

USDA National Nutrient Database for Standard Reference, Release 21
Carotene, beta (µg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11655	Carrot juice, canned	236	1 cup	21955
11424	Pumpkin, canned, without salt	245	1 cup	17003
11508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	16803
11510	Sweet potato, cooked, boiled, without skin	156	1 potato	14733
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	13750
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	12998
11461	Spinach, canned, drained solids	214	1 cup	12585
11512	Sweet potato, canned, vacuum pack	255	1 cup	12215
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	11971
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	11591
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	11470
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	11318
11647	Sweet potato, canned, syrup pack, drained solids	196	1 cup	10782
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	10625
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	10593
11581	Vegetables, mixed, canned, drained solids	163	1 cup	9242
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	9147
11124	Carrots, raw	110	1 cup	9114
11128	Carrots, canned, regular pack, drained solids	146	1 cup	7783
18327	Pie, pumpkin, prepared from recipe	155	1 piece	7366
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	6610
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	6588
11124	Carrots, raw	72	1 carrot	5965
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	5726
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	5312
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	5135
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	4333
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	4137
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	3789
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	3239
09181	Melons, cantaloupe, raw	160	1 cup	3232
11251	Lettuce, cos or romaine, raw	56	1 cup	2927
06067	Soup, chunky vegetable, canned, ready-to-serve	240	1 cup	2875
11253	Lettuce, green leaf, raw	56	1 cup	2488
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	2464
11821	Peppers, sweet, red, raw	149	1 cup	2420
11546	Tomato products, canned, paste, without salt added	262	1 cup	2361
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	2074
11658	Spinach souffle	136	1 cup	2030
11578	Vegetable juice cocktail, canned	242	1 cup	2009
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	2000
06471	Soup, vegetable beef, canned, prepared with equal volume water	244	1 cup	1974
11821	Peppers, sweet, red, raw	119	1 pepper	1933
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	1896
22905	Beef stew, canned entree	232	1 cup	1882
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241	1 cup	1808
11457	Spinach, raw	30	1 cup	1688
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	1612
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	1449

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06018	Soup, chunky chicken noodle, canned, ready-to-serve	240	1 cup	1423
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	1396
09181	Melons, cantaloupe, raw	69	1/8 melon	1394
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	1216
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	1120
18326	Pie, pumpkin, commercially prepared	109	1 piece	1115
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	1103
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	1098
11301	Peas, edible-podded, boiled, drained, without salt	160	1 cup	955
09176	Mangos, raw	207	1 mango	921
11308	Peas, green (includes baby and lesuer types), canned, drained soilds, unprepared	170	1 cup	874
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	869
09326	Watermelon, raw	286	1 wedge	867
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	860
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	844
09226	Papayas, raw	304	1 papaya	839
09277	Plantains, raw	179	1 medium	818
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	808
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	784
11547	Tomato products, canned, puree, without salt added	250	1 cup	765
09032	Apricots, dried, sulfured, uncooked	35	10 halves	757
09176	Mangos, raw	165	1 cup	734
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	725
11540	Tomato juice, canned, with salt added	243	1 cup	656
11213	Endive, raw	50	1 cup	650
11960	Carrots, baby, raw	10	1 medium	639
11549	Tomato products, canned, sauce	245	1 cup	635
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	598
02028	Spices, paprika	2.1	1 tsp	581
09278	Plantains, cooked	154	1 cup	568
11457	Spinach, raw	10	1 leaf	563
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	552
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	525
11251	Lettuce, cos or romaine, raw	10	1 leaf	523
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	506
11297	Parsley, raw	10	10 sprigs	505
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	481
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	476
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	470
11112	Cabbage, red, raw	70	1 cup	469
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	469
09326	Watermelon, raw	152	1 cup	461
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	451
11253	Lettuce, green leaf, raw	10	1 leaf	444
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	432
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	429

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11114	Cabbage, savoy, raw	70	1 cup	420
09246	Peaches, dried, sulfured, uncooked	39	3 halves	419
06404	Soup, bean with pork, canned, prepared with equal volume water	253	1 cup	415
02009	Spices, chili powder	2.6	1 tsp	390
09226	Papayas, raw	140	1 cup	386
09021	Apricots, raw	35	1 apricot	383
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	374
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	366
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	365
11012	Asparagus, cooked, boiled, drained	60	4 spears	362
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	359
11015	Asparagus, canned, drained solids	72	4 spears	355
09250	Peaches, frozen, sliced, sweetened	250	1 cup	353
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	344
11143	Celery, raw	120	1 cup	324
11090	Broccoli, raw	88	1 cup	318
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	313
11333	Peppers, sweet, green, raw	149	1 cup	310
11670	Peppers, hot chili, green, raw	45	1 pepper	302
22401	Spaghetti with meat sauce, frozen entree	283	1 package	294
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	290
06419	Soup, chicken noodle, canned, prepared with equal volume water	241	1 cup	287
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	248	1 cup	285
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	281
09236	Peaches, raw	170	1 cup	275
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	275
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	272
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	263
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	258
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	255
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	252
11333	Peppers, sweet, green, raw	119	1 pepper	248
11819	Peppers, hot chili, red, raw	45	1 pepper	240
22402	Beef Macaroni, frozen entree	240	1 package	235
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	229
09191	Nectarines, raw	136	1 nectarine	204
06423	Soup, chicken with rice, canned, prepared with equal volume water	241	1 cup	200
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	194
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	185
09042	Blackberries, raw	144	1 cup	184
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	180
11943	Pimento, canned	12	1 tbsp	177
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240	1 cup	168
11159	Coleslaw, home-prepared	120	1 cup	166
09291	Plums, dried (prunes), uncooked	42	5 prunes	165
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	165
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	165

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11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	164
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	162
09236	Peaches, raw	98	1 peach	159
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	155
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	149
06409	Soup, beef noodle, canned, prepared with equal volume water	244	1 cup	146
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	139
11641	Squash, summer, all varieties, raw	113	1 cup	136
01143	Egg substitute, liquid	62.75	1/4 cup	136
11205	Cucumber, with peel, raw	301	1 large	135
16008	Beans, baked, canned, with franks	259	1 cup	135
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	134
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	132
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	130
09200	Oranges, raw, all commercial varieties	180	1 cup	128
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	127
09279	Plums, raw	66	1 plum	125
20020	Cornmeal, whole-grain, yellow	122	1 cup	118
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	117
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 eclair	117
11090	Broccoli, raw	31	1 spear	112
11143	Celery, raw	40	1 stalk	108
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	106
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	106	1 slice	100
09223	Tangerine juice, canned, sweetened	249	1 cup	95
09200	Oranges, raw, all commercial varieties	131	1 orange	93
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	90
11414	Potato salad, home-prepared	250	1 cup	90
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	90
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	90
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	88
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	87
11206	Cucumber, peeled, raw	280	1 large	87
04585	Margarine-butter blend, soybean oil and butter	14.2	1 tbsp	87
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	87
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	86
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	85
11935	Catsup	15	1 tbsp	84
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	82
09206	Orange juice, raw	248	1 cup	82
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	82
01036	Cheese, ricotta, whole milk	246	1 cup	81
18308	Pie, cherry, commercially prepared	117	1 piece	81
11156	Chives, raw	3	1 tbsp	78
11945	Pickle relish, sweet	15	1 tbsp	78
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	77
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	77
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	76

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18325	Pie, pecan, prepared from recipe	122	1 piece	73
21090	Fast foods, cheeseburger; single, regular patty, with condiments	113	1 sandwich	72
09207	Orange juice, canned, unsweetened	249	1 cup	72
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	72
21005	Fast Foods, biscuit, with egg and sausage	180	1 biscuit	70
02029	Spices, parsley, dried	1.3	1 tbsp	70
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	69
09055	Blueberries, frozen, sweetened	230	1 cup	69
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	65
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	65
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	63
09132	Grapes, red or green (European type, such as Thompson seedless), raw	160	1 cup	62
02027	Spices, oregano, dried	1.5	1 tsp	62
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	61
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	61
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	57
21224	Pizza, cheese topping, regular crust, frozen, cooked	63	1 serving	55
09266	Pineapple, raw, all varieties	155	1 cup	54
09306	Raspberries, frozen, red, sweetened	250	1 cup	53
09193	Olives, ripe, canned (small-extra large)	22	5 large	52
09184	Melons, honeydew, raw	170	1 cup	51
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	51
11937	Pickles, cucumber, dill or kosher dill	65	1 pickle	51
06166	Sauce, homemade, white, medium	250	1 cup	50
01037	Cheese, ricotta, part skim milk	246	1 cup	49
04015	Salad dressing, russian dressing	15.3	1 tbsp	49
09184	Melons, honeydew, raw	160	1/8 melon	48
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	47
11205	Cucumber, with peel, raw	104	1 cup	47
09050	Blueberries, raw	145	1 cup	46
18305	Pie, blueberry, commercially prepared	117	1 piece	46
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	45
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	45
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	43
01095	Milk, canned, condensed, sweetened	306	1 cup	43
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	42
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	40
09040	Bananas, raw	150	1 cup	39
09003	Apples, raw, with skin	138	1 apple	37
11206	Cucumber, peeled, raw	119	1 cup	37
09136	Grape juice cocktail, frozen concentrate, undiluted, with added ascorbic acid	216	6-fl-oz can	37
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	37
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	36
16112	Miso	68.75	1 cup	36
11081	Beets, cooked, boiled, drained	170	1 cup	36
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	36
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	35

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11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	35
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	34
11935	Catsup	6	1 packet	34
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244	1 cup	32
01013	Cheese, cottage, creamed, with fruit	226	1 cup	32
21108	Fast foods, hamburger; single, regular patty; with condiments	106	1 sandwich	31
09040	Bananas, raw	118	1 banana	31
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	30
11109	Cabbage, raw	70	1 cup	29
04613	Margarine, margarine-like vegetable oil spread, 60% fat, tub	4.8	1 tsp	29
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	29
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	29
11001	Alfalfa seeds, sprouted, raw	33	1 cup	29
09206	Orange juice, raw	86	juice from 1 orange	28
06164	Sauce, salsa, ready-to-serve	16	1 tbsp	28
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	28
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	28
09060	Carambola, (starfruit), raw	108	1 cup	27
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	27
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	26
20005	Barley, pearled, raw	200	1 cup	26
09070	Cherries, sweet, raw	68	10 cherries	26
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	26
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	26
11084	Beets, canned, drained solids	170	1 cup	26
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	25
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	25
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	25
01009	Cheese, cheddar	28.35	1 oz	24
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	24
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	24
19089	Ice creams, vanilla, rich	74	1/2 cup	24
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	24
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	24
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	23
09060	Carambola, (starfruit), raw	91	1 fruit	23
01145	Butter, without salt	14.2	1 tbsp	22
01001	Butter, salted	14.2	1 tbsp	22
06150	Sauce, barbecue	15.75	1 tbsp	22
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	22
18239	Croissants, butter	57	1 croissant	22
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	22
09252	Pears, raw	166	1 pear	22
11954	Tomatillos, raw	34	1 medium	21
14545	Tea, herb, chamomile, brewed	178	6 fl oz	21
01128	Egg, whole, cooked, fried	46	1 large	21
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	21

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08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	21
01004	Cheese, blue	28.35	1 oz	21
11333	Peppers, sweet, green, raw	10	1 ring	21
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	20
01132	Egg, whole, cooked, scrambled	61	1 large	20
12167	Nuts, chestnuts, european, roasted	143	1 cup	20
01040	Cheese, swiss	28.35	1 oz	20
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	20
09132	Grapes, red or green (European type, such as Thompson seedless), raw	50	10 grapes	20
01035	Cheese, provolone	28.35	1 oz	19
11439	Sauerkraut, canned, solids and liquids	236	1 cup	19
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	19
09004	Apples, raw, without skin	110	1 cup	19
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	19
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	18
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	18
11226	Jerusalem-artichokes, raw	150	1 cup	18
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	18
09038	Avocados, raw, California	28.35	1 oz	18
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	18
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	17
14346	Shake, fast food, chocolate	333	16 fl oz	17
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	17
01026	Cheese, mozzarella, whole milk	28.35	1 oz	16
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	16
01111	Milk shakes, thick vanilla	313	11 fl oz	16
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	16
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	15
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	15
01057	Eggnog	254	1 cup	15
09039	Avocados, raw, Florida	28.35	1 oz	15
09302	Raspberries, raw	123	1 cup	15
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	15
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	15
01125	Egg, yolk, raw, fresh	16.6	1 large	15
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	14
09081	Cranberry sauce, canned, sweetened	57	1 slice	14
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	14
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	14
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	14
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	13
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	13
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	13
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	13
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253	1 cup	13

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16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	13
14242	Cranberry juice cocktail, bottled	253	8 fl oz	13
06528	Soup, chicken noodle, dry, mix, prepared with water	252.3	1 cup	13
22247	Macaroni and Cheese, canned entree	252	1 cup	13
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	13
19270	Ice creams, chocolate	66	1/2 cup	13
19095	Ice creams, vanilla	66	1/2 cup	13
09137	Grape juice cocktail, frozen concentrate, diluted with 3 volume water, with added ascorbic acid	250	1 cup	13
01102	Milk, chocolate, fluid, commercial, whole	250	1 cup	13
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	12
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	12
01077	Milk, whole, 3.25% milkfat	244	1 cup	12
11674	Potato, baked, flesh and skin, without salt	202	1 potato	12
01110	Milk shakes, thick chocolate	300	10.6 fl oz	12
02015	Spices, curry powder	2	1 tsp	12
09316	Strawberries, raw	166	1 cup	12
18279	Muffins, corn, commercially prepared	57	1 muffin	11
09160	Lime juice, raw	38	juice of 1 lime	11
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	11
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	11
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	11
01053	Cream, fluid, heavy whipping	15	1 tbsps	11
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	11
09087	Dates, deglet noor	178	1 cup	11
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	11
11081	Beets, cooked, boiled, drained	50	1 beet	11
11955	Tomatoes, sun-dried	2	1 piece	10
11028	Bamboo shoots, canned, drained solids	131	1 cup	10
14341	Pineapple and orange juice drink, canned	250	8 fl oz	10
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	10
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	10
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	10
09128	Grapefruit juice, white, raw	247	1 cup	10
19013	Snacks, fruit leather, pieces	28.35	1 oz	10
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	10
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	9
19088	Ice creams, vanilla, light	66	1/2 cup	9
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	9
01052	Cream, fluid, light whipping	15	1 tbsps	9
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	9
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	9
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	9
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	9
19263	Frozen novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	8
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	8
12142	Nuts, pecans	28.35	1 oz (20 halves)	8
11135	Cauliflower, raw	100	1 cup	8
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	8

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20006	Barley, pearled, cooked	157	1 cup	8
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	8
19035	Snacks, popcorn, oil-popped, microwave, regular flavor	11	1 cup	8
01031	Cheese, neufchatel	28.35	1 oz	8
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	255	1 cup	8
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	8
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	8
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	7
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	7
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	7
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	7
19014	Snacks, fruit leather, rolls	21	1 large	7
19034	Snacks, popcorn, air-popped	8	1 cup	7
11445	Seaweed, kelp, raw	10	2 tbsp	7
20012	Bulgur, dry	140	1 cup	7
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	7
08078	Cereals ready-to-eat, GENERAL MILLS, TRIx	30	1 cup	7
18319	Pie, fried pies, fruit	128	1 pie	6
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	6
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	6
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	6
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	6
20080	Wheat flour, whole-grain	120	1 cup	6
01017	Cheese, cream	14.5	1 tbsp	6
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	6
01123	Egg, whole, raw, fresh	58	1 extra large	6
18245	Danish pastry, cheese	71	1 danish	6
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	6
01129	Egg, whole, cooked, hard-boiled	50	1 large	6
09294	Prune juice, canned	256	1 cup	5
01131	Egg, whole, cooked, poached	50	1 large	5
01123	Egg, whole, raw, fresh	50	1 large	5
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	5
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	5
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	248	1 cup	5
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	248	1 cup	5
16120	Soy milk, original and vanilla, unfortified	245	1 cup	5
09153	Lemon juice, canned or bottled	244	1 cup	5
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	5
12147	Nuts, pine nuts, dried	28.35	1 oz	5
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	5
11370	Potatoes, hashed brown, home-prepared	156	1 cup	5
01007	Cheese, camembert	38	1 wedge	5
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	5
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	5
19193	Puddings, rice, ready-to-eat	113.4	4 oz	5

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18324	Pie, pecan, commercially prepared	113	1 piece	5
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	4
01123	Egg, whole, raw, fresh	44	1 medium	4
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	4
21024	Fast foods, french toast sticks	141	5 sticks	4
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	4
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	4
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	4
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	4
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	4
01030	Cheese, muenster	28.35	1 oz	4
11084	Beets, canned, drained solids	24	1 beet	4
06094	Soup, onion, dry, mix	39	1 packet	4
11364	Potatoes, baked, skin, without salt	58	1 skin	3
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	3
01073	Dessert topping, semi solid, frozen	4	1 tbsp	3
19155	Candies, MASTERFOODS USA, SNICKERS Bar	57	1 bar (2 oz)	3
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	3
19036	Snacks, popcorn, cakes	10	1 cake	3
01049	Cream, fluid, half and half	15	1 tbsp	3
20089	Wild rice, cooked	164	1 cup	3
02030	Spices, pepper, black	2.1	1 tsp	3
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	3
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	3
11667	Seaweed, spirulina, dried	0.93	1 tbsp	3
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	3
01056	Cream, sour, cultured	12	1 tbsp	3
12120	Nuts, hazelnuts or filberts	28.35	1 oz	3
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	3
11672	Potato pancakes	76	1 pancake	3
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	3
20125	Spaghetti, whole-wheat, cooked	140	1 cup	3
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	3
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	3
02010	Spices, cinnamon, ground	2.3	1 tsp	3
06449	Soup, pea, green, canned, prepared with equal volume water	250	1 cup	3
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	3
09087	Dates, deglet noor	41.5	5 dates	2
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	2
06443	Soup, cream of mushroom, canned, prepared with equal volume water	244	1 cup	2
19135	Candies, MASTERFOODS USA, MILKY WAY Bar	61	1 bar (2.15 oz)	2
18243	Croutons, seasoned	40	1 cup	2
11399	Potato puffs, frozen, oven-heated	79	10 puffs	2
09094	Figs, dried, uncooked	38	2 figs	2
09254	Pears, canned, juice pack, solids and liquids	76	1 half	2
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	2
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	2
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	2

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19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	2
01072	Dessert topping, pressurized	4	1 tbsp	2
18090	Cake, boston cream pie, commercially prepared	92	1 piece	2
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	2
20013	Bulgur, cooked	182	1 cup	2
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	2
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	2
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	2
09150	Lemons, raw, without peel	58	1 lemon	2
01186	Cheese, cream, fat free	15.6	1 tbsp	2
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	2
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	2
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	2
19104	Candies, fudge, vanilla with nuts	15	1 piece	2
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	2
20110	Noodles, egg, cooked, enriched	160	1 cup	2
11282	Onions, raw	160	1 cup	2
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	2
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	2
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	2
01032	Cheese, parmesan, grated	5	1 tbsp	2
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	2
19294	Fruit butters, apple	17	1 tbsp	2
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	2
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	50	10 strips	2
12147	Nuts, pine nuts, dried	8.6	1 tbsp	1
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	1
19071	Candies, carob, unsweetened	28.35	1 oz	1
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	1
09152	Lemon juice, raw	47	juice of 1 lemon	1
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	1
20083	Wheat flour, white, bread, enriched	137	1 cup	1
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	1
18110	Cake, fruitcake, commercially prepared	43	1 piece	1
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	1
18060	Bread, rye	32	1 slice	1
05292	Turkey patties, breaded, battered, fried	64	1 patty	1
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	1
09316	Strawberries, raw	18	1 strawberry	1
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	1
18133	Cake, sponge, commercially prepared	30	1 shortcake	1
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	1
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	1
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	1
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	1
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	57	1 muffin	1
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	1

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18320	Pie, lemon meringue, commercially prepared	113	1 piece	1
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	1
11282	Onions, raw	110	1 whole	1
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	1
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	1
11135	Cauliflower, raw	13	1 floweret	1
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	1
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	1
18061	Bread, rye, toasted	24	1 slice	1
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	1
18214	Crackers, cheese, regular	10	10 crackers	1
18005	Bagels, cinnamon-raisin	89	4" bagel	1
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	1
01019	Cheese, feta	28.35	1 oz	1
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	1
09316	Strawberries, raw	12	1 strawberry	1
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	1
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	1
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	1
19097	Sherbet, orange	74	1/2 cup	1
18139	Cake, white, prepared from recipe without frosting	74	1 piece	1
19135	Candies, MASTERFOODS USA, MILKY WAY Bar	18	1 fun size bar	1
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	1
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	1
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	1
16055	Carob flour	8	1 tbsp	1
02007	Spices, celery seed	2	1 tsp	1
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	1
01094	Milk, buttermilk, dried	6.5	1 tbsp	1
19300	Jellies	19	1 tbsp	1
12637	Nuts, mixed nuts, with peanuts, oil roasted, with salt added	28.35	1 oz	1
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	1
18075	Bread, whole-wheat, commercially prepared	28	1 slice	1
11284	Onions, dehydrated flakes	5	1 tbsp	1
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	1
08219	Cereals ready-to-eat, QUAKER, QUAKER toasted Oatmeal Cereal, Honey Nut	49	1 cup	0
04134	Salad dressing, home recipe, cooked	16	1 tbsp	0
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	0
18053	Bread, reduced-calorie, rye	23	1 slice	0
20113	Noodles, chinese, chow mein	45	1 cup	0
01069	Cream substitute, powdered	2	1 tsp	0
18360	Taco shells, baked	13.3	1 medium	0
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	0
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	0
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	0
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	0