

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

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	29811
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	25606
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	23720
11461	Spinach, canned, drained solids	214	1 cup	22631
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	20354
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	19541
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	18527
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	14619
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	12154
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	9616
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	8347
11658	Spinach souffle	136	1 cup	4419
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	4048
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	3840
11457	Spinach, raw	30	1 cup	3659
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	3571
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	2901
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	2619
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	2484
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	2429
11641	Squash, summer, all varieties, raw	113	1 cup	2401
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	2389
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	170	1 cup	2295
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	2195
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	2015
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	2012
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	1993
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	1870
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	1685
20020	Cornmeal, whole-grain, yellow	122	1 cup	1653
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	1493
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	1429
11251	Lettuce, cos or romaine, raw	56	1 cup	1295
11090	Broccoli, raw	88	1 cup	1235
11457	Spinach, raw	10	1 leaf	1220
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	1159
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	1137
11301	Peas, edible-podded, boiled, drained, without salt	160	1 cup	1123
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	1122
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	1112
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	1072
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	987
11253	Lettuce, green leaf, raw	56	1 cup	969
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	962
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	886
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	886
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	867

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11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	857
11581	Vegetables, mixed, canned, drained solids	163	1 cup	804
11655	Carrot juice, canned	236	1 cup	786
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	780
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	761
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	761
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	698
11439	Sauerkraut, canned, solids and liquids	236	1 cup	696
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	624
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	595
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	595
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	586
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	557
11297	Parsley, raw	10	10 sprigs	556
09136	Grape juice cocktail, frozen concentrate, undiluted, with added ascorbic acid	216	6-fl-oz can	542
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	537
11333	Peppers, sweet, green, raw	149	1 cup	508
22905	Beef stew, canned entree	232	1 cup	499
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	494
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	477
11012	Asparagus, cooked, boiled, drained	60	4 spears	463
11015	Asparagus, canned, drained solids	72	4 spears	454
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	440
11090	Broccoli, raw	31	1 spear	435
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), without salt	234	1 cup	421
09223	Tangerine juice, canned, sweetened	249	1 cup	413
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	411
11333	Peppers, sweet, green, raw	119	1 pepper	406
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	400
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	371
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	346
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	342
11143	Celery, raw	120	1 cup	340
11670	Peppers, hot chili, green, raw	45	1 pepper	326
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	321
20005	Barley, pearled, raw	200	1 cup	320
11819	Peppers, hot chili, red, raw	45	1 pepper	319
20012	Bulgur, dry	140	1 cup	308
06067	Soup, chunky vegetable, canned, ready-to-serve	240	1 cup	298
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	295
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	293
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	286
09207	Orange juice, canned, unsweetened	249	1 cup	286
09206	Orange juice, raw	248	1 cup	285
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	283
09306	Raspberries, frozen, red, sweetened	250	1 cup	283

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11124	Carrots, raw	110	1 cup	282
02028	Spices, paprika	2.1	1 tsp	276
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	273
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	266
20011	Buckwheat flour, whole-groat	120	1 cup	264
20080	Wheat flour, whole-grain	120	1 cup	264
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	252
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	244
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	238
09200	Oranges, raw, all commercial varieties	180	1 cup	232
11251	Lettuce, cos or romaine, raw	10	1 leaf	231
11112	Cabbage, red, raw	70	1 cup	230
09226	Papayas, raw	304	1 papaya	228
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	227
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	221
09246	Peaches, dried, sulfured, uncooked	39	3 halves	218
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240	1 cup	206
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	196
11578	Vegetable juice cocktail, canned	242	1 cup	194
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241	1 cup	193
09250	Peaches, frozen, sliced, sweetened	250	1 cup	193
01123	Egg, whole, raw, fresh	58	1 extra large	192
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	186
11124	Carrots, raw	72	1 carrot	184
21005	Fast Foods, biscuit, with egg and sausage	180	1 biscuit	184
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	182
01125	Egg, yolk, raw, fresh	16.6	1 large	182
09137	Grape juice cocktail, frozen concentrate, diluted with 3 volume water, with added ascorbic acid	250	1 cup	180
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	178
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	178
09191	Nectarines, raw	136	1 nectarine	177
01129	Egg, whole, cooked, hard-boiled	50	1 large	177
11253	Lettuce, green leaf, raw	10	1 leaf	173
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	172
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	171
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	171
09042	Blackberries, raw	144	1 cup	170
20033	Oat bran, raw	94	1 cup	169
09200	Oranges, raw, all commercial varieties	131	1 orange	169
09055	Blueberries, frozen, sweetened	230	1 cup	168
09302	Raspberries, raw	123	1 cup	167
01123	Egg, whole, raw, fresh	50	1 large	166
01131	Egg, whole, cooked, poached	50	1 large	165
01128	Egg, whole, cooked, fried	46	1 large	165
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	161
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	160

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11954	Tomatillos, raw	34	1 medium	159
09236	Peaches, raw	170	1 cup	155
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	152
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	151
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	151
18279	Muffins, corn, commercially prepared	57	1 muffin	150
01132	Egg, whole, cooked, scrambled	61	1 large	149
11540	Tomato juice, canned, with salt added	243	1 cup	146
01123	Egg, whole, raw, fresh	44	1 medium	146
06018	Soup, chunky chicken noodle, canned, ready-to-serve	240	1 cup	139
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	139
09340	Pears, asian, raw	275	1 pear	138
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	137
01057	Eggnog	254	1 cup	137
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	134
09087	Dates, deglet noor	178	1 cup	134
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	130
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	128
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	126
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	126
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	123
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	123
19034	Snacks, popcorn, air-popped	8	1 cup	116
09050	Blueberries, raw	145	1 cup	116
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	116
09132	Grapes, red or green (European type, such as Thompson seedless), raw	160	1 cup	115
20125	Spaghetti, whole-wheat, cooked	140	1 cup	113
11143	Celery, raw	40	1 stalk	113
06471	Soup, vegetable beef, canned, prepared with equal volume water	244	1 cup	112
09193	Olives, ripe, canned (small-extra large)	22	5 large	112
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	112
20083	Wheat flour, white, bread, enriched	137	1 cup	108
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	107
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	248	1 cup	107
09226	Papayas, raw	140	1 cup	105
20089	Wild rice, cooked	164	1 cup	105
09294	Prune juice, canned	256	1 cup	102
20010	Buckwheat groats, roasted, cooked	168	1 cup	101
09206	Orange juice, raw	86	juice from 1 orange	99
20013	Bulgur, cooked	182	1 cup	98
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	97
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	95
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	95
22402	Beef Macaroni, frozen entree	240	1 package	94
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	93
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	92
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	92
19035	Snacks, popcorn, oil-popped, microwave, regular flavor	11	1 cup	91

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09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	90
09236	Peaches, raw	98	1 peach	89
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253	1 cup	89
20006	Barley, pearled, cooked	157	1 cup	88
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	87
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	84
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	83
09038	Avocados, raw, California	28.35	1 oz	77
11821	Peppers, sweet, red, raw	149	1 cup	76
09252	Pears, raw	166	1 pear	75
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	73
02029	Spices, parsley, dried	1.3	1 tbsp	72
09060	Carambola, (starfruit), raw	108	1 cup	71
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	70
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	69
11205	Cucumber, with peel, raw	301	1 large	69
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	67
11672	Potato pancakes	76	1 pancake	66
08219	Cereals ready-to-eat, QUAKER, QUAKER toasted Oatmeal Cereal, Honey Nut	49	1 cup	66
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	65
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	64
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	63
09291	Plums, dried (prunes), uncooked	42	5 prunes	62
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	62
09340	Pears, asian, raw	122	1 pear	61
20110	Noodles, egg, cooked, enriched	160	1 cup	61
11821	Peppers, sweet, red, raw	119	1 pepper	61
11674	Potato, baked, flesh and skin, without salt	202	1 potato	61
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	60
09060	Carambola, (starfruit), raw	91	1 fruit	60
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	60
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	60
09070	Cherries, sweet, raw	68	10 cherries	58
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	57
11549	Tomato products, canned, sauce	245	1 cup	56
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	56
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	55
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	54
11114	Cabbage, savoy, raw	70	1 cup	54
09277	Plantains, raw	179	1 medium	54
19036	Snacks, popcorn, cakes	10	1 cake	54
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	54
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	54
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	53
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	52
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	52
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	51

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08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29	3/4 cup	50
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	49
09279	Plums, raw	66	1 plum	48
18005	Bagels, cinnamon-raisin	89	4" bagel	48
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	46
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	255	1 cup	46
09184	Melons, honeydew, raw	170	1 cup	46
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	46
11206	Cucumber, peeled, raw	280	1 large	45
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	45
18324	Pie, pecan, commercially prepared	113	1 piece	44
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244	1 cup	44
11943	Pimento, canned	12	1 tbsp	44
09184	Melons, honeydew, raw	160	1/8 melon	43
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	43
09316	Strawberries, raw	166	1 cup	43
09278	Plantains, cooked	154	1 cup	43
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	42
18239	Croissants, butter	57	1 croissant	42
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	42
09181	Melons, cantaloupe, raw	160	1 cup	42
11945	Pickle relish, sweet	15	1 tbsp	41
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	41
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	41
09003	Apples, raw, with skin	138	1 apple	40
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	40
20029	Couscous, cooked	157	1 cup	39
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	38
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	38
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	37
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	36
09132	Grapes, red or green (European type, such as Thompson seedless), raw	50	10 grapes	36
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	36
09081	Cranberry sauce, canned, sweetened	57	1 slice	36
11960	Carrots, baby, raw	10	1 medium	36
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	35
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	35
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	35
11333	Peppers, sweet, green, raw	10	1 ring	34
16008	Beans, baked, canned, with franks	259	1 cup	34
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	33
18353	Rolls, hard (includes kaiser)	57	1 roll	33
11135	Cauliflower, raw	100	1 cup	33
09040	Bananas, raw	150	1 cup	33

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14242	Cranberry juice cocktail, bottled	253	8 fl oz	33
18041	Bread, pita, white, enriched	60	6-1/2" pita	32
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	32
09021	Apricots, raw	35	1 apricot	31
09087	Dates, deglet noor	41.5	5 dates	31
19080	Candies, semisweet chocolate	168	1 cup	30
14341	Pineapple and orange juice drink, canned	250	8 fl oz	30
18235	Crackers, whole-wheat	16	4 crackers	29
11955	Tomatoes, sun-dried	2	1 piece	28
21108	Fast foods, hamburger; single, regular patty; with condiments	106	1 sandwich	28
18245	Danish pastry, cheese	71	1 danish	27
18226	Crackers, rye, wafers, plain	11	1 wafer	27
09153	Lemon juice, canned or bottled	244	1 cup	27
11937	Pickles, cucumber, dill or kosher dill	65	1 pickle	27
04015	Salad dressing, russian dressing	15.3	1 tbsp	26
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	26
19263	Frozen novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	26
12120	Nuts, hazelnuts or filberts	28.35	1 oz	26
09040	Bananas, raw	118	1 banana	26
09254	Pears, canned, juice pack, solids and liquids	76	1 half	26
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	26
18133	Cake, sponge, commercially prepared	30	1 shortcake	26
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	106	1 slice	25
20113	Noodles, chinese, chow mein	45	1 cup	25
19089	Ice creams, vanilla, rich	74	1/2 cup	25
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	25
11370	Potatoes, hashed brown, home-prepared	156	1 cup	25
18090	Cake, boston cream pie, commercially prepared	92	1 piece	25
09128	Grapefruit juice, white, raw	247	1 cup	25
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	25
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	25
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	25
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	25
18035	Bread, Multi-Grain (includes whole-grain)	26	1 slice	24
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	24
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	24
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	24
11205	Cucumber, with peel, raw	104	1 cup	24
18308	Pie, cherry, commercially prepared	117	1 piece	23
18036	Bread, Multi-Grain, toasted (includes whole-grain)	24	1 slice	23
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	23
09326	Watermelon, raw	286	1 wedge	23
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	23
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	23
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	23
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	23
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	22

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	22
18326	Pie, pumpkin, commercially prepared	109	1 piece	22
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	22
21090	Fast foods, cheeseburger; single, regular patty, with condiments	113	1 sandwich	21
21224	Pizza, cheese topping, regular crust, frozen, cooked	63	1 serving	21
18075	Bread, whole-wheat, commercially prepared	28	1 slice	21
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	57	1 muffin	21
11109	Cabbage, raw	70	1 cup	21
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	21
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	20
06528	Soup, chicken noodle, dry, mix, prepared with water	252.3	1 cup	20
22401	Spaghetti with meat sauce, frozen entree	283	1 package	20
09004	Apples, raw, without skin	110	1 cup	20
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	20
18039	Bread, oatmeal	27	1 slice	19
18350	Rolls, hamburger or hotdog, plain	43	1 roll	19
11206	Cucumber, peeled, raw	119	1 cup	19
18040	Bread, oatmeal, toasted	25	1 slice	19
12167	Nuts, chestnuts, european, roasted	143	1 cup	19
18243	Croutons, seasoned	40	1 cup	18
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	18
18027	Bread, egg	40	1/2" slice	18
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	18
09181	Melons, cantaloupe, raw	69	1/8 melon	18
18305	Pie, blueberry, commercially prepared	117	1 piece	18
11364	Potatoes, baked, skin, without salt	58	1 skin	17
18060	Bread, rye	32	1 slice	17
18403	Waffles, plain, frozen, ready -to-heat, toasted	33	1 waffle	17
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	17
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	17
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	16
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	16
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	16
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	16
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	15
18041	Bread, pita, white, enriched	28	4" pita	15
18220	Crackers, melba toast, plain	20	4 pieces	15
18044	Bread, pumpernickel	32	1 slice	15
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	15
19013	Snacks, fruit leather, pieces	28.35	1 oz	14
18360	Taco shells, baked	13.3	1 medium	14
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	14
18045	Bread, pumpernickel, toasted	29	1 slice	14
18061	Bread, rye, toasted	24	1 slice	13
02027	Spices, oregano, dried	1.5	1 tsp	13
11399	Potato puffs, frozen, oven-heated	79	10 puffs	13
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	12
09094	Figs, dried, uncooked	38	2 figs	12

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09326	Watermelon, raw	152	1 cup	12
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	12
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	12
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	12
18065	Bread, wheat, toasted	23	1 slice	12
18047	Bread, raisin, enriched	26	1 slice	11
18048	Bread, raisin, toasted, enriched	24	1 slice	11
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	11
18064	Bread, wheat	25	1 slice	11
19078	Baking chocolate, unsweetened, squares	28.35	1 square	11
06094	Soup, onion, dry, mix	39	1 packet	11
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	11
18319	Pie, fried pies, fruit	128	1 pie	10
19193	Puddings, rice, ready-to-eat	113.4	4 oz	10
18320	Pie, lemon meringue, commercially prepared	113	1 piece	10
18070	Bread, white, commercially prepared, toasted	22	1 slice	10
06404	Soup, bean with pork, canned, prepared with equal volume water	253	1 cup	10
14277	Grape drink, canned	250	8 fl oz	10
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	10
20100	Macaroni, cooked, enriched	140	1 cup	10
11156	Chives, raw	3	1 tbsp	10
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	10
06419	Soup, chicken noodle, canned, prepared with equal volume water	241	1 cup	10
18033	Bread, italian	20	1 slice	10
18055	Bread, reduced-calorie, wheat	23	1 slice	9
19155	Candies, MASTERFOODS USA, SNICKERS Bar	57	1 bar (2 oz)	9
18110	Cake, fruitcake, commercially prepared	43	1 piece	9
19014	Snacks, fruit leather, rolls	21	1 large	9
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	9
18053	Bread, reduced-calorie, rye	23	1 slice	9
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	8
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	8
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	8
02009	Spices, chili powder	2.6	1 tsp	8
04134	Salad dressing, home recipe, cooked	16	1 tbsp	8
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	50	10 strips	8
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	8
18283	Muffins, oat bran	57	1 muffin	7
18057	Bread, reduced-calorie, white	23	1 slice	7
06423	Soup, chicken with rice, canned, prepared with equal volume water	241	1 cup	7
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	7
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	7
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	7
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	7
18232	Crackers, wheat, regular	8	4 crackers	6
11282	Onions, raw	160	1 cup	6
09150	Lemons, raw, without peel	58	1 lemon	6
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	6

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09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	6
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	6
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	6
09011	Apples, dried, sulfured, uncooked	32	5 rings	6
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	6
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	6
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	6
21024	Fast foods, french toast sticks	141	5 sticks	6
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	5
19097	Sherbet, orange	74	1/2 cup	5
02010	Spices, cinnamon, ground	2.3	1 tsp	5
18217	Crackers, matzo, plain	28.35	1 matzo	5
22247	Macaroni and Cheese, canned entree	252	1 cup	5
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	5
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	5
06409	Soup, beef noodle, canned, prepared with equal volume water	244	1 cup	5
12142	Nuts, pecans	28.35	1 oz (20 halves)	5
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	5
09316	Strawberries, raw	18	1 strawberry	5
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	5
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	4
11282	Onions, raw	110	1 whole	4
02030	Spices, pepper, black	2.1	1 tsp	4
11135	Cauliflower, raw	13	1 floweret	4
09152	Lemon juice, raw	47	juice of 1 lemon	4
19300	Jellies	19	1 tbsp	4
20084	Wheat flour, white, cake, enriched	137	1 cup	4
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	4
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	4
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	4
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	4
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	4
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	4
18139	Cake, white, prepared from recipe without frosting	74	1 piece	4
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	4
18151	Cookies, brownies, commercially prepared	56	1 brownie	3
14346	Shake, fast food, chocolate	333	16 fl oz	3
09316	Strawberries, raw	12	1 strawberry	3
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	3
19294	Fruit butters, apple	17	1 tbsp	3
12637	Nuts, mixed nuts, with peanuts, oil roasted, with salt added	28.35	1 oz	3
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	3
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	3
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	3
12147	Nuts, pine nuts, dried	28.35	1 oz	3
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	3
06166	Sauce, homemade, white, medium	250	1 cup	3
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	3

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	2
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	248	1 cup	2
06494	Soup, onion, dry, mix, prepared with water	246	1 cup	2
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	2
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	2
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	2
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	2
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	2
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	2
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	2
14194	Cocoa mix, powder, prepared with water	206	1 serving	2
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	2
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	2
14390	Cocoa mix, with aspartame, powder, prepared with water	192	1 serving	2
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	2
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	2
09153	Lemon juice, canned or bottled	15.2	1 tbsp	2
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	2
19126	Candies, milk chocolate coated peanuts	40	10 pieces	2
11284	Onions, dehydrated flakes	5	1 tbsp	2
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	2
18229	Crackers, standard snack-type, regular	12	4 crackers	1
14192	Cocoa mix, powder	28.35	3 heaping tsp	1
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	1
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	1
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	1
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	1
18170	Cookies, fig bars	16	1 cookie	1
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	126	1 pie shell	1
19056	Snacks, tortilla chips, plain, white corn	28.35	1 oz	1
19183	Puddings, chocolate, ready-to-eat	113	4 oz	1
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	1
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	1
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	1
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	1
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	1
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	1
12147	Nuts, pine nuts, dried	8.6	1 tbsp	1
19348	Syrups, chocolate, fudge-type	19	1 tbsp	1
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	1
18214	Crackers, cheese, regular	10	10 crackers	1
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	1
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	1
19135	Candies, MASTERFOODS USA, MILKY WAY Bar	61	1 bar (2.15 oz)	1
06125	Gravy, turkey, canned, ready-to-serve	59.6	1/4 cup	1
06119	Gravy, chicken, canned, ready-to-serve	59.5	1/4 cup	1
06116	Gravy, beef, canned, ready-to-serve	58.25	1/4 cup	1

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14181	Chocolate syrup	18.75	1 tbsp	1
11282	Onions, raw	14	1 slice	1
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	1
18088	Cake, angelfood, dry mix, prepared	50	1 piece	1
02055	Horseradish, prepared	5	1 tsp	1
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0
11215	Garlic, raw	3	1 clove	0
11429	Radishes, raw	4.5	1 radish	0
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0
19127	Candies, milk chocolate coated raisins	10	10 pieces	0
18177	Cookies, molasses	15	1 cookie, medium	0
19156	Candies, MASTERFOODS USA, STARBURST Fruit Chews, Original fruits	5	1 piece	0
12061	Nuts, almonds	28.35	1 oz (24 nuts)	0
19135	Candies, MASTERFOODS USA, MILKY WAY Bar	18	1 fun size bar	0
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0
19104	Candies, fudge, vanilla with nuts	15	1 piece	0
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	10	1 cookie	0
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	0
02015	Spices, curry powder	2	1 tsp	0
01072	Dessert topping, pressurized	4	1 tbsp	0
02007	Spices, celery seed	2	1 tsp	0
01186	Cheese, cream, fat free	15.6	1 tbsp	0
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	0
01145	Butter, without salt	14.2	1 tbsp	0
01143	Egg substitute, liquid	62.75	1/4 cup	0
01124	Egg, white, raw, fresh	33.4	1 large	0
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0
01077	Milk, whole, 3.25% milkfat	244	1 cup	0
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	0
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	0
01097	Milk, canned, evaporated, nonfat	256	1 cup	0
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	0
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	0
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	0
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	0
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	0
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	0
01094	Milk, buttermilk, dried	6.5	1 tbsp	0
01095	Milk, canned, condensed, sweetened	306	1 cup	0
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	0
01111	Milk shakes, thick vanilla	313	11 fl oz	0
01110	Milk shakes, thick chocolate	300	10.6 fl oz	0
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0
01102	Milk, chocolate, fluid, commercial, whole	250	1 cup	0
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	0
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	0