
01285	Yogurt, Greek, strawberry, nonfat	150.0	1.0 container (5.3 oz)	0.03
01286	Yogurt, Greek, vanilla, nonfat	150.0	1.0 container (5.3 oz)	0.03
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.05
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.00
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.10
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	170.0	1.0 container	0.03
01184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	170.0	1.0 container (6 oz)	0.00
01221	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	0.00
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.03
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.03
01295	Yogurt, vanilla, non-fat	245.0	1.0 cup (8 fl oz)	0.02
03217	Zwieback	28.35	1.0 oz	0.69