

USDA National Nutrient Database for Standard Reference Release 26

Nutrients: Carbohydrate, by difference (g) ; Fiber, total dietary (g) ; Sugars, total (g)

Food Subset:
 Ordered by: Nutrient Content
 Measured by: Household
 Report Run at: June 16, 2014 03:50 EDT

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Fiber, total dietary(g) Per Measure	Sugars, total(g) Per Measure
19720	Syrups, table blends, pancake, with 2% maple, with added potassium	315.0	1.0 cup	219.24	0.0	--
19129	Syrups, table blends, pancake	314.0	1.0 cup	193.02	0.0	67.42
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	147.91	2.4	0.22
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	134.80	26.7	4.49
19182	Desserts, mousse, chocolate, prepared-from-recipe	808.0	1.0 recipe yield	129.85	4.8	119.66
20324	Cornmeal, self-rising, bolted, with wheat flour added, enriched, white	170.0	1.0 cup	124.83	10.7	--
16001	Beans, adzuki, mature seeds, raw	197.0	1.0 cup	123.91	25.0	--
20314	Corn, white	166.0	1.0 cup	123.27	--	--
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	120.98	30.1	4.11
20090	Rice flour, brown	158.0	1.0 cup	120.84	7.3	1.34
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	117.35	4.9	47.88
20130	Barley flour or meal	148.0	1.0 cup	110.29	14.9	1.18
09214	Orange juice, frozen concentrate, unsweetened, undiluted	284.0	1.0 cup	108.40	2.3	106.13
01115	Whey, sweet, dried	145.0	1.0 cup	107.97	0.0	--
09081	Cranberry sauce, canned, sweetened	277.0	1.0 cup	107.75	2.8	104.98
09085	Currants, zante, dried	144.0	1.0 cup	106.68	9.8	96.88
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	202.0	1.0 pie crust (average weight)	105.99	4.6	--
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	225.0	1.0 pie crust (average weight)	105.28	3.2	--
20325	Cornmeal, self-rising, degermed, enriched, white	138.0	1.0 cup	103.21	9.8	--
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	99.37	3.3	0.42
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	119.0	1.0 cup	98.64	--	--
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	95.39	3.4	0.34
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	125.0	1.0 cup	95.39	3.4	--
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	93.81	8.9	0.78
20648	Sorghum flour	121.0	1.0 cup	93.74	8.0	2.26
09353	Blueberries, wild, canned, heavy syrup, drained	319.0	1.0 cup	90.34	15.6	61.50
20317	Corn flour, masa, enriched, yellow	114.0	1.0 cup	86.97	7.3	--
19709	Puddings, tapioca, dry mix, with no added salt	92.0	1.0 package (3.5 oz)	86.76	0.2	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Fiber, total dietary(g) Per Measure	Sugars, total(g) Per Measure
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	86.22	16.3	69.90
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	242.0	1.0 cup	82.62	--	--
19710	Puddings, vanilla, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	81.31	0.0	--
19086	Candies, confectioner's coating, peanut butter	168.0	1.0 cup chips	78.76	8.4	64.34
20099	Macaroni, dry, enriched	105.0	1.0 cup elbow shaped	78.40	3.4	2.80
19187	Flan, caramel custard, dry mix	85.0	1.0 package (3 oz)	77.86	0.0	--
19706	Puddings, banana, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	77.79	0.3	--
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	85.0	1.0 package (3 oz)	76.92	0.0	--
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	85.0	1.0 package (3 oz)	76.76	0.1	--
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	76.08	2.5	13.98
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207.0	1.0 can (6 fl oz)	71.54	0.8	70.71
20095	Pasta, fresh-refrigerated, spinach, as purchased	128.0	4.5 oz	71.32	--	--
20093	Pasta, fresh-refrigerated, plain, as purchased	128.0	4.5 oz	70.05	--	--
20132	Oat flour, partially debranned	104.0	1.0 cup	68.33	6.8	0.83
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	262.0	1.0 cup, halves or slices	68.28	2.6	--
12097	Nuts, chestnuts, european, raw, unpeeled	145.0	1.0 cup	66.03	11.7	--
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	146.0	1.0 cup	65.55	--	--
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	64.96	11.0	24.40
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	64.11	6.9	3.23
20105	Macaroni, vegetable, dry, enriched	84.0	1.0 cup spiral shaped	62.90	3.6	--
20101	Macaroni, protein-fortified, dry, enriched, (n x 5.70)	93.0	1.0 cup small shells	62.83	2.2	--
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	120.0	1.0 cup	62.38	0.0	--
09278	Plantains, cooked	200.0	1.0 cup, mashed	62.30	4.6	28.00
09059	Breadfruit, raw	220.0	1.0 cup	59.66	10.8	24.20
01094	Milk, buttermilk, dried	120.0	1.0 cup	58.80	0.0	--
21403	McDONALD'S, Premium Crispy Chicken Classic Sandwich	230.0	1.0 item	58.56	3.2	12.35
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	58.35	2.1	28.85
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	183.0	1.0 slice 1/4 of pie	58.16	4.4	9.15
09056	Boysenberries, canned, heavy syrup	256.0	1.0 cup	57.11	6.7	--
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	55.39	4.1	51.26
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	55.38	6.5	48.92
09231	Passion-fruit, (granadilla), purple, raw	236.0	1.0 cup	55.18	24.5	26.43
14030	Beverages, energy drink, Original, grape, loaded cherry, charged citrus	480.0	16.0 fl oz	54.00	0.0	--
20451	Rice, white, medium-grain, cooked, unenriched	186.0	1.0 cup	53.18	--	--
18101	Cake, chocolate, prepared from recipe without frosting	95.0	1.0 piece (1/12 of 9" dia)	50.73	1.5	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Fiber, total dietary(g) Per Measure	Sugars, total(g) Per Measure
16009	Beans, baked, canned, with pork	253.0	1.0 cup	50.57	13.9	--
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	50.48	5.1	45.36
20143	Teff, cooked	252.0	1.0 cup	50.05	7.1	--
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	49.71	5.9	11.25
08609	Cereals ready-to-eat, KASHI Golden Goodness	60.0	1.25 cup (1 NLEA serving)	49.50	5.7	8.88
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	255.0	1.0 cup	48.73	2.6	46.18
18603	GEORGE WESTON BAKERIES, Brownberry Sage and Onion Stuffing Mix, dry	67.0	1.0 serving	48.71	3.6	--
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	48.70	4.0	2.02
09065	Cherries, sour, red, canned, light syrup pack, solids and liquids	252.0	1.0 cup	48.64	2.0	--
20117	Noodles, japanese, somen, cooked	176.0	1.0 cup	48.47	--	--
09277	Plantains, raw	148.0	1.0 cup, sliced	47.20	3.4	22.20
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248.0	1.0 cup	46.90	2.5	44.42
09357	Apricots, canned, heavy syrup, drained	219.0	1.0 cup, halves	46.67	5.9	40.84
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	60.0	1.0 serving 2.13 oz bar	46.66	0.9	40.13
08617	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Bite Size Blueberry Muffin	55.0	25.0 biscuits (1 NLEA serving)	46.64	5.6	12.48
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	46.12	2.4	1.41
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	56.0	1.0 cup (1 NLEA serving)	46.03	4.3	11.54
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)	45.16	5.8	9.79
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	45.05	15.4	0.59
11215	Garlic, raw	136.0	1.0 cup	44.96	2.9	1.36
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	44.51	0.6	0.08
20123	Spaghetti, protein-fortified, cooked, enriched (N x 5.70)	140.0	1.0 cup	44.32	2.4	--
21404	McDONALD'S, Premium Grilled Chicken Club Sandwich	223.0	1.0 item 7.9 oz	44.31	2.7	6.44
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	44.07	8.4	31.24
16419	Soy meal, defatted, raw, crude protein basis (N x 6.25)	122.0	1.0 cup	43.79	--	--
19069	Candies, NESTLE, BUTTERFINGER Bar	60.0	1.0 serving 2.1 oz bar	43.74	1.2	27.54
08632	Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	56.0	1.0 cup (1 NLEA serving)	43.70	4.6	9.43
08673	Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	43.67	5.7	10.14
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	43.03	3.0	36.09
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	240.0	1.0 cup	42.98	3.1	20.90

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Fiber, total dietary(g) Per Measure	Sugars, total(g) Per Measure
20124	Spaghetti, whole-wheat, dry	57.0	2.0 oz	42.77	--	--
20420	Spaghetti, dry, unenriched	57.0	2.0 oz	42.56	1.8	1.52
20120	Spaghetti, dry, enriched	57.0	2.0 oz	42.56	1.8	1.52
18969	Cream puff, eclair, custard or cream filled, iced	113.0	4.0 oz	42.30	1.0	24.92
20134	Rice noodles, cooked	176.0	1.0 cup	42.26	1.8	0.05
20116	Noodles, japanese, somen, dry	57.0	2.0 oz	42.24	2.5	--
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	41.23	9.8	--
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	41.07	1.0	29.00
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	40.82	4.2	7.48
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	40.39	10.9	7.58
20410	Noodles, egg, cooked, unenriched, without added salt	160.0	1.0 cup	40.26	1.9	0.64
18995	KELLOGG'S, EGGO, Biscuit Scramblers, Bacon, Egg & Cheese	105.0	1.0 biscuit	40.21	2.2	4.94
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	40.19	9.0	2.77
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	49.0	1.0 cup (1 NLEA serving)	39.89	6.1	0.44
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	39.72	16.6	0.55
06002	Soup, black bean, canned, condensed	257.0	1.0 cup (8 fl oz)	39.63	17.5	6.40
21027	Fast foods, brownie	60.0	1.0 brownie (2" square)	38.97	--	--
20112	Noodles, egg, spinach, cooked, enriched	160.0	1.0 cup	38.80	3.7	1.14
18997	KELLOGG'S, EGGO, French Toaster Sticks, Cinnamon	90.0	2.0 pieces	38.34	0.9	14.58
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	38.08	4.0	30.37
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	37.93	2.1	0.31
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	37.93	2.1	0.31
20108	Macaroni, whole-wheat, cooked	140.0	1.0 cup elbow shaped	37.16	3.9	1.12
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	37.08	0.3	0.14
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	51.0	1.0 pastry	37.08	0.5	14.78
09437	Tamarind nectar, canned	251.0	1.0 cup	36.97	1.3	31.88
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	36.52	3.3	33.26
20102	Macaroni, protein-fortified, cooked, enriched, (n x 5.70)	115.0	1.0 cup small shells	36.41	--	--
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	46.0	2.0 biscuits (1 NLEA serving)	36.23	5.5	0.43
21023	Fast foods, french toast with butter	135.0	2.0 slices	36.04	--	--
18146	Cake, yellow, prepared from recipe without frosting	68.0	1.0 piece (1/12 of 8" dia)	36.04	0.5	--
20106	Macaroni, vegetable, cooked, enriched	134.0	1.0 cup spiral shaped	35.66	5.8	1.54

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18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	35.54	3.0	19.21
18955	Bread, pan dulce, sweet yeast bread	63.0	1.0 slice (average weight of 1 slice)	35.52	1.4	7.88
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	35.48	4.4	7.24
19098	Candies, 5TH AVENUE Candy Bar	56.0	1.0 bar 2 oz	35.10	1.7	26.43
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	35.01	10.8	2.47
19250	Candies, HERSHEY, KIT KAT BIG KAT Bar	55.0	1.0 bar 1.94 oz	35.00	1.0	29.68
18112	Cake mix, pudding, dry, german chocolate	43.0	1.0 serving	34.94	0.9	18.12
19091	Candies, YORK Peppermint Pattie	43.0	1.0 patty 1.5 oz	34.83	0.9	27.43
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	34.70	5.5	29.24
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	48.0	1.0 package (1.69 oz)	34.17	1.3	30.57
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	34.10	0.3	1.54
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	33.87	2.7	3.65
08649	Cereals ready-to-eat, KASHI GOLEAN CRISP Cinnamon Crumble	51.0	0.75 cup (1 NLEA serving)	33.71	9.0	9.59
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	33.53	8.2	5.33
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	33.42	1.3	0.78
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	40.0	1.0 serving fun size (8 chews)	33.03	0.0	23.25
09442	Pomegranate juice, bottled	249.0	1.0 cup	32.69	0.2	31.50
11316	Peas, mature seeds, sprouted, raw	120.0	1.0 cup	32.53	--	--
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	32.29	1.6	0.21
21002	Fast foods, biscuit, with egg	136.0	1.0 biscuit	31.91	0.8	--
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	31.84	4.0	5.07
19181	Candies, YORK BITES	39.0	15.0 pieces	31.84	0.8	29.25
19067	Candies, TWIZZLERS CHERRY BITES	40.0	18.0 pieces	31.75	0.0	--
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	31.73	8.8	2.22
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	31.69	0.0	--
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	31.62	0.0	--
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	31.52	1.4	0.17
18612	MCKEE BAKING, LITTLE DEBBIE NUTTY BARS, Wafers with Peanut Butter, Chocolate Covered	57.0	1.0 serving	31.46	--	19.38
18505	KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat	70.0	2.0 waffles 1 serving	31.43	0.9	3.15
09164	Litchis, raw	190.0	1.0 cup	31.41	2.5	28.94
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	31.40	11.7	6.10

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09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	31.23	6.0	21.05
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	30.90	14.3	4.20
11048	Beans, pinto, immature seeds, frozen, unprepared	94.0	0.333 package (10 oz)	30.55	5.4	--
19144	Candies, NESTLE, 100 GRAND Bar	43.0	1.0 bar (1.5 oz)	30.52	0.4	22.32
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	30.32	1.8	23.88
18610	CONTINENTAL MILLS, KRUSTEAZ Almond Poppyseed Muffin Mix, Artificially Flavored, dry	40.0	1.0 serving	30.24	0.7	16.00
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	30.16	4.6	--
18629	PILLSBURY, Buttermilk Biscuits, Artificial Flavor, refrigerated dough	64.0	1.0 biscuit	30.12	1.0	2.85
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44.0	1.0 bar 1.55 oz	29.48	0.8	24.20
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	40.0	0.5 cup (1 NLEA serving)	29.38	4.8	0.24
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	29.35	0.1	15.26
09071	Cherries, sweet, canned, water pack, solids and liquids	248.0	1.0 cup, pitted	29.16	3.7	25.44
11259	Mountain yam, hawaii, cooked, steamed, without salt	145.0	1.0 cup, cubes	29.00	--	--
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	28.99	15.0	6.71
21110	Fast foods, hamburger; double, regular, patty; plain	120.0	1.0 item	28.92	1.1	4.98
08143	Cereals, WHEATENA, cooked with water	243.0	1.0 cup	28.67	6.6	--
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	28.59	0.8	3.28
11450	Soybeans, green, raw	256.0	1.0 cup	28.29	10.8	--
18954	Bread, pound cake type, pan de torta salvadoran	55.0	1.0 serving	28.21	0.9	9.96
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	28.17	2.9	3.40
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	28.13	8.6	12.12
09210	Orange juice, chilled, includes from concentrate, fortified with calcium and vitamin D	249.0	1.0 cup	28.06	0.7	20.69
09211	Orange juice, chilled, includes from concentrate, fortified with calcium	249.0	1.0 cup	28.06	0.7	20.69
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	28.06	0.2	0.10
14620	V8 V. FUSION Juices, Peach Mango	246.0	1.0 serving 8 oz	27.99	0.0	26.00
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	142.0	0.5 cup	27.89	1.1	16.98
08177	Cereals, MALT-O-MEAL, chocolate, dry	35.0	3.0 tbsp (1 NLEA serving)	27.84	1.0	5.82
09124	Grapefruit juice, white, canned, sweetened	250.0	1.0 cup	27.82	0.2	27.58
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	27.77	1.2	8.17
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	32.0	1.5 cup (1 NLEA serving)	27.68	1.1	9.98
12039	Seeds, sunflower seed kernels, toasted, without salt	134.0	1.0 cup	27.59	15.4	--
08640	Cereals, QUAKER, Instant Oatmeal Organic, Regular	41.0	1.0 packet	27.47	4.0	0.41

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Fiber, total dietary(g) Per Measure	Sugars, total(g) Per Measure
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	33.0	1.25 cup (1 NLEA serving)	27.39	2.7	6.01
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	126.0	1.0 sandwich	27.30	0.5	2.68
11191	Cowpeas (blackeyes), immature seeds, raw	145.0	1.0 cup	27.30	7.2	4.35
18506	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat	70.0	2.0 waffles 1 serving	27.30	2.8	2.73
09428	Rowal, raw	114.0	0.5 cup	27.25	7.1	16.07
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	27.19	3.1	5.34
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	27.08	1.3	0.71
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	26.87	0.4	4.29
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	26.81	4.1	4.58
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	26.75	0.0	--
11364	Potatoes, baked, skin, without salt	58.0	1.0 skin	26.71	4.6	0.81
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	26.44	2.2	4.44
11372	Potatoes, scalloped, home-prepared with butter	245.0	1.0 cup	26.41	4.7	--
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	26.39	5.4	16.18
09205	Oranges, raw, with peel	170.0	1.0 cup	26.35	7.6	--
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	26.31	0.4	13.70
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	26.01	3.5	20.63
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	25.85	2.0	23.85
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	25.83	5.0	8.35
16416	Soy flour, full-fat, roasted, crude protein basis (N x 6.25)	85.0	1.0 cup, stirred	25.82	--	--
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	25.56	1.0	14.64
19436	Popcorn, sugar syrup/caramel, fat-free	28.35	1.0 oz	25.53	0.7	18.34
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	25.43	0.6	15.46
18616	MISSION FOODS, MISSION Flour Tortillas, Soft Taco, 8 inch	51.0	1.0 serving	25.30	--	--
08628	Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	32.0	0.75 cup (1 NLEA serving)	25.24	2.0	7.97
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	25.24	1.5	23.76
08669	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Chocolate Squares	30.0	0.75 cup (1 NLEA serving)	25.20	10.6	5.19
08610	Cereals ready-to-eat, KASHI Honey Sunshine	30.0	0.75 cup (1 NLEA serving)	25.20	5.3	6.09
08660	Cereals ready-to-eat, KELLOGG'S APPLE JACKS with marshmallows	28.0	1.0 cup (1 NLEA serving)	25.09	2.1	14.31
14058	Beverages, Whey protein powder isolate	86.0	3.0 scoop	25.00	0.0	1.00
14065	Beverages, Hi-C Flashin' Fruit Punch	200.0	6.75 fl oz	25.00	0.0	--
08665	Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	30.0	0.75 cup (1 NLEA serving)	24.90	1.7	6.06

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Fiber, total dietary(g) Per Measure	Sugars, total(g) Per Measure
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32.0	0.75 cup (1 NLEA serving)	24.88	2.1	6.22
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	29.0	0.75 cup (1 NLEA serving)	24.85	0.5	10.38
09176	Mangos, raw	165.0	1.0 cup pieces	24.72	2.6	22.54
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	24.52	3.7	15.85
18615	MARTHA WHITE FOODS, Martha White's Buttermilk Biscuit Mix, dry	41.0	1.0 serving	24.36	0.6	1.83
11553	Tomato products, canned, sauce, with onions	245.0	1.0 cup	24.35	4.4	--
21013	Fast foods, croissant, with egg, cheese, and ham	152.0	1.0 croissant	24.20	--	--
18989	AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type, reduced fat	36.0	1.0 package	24.19	1.0	4.25
18986	AUSTIN, Grilled Cheese on Wafer Crackers, sandwich-type	39.0	1.0 package	24.18	0.5	4.91
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	24.14	1.2	1.30
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240.0	1.0 cup, mashed	24.12	--	--
18631	PILLSBURY, Crusty French Loaf, refrigerated dough	52.0	1.0 serving	24.10	1.4	2.63
21415	POPEYES, Biscuit	59.0	1.0 biscuit	24.10	1.0	1.74
18566	Artificial Blueberry Muffin Mix, dry	31.0	1.0 muffin	24.01	--	--
19268	Candies, dark chocolate coated coffee beans	40.0	1.0 serving 28 pieces	23.98	3.0	17.00
19234	Puddings, tapioca, ready-to-eat, fat free	112.0	1.0 container refrigerated 4 oz	23.87	0.0	15.88
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	33.0	2.0 tablespoon	23.82	0.4	21.22
19306	Candies, MARS SNACKFOOD US, POP'ABLES SNICKERS Brand Bite Size Candies	39.0	1.0 serving 13 pieces	23.82	0.9	20.16
18640	HEINZ, WEIGHT WATCHER, Chocolate Eclair, frozen	59.0	1.0 eclair, frozen	23.78	1.2	9.91
19437	Snacks, potato chips, fat free, salted	28.35	1.0 oz	23.75	2.1	1.05
09048	Blackberries, frozen, unsweetened	151.0	1.0 cup, unthawed	23.66	7.6	16.11
11875	Sweet potato, cooked, baked in skin, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	23.61	3.8	12.64
19235	Puddings, chocolate, ready-to-eat, fat free	113.0	1.0 serving 4 oz	23.58	0.3	17.80
18635	PILLSBURY, Cinnamon Rolls with Icing, refrigerated dough	44.0	1.0 serving 1 roll with icing	23.50	0.6	9.39
16394	Peanuts, valencia, oil-roasted, without salt	144.0	1.0 cup	23.47	12.8	--
18614	MARTHA WHITE FOODS, Martha White's Chewy Fudge Brownie Mix, dry	28.0	1.0 serving	23.40	0.8	15.33
14632	Meal supplement drink, NESTLE, SUPLIGEN, canned, peanut flavor	158.0	1.0 cup	23.29	--	--
18630	PILLSBURY, Chocolate Chip Cookies, refrigerated dough	38.0	1.0 serving 2 cookies	23.08	0.6	14.31
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	28.35	1.0 oz	23.05	2.2	--
06731	Soup, bean with bacon, condensed, single brand	128.0	1.0 serving 1/2 cup	23.04	5.9	--
19248	Candies, HERSHEY'S, ALMOND JOY BITES	40.0	18.0 pieces	23.02	1.7	20.68
19125	Chocolate-flavored hazelnut spread	37.0	1.0 serving 2 TBSP	23.00	2.0	20.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Fiber, total dietary(g) Per Measure	Sugars, total(g) Per Measure
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	22.95	1.0	11.17
18236	Cracker meal	28.35	1.0 oz	22.94	0.7	0.09
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	22.93	1.0	21.91
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	22.92	0.7	4.81
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	295.0	1.0 bottle	22.83	4.7	17.55
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	22.83	1.7	3.38
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	27.0	1.0 cup (1 NLEA serving)	22.82	1.2	2.19
18196	Cookies, brownies, dry mix, special dietary	28.35	1.0 oz	22.79	1.2	--
08658	Cereals ready-to-eat, KELLOGG'S KRAVE double chocolate cereal	30.0	0.75 cup (1 NLEA serving)	22.77	3.2	10.89
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	27.0	0.75 cup (1 NLEA serving)	22.68	5.0	5.00
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	27.0	0.75 cup (1 NLEA serving)	22.59	4.1	5.58
01070	Dessert topping, powdered	43.0	1.5 oz	22.59	0.0	--
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	30.0	0.75 cup (1 NLEA serving)	22.58	5.0	3.68
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	28.35	1.0 oz	22.57	--	--
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	22.51	1.0	21.00
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	22.45	4.8	12.08
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	22.45	4.8	12.08
18956	Keikitos (muffins), Latino bakery item	42.0	1.0 piece	22.33	0.5	10.84
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	22.33	1.0	21.35
18608	KEEBLER, KEEBLER Chocolate Graham SELECTS	31.0	1.0 serving	22.26	--	8.22
19874	Frozen novelties, KLONDIKE, SLIM-A-BEAR Fudge Bar, 98% fat free, no sugar added	74.0	1.0 serving 3.5 fl oz bar	22.25	4.4	5.25
11361	Potatoes, roasted, salt added in processing, frozen, unprepared	85.0	3.0 oz	22.23	2.2	0.59
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	22.16	--	10.05
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	22.09	2.9	17.69
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	22.03	0.5	12.05
19435	Snacks, granola bar, fruit-filled, nonfat	28.35	1.0 oz	22.00	2.1	15.69
18982	KASHI, H2H Woven Wheat Cracker, Roasted Garlic	30.0	7.0 cracker	21.96	3.7	0.18
18609	KEEBLER, Vanilla Wafers	30.0	8.0 cookies	21.93	0.4	9.48
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	21.92	3.5	18.40
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	27.0	0.75 cup (1 NLEA serving)	21.84	1.4	9.76
09228	Papaya, canned, heavy syrup, drained	39.0	1.0 piece	21.77	0.6	20.36
18084	Bread stuffing, cornbread, dry mix	28.35	1.0 oz	21.74	4.1	1.35

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Fiber, total dietary(g) Per Measure	Sugars, total(g) Per Measure
18974	KASHI, TLC, Honey Sesame Crackers	30.0	15.0 cracker	21.66	1.7	4.83
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	21.60	0.9	2.34
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	21.54	6.4	--
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	21.54	6.4	--
18972	Bread, cheese	48.0	1.0 slice	21.52	1.0	1.00
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	21.50	6.6	4.04
09201	Oranges, raw, California, valencias	180.0	1.0 cup sections, without membranes	21.40	4.5	--
18617	NABISCO, NABISCO GRAHAMS Crackers	28.0	1.0 serving	21.34	1.0	6.44
09252	Pears, raw	140.0	1.0 cup, slices	21.32	4.3	13.65
09014	Apples, frozen, unsweetened, unheated	173.0	1.0 cup slices	21.30	2.2	--
21006	Fast foods, biscuit with egg and steak	148.0	1.0 biscuit	21.27	--	--
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1.0 oz	21.20	1.1	1.37
18999	KELLOGG'S, EGGO, Mini Muffin Tops, Blueberry	46.0	1.0 set	21.07	0.5	8.33
11304	Peas, green, raw	145.0	1.0 cup	20.95	7.4	8.22
18177	Cookies, molasses	28.35	1.0 oz	20.92	0.3	4.99
18232	Crackers, wheat, regular	31.0	1.0 serving	20.88	1.1	4.28
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	20.78	0.0	--
19193	Puddings, rice, ready-to-eat	113.0	1.0 serving 4 oz pudding cup	20.78	0.3	13.10
12013	Seeds, lotus seeds, dried	32.0	1.0 cup	20.63	--	--
18157	Cookies, chocolate wafers	28.35	1.0 oz	20.61	1.0	10.61
01057	Eggnog	254.0	1.0 cup	20.45	0.0	--
09061	Carissa, (natal-plum), raw	150.0	1.0 cup slices	20.45	--	--
18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	20.44	0.4	11.14
19010	Snacks, crisped rice bar, chocolate chip	28.0	1.0 bar (1 oz)	20.44	0.6	--
18973	Focaccia, Italian flatbread, plain	57.0	1.0 piece	20.42	1.0	1.00
09160	Lime juice, raw	242.0	1.0 cup	20.38	1.0	4.09
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1.0 oz	20.30	1.4	--
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	20.21	2.4	2.04
19893	Ice creams, BREYERS, All Natural Light French Chocolate	68.0	1.0 serving 1/2 cup	20.18	0.7	16.35
18163	Cookies, chocolate chip, refrigerated dough	33.0	1.0 serving	20.14	0.5	12.55
18170	Cookies, fig bars	28.35	1.0 oz	20.10	1.3	13.14
18993	BEAR NAKED, Double Chocolate Cookies	30.0	1.0 cookie	20.07	2.1	10.56
19227	Frostings, coconut-nut, ready-to-eat	38.0	0.083 package	20.03	1.0	15.20
18961	Crackers, cream, GAMESA SABROSAS	31.0	11.0 crackers (1 NLEA serving)	20.01	0.7	2.90
14614	V8 SPLASH Juice Drinks, Mango Peach	243.0	1.0 serving 8 oz	20.00	--	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Fiber, total dietary(g) Per Measure	Sugars, total(g) Per Measure
06992	HEALTHY REQUEST, Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	20.00	3.0	5.00
14087	V8 SPLASH Smoothies, Strawberry Banana	245.0	1.0 serving 8 oz	19.99	0.0	18.01
06393	CAMPBELL'S CHUNKY Soups, Chicken Corn Chowder	245.0	1.0 cup	19.99	2.0	2.99
08635	Cereals ready-to-eat, GENERAL MILLS, Cocoa Puffs, 25% Reduced Sugar	24.0	0.75 cup (1 NLEA serving)	19.99	1.4	6.26
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	19.89	7.6	--
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	19.82	0.8	8.97
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	30.0	1.0 piece (1/8 of 9" crust)	19.56	0.4	11.50
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	150.0	1.0 cup drained, rinsed	19.53	--	--
09043	Blackberry juice, canned	250.0	1.0 cup	19.50	0.2	19.25
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	19.48	0.8	6.99
18184	Cookies, oatmeal, prepared from recipe, with raisins	28.35	1.0 oz	19.39	--	--
18532	ARCHWAY Home Style Cookies, Iced Molasses	28.0	1.0 serving	19.35	0.3	10.76
18168	Cookies, chocolate sandwich, with extra creme filling	28.35	1.0 oz	19.33	0.8	13.04
19879	Ice creams, BREYERS, All Natural Light Mint Chocolate Chip	68.0	1.0 serving 1/2 cup	19.31	0.4	17.26
09102	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	245.0	1.0 cup	19.28	2.4	--
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	19.28	1.2	5.59
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	28.35	1.0 oz	19.26	0.7	17.97
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	19.25	0.2	10.69
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	19.20	11.2	4.99
09167	Loganberries, frozen	147.0	1.0 cup, unthawed	19.14	7.8	11.32
14086	V8 SPLASH Smoothies, Peach Mango	245.0	1.0 serving 8 oz	19.01	0.0	18.01
06521	CAMPBELL'S SELECT Microwaveable Bowls, Minestrone Soup	245.0	1.0 cup	19.01	2.9	5.00
06362	CAMPBELL'S Red and White, Hearty Vegetable with Pasta Soup, condensed	126.0	1.0 serving 1/2 cup	19.00	2.0	8.00
18975	KASHI, TLC, Original 7-Grain Crackers	30.0	15.0 crackers	18.96	2.7	4.05
09118	Grapefruit, raw, white, Florida	230.0	1.0 cup sections, with juice	18.84	--	--
19871	Frozen novelties, No Sugar Added, FUDGESICLE pops	84.0	1.0 serving	18.72	1.3	3.30
18202	Cookies, sugar wafers with creme filling, special dietary	28.35	1.0 oz	18.71	--	--
18533	ARCHWAY Home Style Cookies, Iced Oatmeal	28.0	1.0 serving	18.69	0.6	10.42
18183	Cookies, oatmeal, refrigerated dough, baked	28.35	1.0 oz	18.63	0.8	--
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	18.60	0.5	10.05
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	28.35	1.0 oz	18.49	1.8	0.80
18994	BEAR NAKED, Fruit & Nut Cookies	30.0	1.0 cookie	18.48	2.1	8.82
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	18.46	1.1	1.37

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Fiber, total dietary(g) Per Measure	Sugars, total(g) Per Measure
19423	Snacks, potato chips, fat-free, made with olestra	28.35	1.0 oz	18.43	1.9	0.00
18192	Cookies, shortbread, commercially prepared, plain	28.35	1.0 oz	18.29	0.5	4.27
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	18.15	0.3	10.57
18535	ARCHWAY Home Style Cookies, Molasses	26.0	1.0 serving	18.05	0.3	9.45
19021	Snacks, granola bars, soft, uncoated, peanut butter	28.0	1.0 bar (1 oz)	18.03	1.2	--
19014	Snacks, fruit leather, rolls	21.0	1.0 large	18.02	0.0	10.32
18963	Garlic bread, frozen	43.0	1.0 slice presliced	17.94	1.1	1.59
19058	Snacks, tortilla chips, ranch-flavor	28.35	1.0 oz	17.79	1.1	0.86
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22.0	1.0 serving	17.71	0.1	4.26
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	17.56	3.0	16.06
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	17.56	0.9	1.02
16607	MORNINGSTAR FARMS Buffalo Chik Patties, frozen, unprepared	71.0	1.0 patty	17.54	2.3	2.06
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	17.36	7.7	1.52
11559	Tomato products, canned, sauce, with tomato tidbits	244.0	1.0 cup	17.30	3.4	--
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	17.29	0.1	10.39
09083	Currants, european black, raw	112.0	1.0 cup	17.23	--	--
19875	Ice creams, BREYERS, All Natural Light Vanilla	68.0	1.0 serving 1/2 cup	17.20	0.1	15.49
09068	Cherries, sour, red, frozen, unsweetened	155.0	1.0 cup, unthawed	17.08	2.5	13.98
06726	Soup, chicken mushroom chowder, chunky, ready-to-serve, single brand	240.0	1.0 serving	17.04	3.4	--
18527	ARCHWAY Home Style Cookies, Date Filled Oatmeal	25.0	1.0 serving	17.04	0.5	8.57
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	17.00	2.0	13.08
06991	HEALTHY REQUEST, Tomato Soup, condensed	124.0	1.0 serving 1/2 cup	17.00	1.0	9.99
21416	POPEYES, Coleslaw	120.0	1.0 package	16.94	2.0	13.00
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	16.86	1.5	2.13
09152	Lemon juice, raw	244.0	1.0 cup	16.84	0.7	6.15
18182	Cookies, oatmeal, refrigerated dough	28.35	1.0 oz	16.75	0.7	--
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	16.70	0.5	9.02
18193	Cookies, shortbread, commercially prepared, pecan	28.35	1.0 oz	16.53	0.5	--
18544	ARCHWAY Home Style Cookies, Raspberry Filled	25.0	1.0 serving	16.48	0.6	7.94
18186	Cookies, peanut butter, commercially prepared, soft-type	28.35	1.0 oz	16.36	0.5	--
06956	Soup, tomato, canned, condensed, reduced sodium	121.0	1.0 serving 1/2 cup	16.23	1.5	9.81
18086	Cake, angelfood, commercially prepared	28.0	1.0 piece (1/12 of 12 oz cake)	16.18	0.4	--
09057	Boysenberries, frozen, unsweetened	132.0	1.0 cup, unthawed	16.09	7.0	9.09
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	240.0	8.0 fl oz	16.01	1.0	15.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Fiber, total dietary(g) Per Measure	Sugars, total(g) Per Measure
19042	Snacks, potato chips, barbecue-flavor	28.35	1.0 oz	15.93	1.1	1.55
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	28.35	1.0 oz	15.88	2.1	0.17
18032	Bread, irish soda, prepared from recipe	28.35	1.0 oz	15.88	0.7	--
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	15.78	2.6	8.98
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	15.78	0.8	14.95
09226	Papayas, raw	145.0	1.0 cup 1" pieces	15.69	2.5	11.34
09138	Groundcherries, (cape-gooseberries or poha), raw	140.0	1.0 cup	15.68	--	--
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	15.61	1.4	0.66
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	15.61	1.6	0.66
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	65.0	10.0 strips	15.59	2.0	--
11481	Squash, summer, zucchini, italian style, canned	227.0	1.0 cup	15.55	--	--
09084	Currants, red and white, raw	112.0	1.0 cup	15.46	4.8	8.25
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	15.42	0.7	1.34
06749	Soup, beef and vegetables, canned, ready-to-serve	250.0	1.0 cup	15.40	3.0	3.12
18385	Bread, wheat germ, toasted	28.35	1.0 oz	15.39	0.7	1.17
07913	Salami, pork, beef, less sodium	100.0	3.527 oz	15.38	0.2	6.21
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	15.27	0.4	0.99
09107	Gooseberries, raw	150.0	1.0 cup	15.27	6.4	--
18105	Coffeecake, creme-filled with chocolate frosting	28.35	1.0 oz	15.25	0.6	--
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	15.25	6.8	6.91
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	15.25	6.8	6.91
19415	Snacks, potato sticks	28.35	1.0 oz	15.11	1.0	0.06
01076	Milk substitutes, fluid, with lauric acid oil	244.0	1.0 cup	15.03	0.0	--
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz	15.03	0.5	0.86
06516	CAMPBELL'S SELECT Microwaveable Bowls, Italian Sausage Pasta & Pepperoni Soup	245.0	1.0 cup	14.99	2.0	5.00
06365	CAMPBELL'S Red and White, Mega Noodle in Chicken Broth, condensed	126.0	1.0 serving 1/2 cup	14.99	1.0	1.00
06525	CAMPBELL'S SELECT Microwaveable Bowls, Savory Chicken and Long Grain Rice Soup	245.0	1.0 cup	14.99	1.0	2.99
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	14.97	0.3	8.37
18507	KELLOGG'S Eggo Lowfat Blueberry Nutri-Grain Waffles	35.0	1.0 waffle, round (4" dia) (include frozen)	14.95	1.2	3.11
11282	Onions, raw	160.0	1.0 cup, chopped	14.94	2.7	6.78
18040	Bread, oatmeal, toasted	28.35	1.0 oz	14.94	1.2	2.51
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	14.91	3.2	11.74

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Fiber, total dietary(g) Per Measure	Sugars, total(g) Per Measure
19903	Chocolate, dark, 60-69% cacao solids	28.35	1.0 oz	14.86	2.3	10.41
01093	Milk, dry, nonfat, calcium reduced	28.35	1.0 oz	14.69	0.0	--
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	14.63	3.7	0.85
06023	Soup, chicken with rice, canned, condensed	126.0	0.5 cup	14.58	1.1	0.29
19260	Ice creams, vanilla, light, no sugar added	68.0	1.0 serving 1/2 cup	14.57	0.0	4.39
12084	Nuts, butternuts, dried	120.0	1.0 cup	14.46	5.6	--
18201	Cookies, peanut butter sandwich, special dietary	28.35	1.0 oz	14.40	--	--
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	28.35	1.0 oz	14.35	1.0	--
09098	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	123.0	0.5 cup	14.30	1.4	--
18154	Cookies, brownies, prepared from recipe	28.35	1.0 oz	14.23	--	--
14426	Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	14.16	0.0	13.81
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	14.07	2.9	6.09
09004	Apples, raw, without skin	110.0	1.0 cup slices	14.04	1.4	11.11
18025	Bread, cracked-wheat	28.35	1.0 oz	14.03	1.6	--
18064	Bread, wheat	28.35	1.0 oz	14.02	1.2	1.72
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	13.86	0.9	0.42
12022	Seeds, safflower seed meal, partially defatted	28.35	1.0 oz	13.81	--	--
18126	Cake, shortcake, biscuit-type, prepared from recipe	28.35	1.0 oz	13.75	--	--
19872	Frozen novelties, Fat Free FUDGESICLE bars	51.0	1.0 serving 1 pop	13.74	0.9	10.25
18002	Bagels, plain, toasted, enriched, with calcium propionate (includes onion, poppy, sesame)	24.0	1.0 mini bagel (2-1/2" dia)	13.71	0.6	1.40
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	13.70	0.0	--
18068	Bread, wheat germ	28.35	1.0 oz	13.69	0.6	1.06
18060	Bread, rye	28.35	1.0 oz	13.69	1.6	1.09
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	246.0	1.0 cup	13.68	0.0	--
18075	Bread, whole-wheat, commercially prepared	32.0	1.0 slice	13.67	1.9	1.39
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	13.58	0.0	--
18066	Bread, wheat bran	28.35	1.0 oz	13.55	1.1	2.74
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	13.51	0.0	12.94
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	13.50	0.0	10.79
18017	Biscuits, mixed grain, refrigerated dough	28.35	1.0 oz	13.44	--	--
18241	Croissants, cheese	28.35	1.0 oz	13.32	0.7	3.22

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Fiber, total dietary(g) Per Measure	Sugars, total(g) Per Measure
06395	CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	243.0	1.0 cup	13.15	2.4	1.00
01109	Milk, sheep, fluid	245.0	1.0 cup	13.13	0.0	--
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	26.0	1.0 mini bagel (2-1/2" dia)	13.13	0.6	1.31
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	13.13	0.8	0.23
11352	Potato, flesh and skin, raw	75.0	0.5 cup, diced	13.10	1.6	0.58
18992	KELLOGG'S, BEANATURAL, Original 3-Bean Chips	28.0	12.0 chips	13.02	4.0	1.48
11080	Beets, raw	136.0	1.0 cup	13.00	3.8	9.19
14067	Beverages, Protein powder soy based	45.0	1.0 scoop	13.00	3.0	10.00
06229	PREGO Pasta, Mushroom and Garlic Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	13.00	3.0	10.00
06372	CAMPBELL'S Red and White, Southwest Style Pepper Jack Soup, condensed	124.0	1.0 serving 1/2 cup	13.00	4.0	3.00
18239	Croissants, butter	28.35	1.0 oz	12.98	0.7	3.19
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	12.64	0.4	5.61
12114	Nuts, coconut meat, dried (desiccated), toasted	28.35	1.0 oz	12.59	--	--
08156	Cereals ready-to-eat, rice, puffed, fortified	14.0	1.0 cup	12.57	0.2	--
18057	Bread, reduced-calorie, white	28.35	1.0 oz	12.56	2.7	1.35
19906	Sweeteners, for baking, brown, contains sugar and sucralose	12.9	1.0 tbsp	12.53	--	5.89
11887	Tomato products, canned, paste, with salt added	66.0	0.25 cup	12.48	2.7	8.04
18043	Bread, protein (includes gluten)	28.35	1.0 oz	12.42	0.9	0.41
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	12.33	--	--
18967	Bread, wheat, white wheat	28.0	1.0 slice	12.29	2.6	1.40
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	28.35	1.0 oz	12.28	0.7	2.00
18051	Bread, reduced-calorie, oatmeal	28.35	1.0 oz	12.28	--	--
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	12.28	1.9	10.41
11124	Carrots, raw	128.0	1.0 cup chopped	12.26	3.6	6.07
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	12.22	0.0	10.25
18319	Pie, fried pies, fruit	28.35	1.0 oz	12.08	0.7	6.07
18252	Doughnuts, cake-type, wheat, sugared or glazed	28.35	1.0 oz	12.08	0.6	6.12
18055	Bread, reduced-calorie, wheat	28.35	1.0 oz	12.04	3.1	1.05
06333	CAMPBELL'S Red and White, Cream of Broccoli Soup, condensed	124.0	1.0 serving 1/2 cup	12.00	1.0	3.00
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	11.97	0.0	--
06955	Soup, cream of chicken, canned, condensed, reduced sodium	124.0	0.5 cup	11.78	0.5	0.48
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	15.0	1.0 cup (1 NLEA serving)	11.46	1.4	0.21
01078	Milk, producer, fluid, 3.7% milkfat	244.0	1.0 cup	11.35	0.0	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Fiber, total dietary(g) Per Measure	Sugars, total(g) Per Measure
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	11.28	0.2	4.05
18037	Bread, oat bran	28.35	1.0 oz	11.28	1.3	2.18
01072	Dessert topping, pressurized	70.0	1.0 cup	11.25	0.0	--
06116	Gravy, beef, canned, ready-to-serve	233.0	1.0 cup	11.21	0.9	0.49
14534	Alcoholic beverage, liqueur, coffee, 63 proof	34.8	1.0 fl oz	11.21	0.0	--
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	11.17	1.3	7.43
19142	Candies, MOUNDS Candy Bar	19.0	1.0 bar snack size	11.13	0.7	8.78
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	11.08	1.7	0.21
06346	CAMPBELL'S Red and White, Curly Noodle Soup, condensed	126.0	1.0 serving 1/2 cup	11.00	1.0	1.00
18221	Crackers, melba toast, rye (includes pumpernickel)	14.2	0.5 oz	10.98	1.1	--
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	10.77	0.3	9.34
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	10.64	2.7	4.47
18245	Danish pastry, cheese	28.35	1.0 oz	10.55	0.3	1.97
18240	Croissants, apple	28.35	1.0 oz	10.52	0.7	--
11154	Chicory roots, raw	60.0	1.0 root	10.51	0.9	5.24
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	152.0	5.0 fl oz	10.49	0.0	--
18227	Crackers, rye, wafers, seasoned	14.2	0.5 oz	10.48	3.0	--
18242	Croutons, plain	14.2	0.5 oz	10.44	0.7	--
21417	POPEYES, Mild Chicken Strips, analyzed 2006	54.0	1.0 strip	10.43	0.4	0.00
11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	10.37	4.5	--
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	10.30	1.0	8.65
11540	Tomato juice, canned, with salt added	243.0	1.0 cup	10.30	1.0	8.65
18224	Crackers, rusk toast	14.2	0.5 oz	10.27	--	--
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA (formerly ROSS)	153.0	5.0 fl oz	10.24	0.0	--
11211	Edamame, frozen, unprepared	118.0	1.0 cup	10.12	5.7	2.93
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	10.11	0.0	9.78
12033	Seeds, sesame flour, low-fat	28.35	1.0 oz	10.07	--	--
06041	CAMPBELL'S Red and White, Chicken and Dumplings Soup, condensed	126.0	1.0 serving 1/2 cup	10.00	1.0	1.00
06340	CAMPBELL'S Red and White, Cream of Onion Soup, condensed	124.0	1.0 serving 1/2 cup	9.99	3.0	4.01
06353	CAMPBELL'S Red and White, Fiesta Nacho Cheese Soup, condensed	124.0	1.0 serving 1/2 cup	9.99	1.0	2.00
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	9.89	0.3	2.80
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85.0	3.0 oz	9.88	--	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Fiber, total dietary(g) Per Measure	Sugars, total(g) Per Measure
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	9.84	5.5	2.70
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	9.83	0.4	1.35
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	53.0	1.0 strip	9.82	0.6	0.00
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	9.79	1.3	7.31
06736	Soup, cream of chicken, canned, condensed, single brand	126.0	1.0 serving	9.70	--	--
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	9.67	0.0	6.32
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	9.66	0.0	2.68
06052	Soup, pepperpot, canned, condensed	126.0	0.5 cup (4 fl oz)	9.65	0.5	--
06742	Soup, vegetable beef, microwavable, ready-to-serve, single brand	292.0	1.0 serving	9.64	4.4	--
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	9.60	2.4	5.71
19146	Baking chocolate, MARS SNACKFOOD US, M&M's Milk Chocolate Mini Baking Bits	14.0	1.0 serving 0.5 oz, about 1 tbsp	9.58	0.4	8.76
16505	LOMA LINDA Swiss Stake with Gravy, canned, unprepared	92.0	1.0 piece	9.57	2.9	0.83
18966	Crackers, saltines, whole wheat (includes multi-grain)	14.0	1.0 serving	9.56	--	0.00
11200	Yardlong bean, cooked, boiled, drained, without salt	104.0	1.0 cup slices	9.55	--	--
12095	Nuts, chestnuts, chinese, boiled and steamed	28.35	1.0 oz	9.54	--	--
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	9.45	1.2	2.62
11526	Taro, tahitian, cooked, without salt	137.0	1.0 cup slices	9.38	--	--
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	9.33	0.2	3.42
19139	Baking chocolate, MARS SNACKFOOD US, M&M's Semisweet Chocolate Mini Baking Bits	14.0	1.0 serving 0.5 oz, about 1 tbsp	9.23	0.9	7.43
18243	Croutons, seasoned	14.2	0.5 oz	9.02	0.7	0.63
06337	CAMPBELL'S, Cream of Chicken with Herbs Soup, condensed	124.0	0.5 cup condensed	9.00	0.0	1.00
14015	Alcoholic beverage, pina colada, canned	32.6	1.0 fl oz	9.00	0.0	--
06410	Soup, cream of celery, canned, prepared with equal volume water	248.0	1.0 cup	8.98	0.7	--
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	8.95	0.8	2.58
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	8.88	3.7	5.25
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	8.76	0.3	0.45
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	8.71	4.0	1.66
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	8.68	0.4	0.05
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	8.57	0.9	0.50
11620	Drumstick pods, raw	100.0	1.0 cup slices	8.53	3.2	--
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	8.48	0.3	4.27
18214	Crackers, cheese, regular	14.2	0.5 oz	8.44	0.3	0.64
06017	Soup, chicken gumbo, canned, condensed	126.0	0.5 cup (4 fl oz)	8.40	2.0	2.43

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Fiber, total dietary(g) Per Measure	Sugars, total(g) Per Measure
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	8.29	0.3	1.49
18233	Crackers, wheat, sandwich, with cheese filling	14.2	0.5 oz	8.26	0.4	--
06045	Soup, onion, canned, condensed	123.0	0.5 cup (4 fl oz)	8.22	0.9	3.35
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	8.17	5.6	1.23
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	8.09	2.2	3.62
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	8.03	1.6	3.62
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	87.0	1.0 cup	8.00	--	--
06456	Soup, cream of shrimp, canned, prepared with equal volume water	244.0	1.0 cup	7.98	0.2	0.59
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	7.92	0.0	--
11098	Brussels sprouts, raw	88.0	1.0 cup	7.88	3.3	1.94
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	7.85	3.3	4.53
11563	Tree fern, cooked, without salt	71.0	0.5 cup, chopped	7.80	2.6	--
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	7.73	5.1	1.55
18619	NABISCO, NABISCO OREO CRUNCHIES, Cookie Crumb Topping	11.0	1.0 serving	7.73	0.4	3.96
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	85.0	3.0 oz	7.68	--	--
18234	Crackers, wheat, sandwich, with peanut butter filling	14.2	0.5 oz	7.64	0.6	--
11029	Beans, kidney, mature seeds, sprouted, raw	184.0	1.0 cup	7.54	--	--
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	7.49	0.0	4.80
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	7.46	4.7	2.11
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	7.40	2.5	3.92
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	7.34	0.0	--
19413	Snacks, rice cakes, brown rice, corn	9.0	1.0 cake	7.31	0.3	--
11122	Cardoon, raw	178.0	1.0 cup, shredded	7.24	2.8	--
18147	Cheesecake commercially prepared	28.35	1.0 oz	7.23	0.1	6.18
19414	Snacks, rice cakes, brown rice, multigrain	9.0	1.0 cake	7.21	0.3	--
19052	Snacks, rice cakes, brown rice, buckwheat	9.0	1.0 cake	7.21	0.3	--
01040	Cheese, swiss	132.0	1.0 cup, diced	7.10	0.0	1.74
14063	Beverages, chocolate powder, no sugar added	11.0	2.0 tbsp	7.00	1.0	3.00
14028	Whiskey sour mix, bottled	32.3	1.0 fl oz	6.91	0.0	--
14530	Whiskey sour mix, bottled, with added potassium and sodium	32.3	1.0 fl oz	6.91	0.0	--
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	6.83	3.7	--
07928	Sausage, chicken, beef, pork, skinless, smoked	84.0	1.0 link	6.80	0.0	1.60
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	6.79	3.1	3.67
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	6.70	4.6	2.08

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Fiber, total dietary(g) Per Measure	Sugars, total(g) Per Measure
01042	Cheese, pasteurized process, American, fortified with vitamin D	140.0	1.0 cup, diced	6.69	0.0	3.16
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	6.59	2.2	3.03
19183	Puddings, chocolate, ready-to-eat	28.35	1.0 oz	6.52	0.0	4.87
18238	Cream puffs, prepared from recipe, shell, with custard filling	28.35	1.0 oz	6.49	0.1	2.69
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	6.48	1.7	--
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	6.37	0.0	0.38
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	6.34	1.7	0.87
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	6.30	2.1	2.82
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	6.28	5.0	0.76
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	6.21	0.8	1.11
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	6.14	0.8	0.49
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	6.14	3.4	--
01019	Cheese, feta	150.0	1.0 cup, crumbled	6.14	0.0	--
06012	Soup, chicken with dumplings, canned, condensed	123.0	0.5 cup (4 fl oz)	6.06	0.5	0.57
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	6.01	0.1	5.92
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	6.00	2.4	3.56
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	5.97	2.0	1.18
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	5.96	0.0	6.38
11015	Asparagus, canned, drained solids	242.0	1.0 cup	5.95	3.9	2.57
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	5.90	1.9	2.64
11233	Kale, raw	67.0	1.0 cup, chopped	5.86	2.4	1.51
19076	Candies, caramels, chocolate-flavor roll	6.6	1.0 piece	5.79	0.0	3.72
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	5.54	--	0.00
11004	Amaranth leaves, cooked, boiled, drained, without salt	132.0	1.0 cup	5.43	--	--
19138	Candies, truffles, prepared-from-recipe	12.0	1.0 piece	5.39	0.3	4.60
16426	Tofu, raw, firm, prepared with calcium sulfate	126.0	0.5 cup	5.38	2.9	--
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	5.37	2.7	2.73
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA (formerly ROSS)	9.5	1.0 scoop	5.22	0.0	--
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	5.21	0.2	2.69
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	5.20	1.0	3.52
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	165.0	1.0 cup	5.12	2.5	2.64
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	5.06	2.1	3.05
01029	Cheese, mozzarella, part skim milk, low moisture	132.0	1.0 cup, diced	5.06	0.0	0.79

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Fiber, total dietary(g) Per Measure	Sugars, total(g) Per Measure
14240	Cranberry-apricot juice drink, bottled	30.6	1.0 fl oz	4.96	0.0	--
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	4.84	1.8	3.08
14009	Alcoholic beverage, daiquiri, canned	30.5	1.0 fl oz	4.79	0.0	--
15245	Mollusks, oyster, eastern, farmed, raw	85.0	3.0 oz	4.70	0.0	--
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	4.63	0.0	1.05
11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	4.61	1.9	--
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	4.42	0.0	3.50
06036	Soup, gazpacho, canned, ready-to-serve	244.0	1.0 cup (8 fl oz)	4.39	0.5	1.44
06930	Sauce, cheese, ready-to-serve	63.0	0.25 cup	4.30	0.3	0.26
14241	Cranberry-grape juice drink, bottled	30.6	1.0 fl oz	4.28	0.0	--
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	4.16	0.5	1.87
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	4.14	0.0	4.15
14027	Alcoholic beverage, whiskey sour, canned	30.8	1.0 fl oz	4.13	0.0	--
11237	Kanpyo, (dried gourd strips)	6.3	1.0 strip	4.10	0.6	--
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	4.08	2.8	0.62
11428	Purslane, cooked, boiled, drained, without salt	115.0	1.0 cup	4.08	--	--
01032	Cheese, parmesan, grated	100.0	1.0 cup	4.06	0.0	0.90
06957	Gravy, brown instant, dry	6.7	1.0 serving	4.01	0.2	0.62
07938	Ham, honey, smoked, cooked	55.0	1.94 oz (1 serving)	4.00	--	0.00
11429	Radishes, raw	116.0	1.0 cup slices	3.94	1.9	2.16
11965	Cauliflower, green, raw	64.0	1.0 cup	3.90	2.0	1.94
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	3.82	0.0	3.02
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	3.77	0.0	0.33
11239	Mushrooms, Chanterelle, raw	54.0	1.0 cup	3.70	2.1	0.63
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	3.70	1.8	1.17
07944	Turkey, white, rotisserie, deli cut	48.0	1.69 oz (1 serving)	3.70	0.2	1.92
11873	Swamp cabbage, cooked, boiled, drained, with salt	98.0	1.0 cup, chopped	3.64	1.9	--
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	140.0	1.0 cup	3.63	0.0	--
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	3.62	0.0	--
04023	Salad dressing, thousand island dressing, reduced fat	15.0	1.0 tablespoon	3.61	0.2	2.60
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	3.60	0.0	0.82
11982	Peppers, pasilla, dried	7.0	1.0 pepper	3.58	1.9	--
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	3.55	0.0	--
14019	Alcoholic beverage, tequila sunrise, canned	31.1	1.0 fl oz	3.51	0.0	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Fiber, total dietary(g) Per Measure	Sugars, total(g) Per Measure
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	3.51	0.0	0.94
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	3.46	2.9	0.58
11024	Balsam-pear (bitter melon), pods, raw	93.0	1.0 cup (1/2" pieces)	3.44	2.6	--
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	3.35	0.0	--
07911	Liverwurst spread	55.0	0.25 cup	3.24	1.4	0.91
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	3.16	0.0	--
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	3.10	0.0	2.92
16587	MORNINGSTAR FARMS Maple Flavored Veggie Sausage Patties, frozen, unprepared	38.0	1.0 patty	3.09	0.8	2.24
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	3.07	0.0	--
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	3.03	1.7	1.41
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	3.03	1.7	1.41
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	3.03	1.2	--
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	3.01	1.6	1.00
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	3.01	2.0	--
14610	V8 SPLASH Juice Drinks, Diet Tropical Blend	238.0	1.0 serving 8 oz	3.00	--	1.00
06322	CAMPBELL'S Mushroom Gravy	59.0	0.25 cup	3.00	--	1.00
06326	CAMPBELL'S Turkey Gravy	59.0	0.25 cup	3.00	0.0	1.00
06997	CAMPBELL'S Beef Gravy	59.0	0.25 cup	3.00	0.0	1.00
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	2.94	0.0	1.72
19873	Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops	55.0	1.0 serving 1.75 fl oz pop	2.83	0.0	0.84
01035	Cheese, provolone	132.0	1.0 cup, diced	2.82	0.0	0.74
11203	Cress, garden, raw	50.0	1.0 cup	2.75	0.6	2.20
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	2.68	0.1	0.00
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	85.0	3.0 oz	2.65	0.0	--
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	2.60	0.5	1.79
15171	Mollusks, oyster, Pacific, raw	50.0	1.0 medium	2.48	0.0	--
14628	Energy drink, AMP, sugar free	240.0	1.0 serving 8 fl oz	2.47	--	0.00
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	2.45	0.9	1.07
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	2.45	0.0	1.15
04027	Salad dressing, mayonnaise, imitation, soybean	15.0	1.0 tbsp	2.40	0.0	0.90
07931	Beerwurst, pork and beef	56.0	1.0 serving 2 oz	2.39	0.5	0.00
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	30.4	1.0 fl oz	2.31	0.0	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Fiber, total dietary(g) Per Measure	Sugars, total(g) Per Measure
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	2.25	0.0	2.23
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	30.4	1.0 fl oz	2.19	0.0	2.19
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA (formerly ROSS)	30.4	1.0 fl oz	2.19	0.0	--
07934	Kielbasa, Polish, turkey and beef, smoked	56.0	1.0 serving 2 oz	2.18	--	0.00
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	30.4	1.0 fl oz	2.17	0.0	2.17
07950	Frankfurter, meat	52.0	1.0 serving (1 hot dog)	2.17	0.0	--
01144	Egg substitute, powder	9.9	0.35 oz	2.16	0.0	--
11151	Chicory, witloof, raw	53.0	1.0 head	2.12	1.6	--
07002	Beerwurst, beer salami, pork and beef	56.0	2.0 oz	2.11	0.5	0.00
18621	NABISCO, NABISCO RITZ Crackers	3.3	1.0 cracker	2.10	0.1	0.27
02010	Spices, cinnamon, ground	2.6	1.0 tsp	2.10	1.4	0.06
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	2.07	--	0.00
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	30.4	1.0 fl oz	2.03	0.2	2.02
16162	MORI-NU, Tofu, silken, firm	84.0	1.0 slice	2.02	0.1	1.07
02043	Spices, turmeric, ground	3.0	1.0 tsp	2.01	0.7	0.10
01061	Cheese, American, nonfat or fat free	19.0	1.0 serving	2.00	0.0	1.00
01185	Parmesan cheese topping, fat free	5.0	1.0 tablespoon	2.00	0.0	0.08
04013	Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	16.0	1.0 tbsp	1.98	0.3	1.09
11218	Gourd, white-flowered (calabash), raw	58.0	0.5 cup (1" pieces)	1.97	0.3	--
11006	Arrowhead, cooked, boiled, drained, without salt	12.0	1.0 medium	1.94	--	--
07936	Bologna, pork and turkey, lite	56.0	1.0 serving 2 oz	1.93	--	0.00
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	1.90	--	0.00
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	1.89	0.0	0.38
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	1.87	--	0.00
07001	Barbecue loaf, pork, beef	28.35	1.0 oz	1.81	0.0	--
07971	Bologna, meat and poultry	33.0	1.0 slice	1.80	0.0	0.59
07914	Sausage, Italian, sweet, links	84.0	1.0 link 3 oz	1.76	--	0.00
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	1.76	0.0	--
11201	Cowpeas, leafy tips, raw	36.0	1.0 cup, chopped	1.74	--	--
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	15.0	1.0 container, individual	1.71	0.0	--
07276	HORMEL SPAM, Luncheon Meat, pork with ham, minced, canned	56.0	1.0 serving 2 oz	1.70	0.0	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Fiber, total dietary(g) Per Measure	Sugars, total(g) Per Measure
01009	Cheese, cheddar	132.0	1.0 cup, diced	1.69	0.0	0.69
14630	Energy drink, ROCKSTAR, sugar free	240.0	8.0 fl oz (1 serving)	1.68	--	0.00
04028	Salad dressing, mayonnaise, imitation, milk cream	15.0	1.0 tablespoon	1.66	0.0	--
11086	Beet greens, raw	38.0	1.0 cup	1.65	1.4	0.19
07917	Sausage, pork and beef, with cheddar cheese, smoked	77.0	12.0 oz serving 2.7 oz	1.64	0.0	0.08
07952	Bologna, chicken, turkey, pork	28.0	1.0 serving	1.58	--	0.00
14140	Alcoholic beverage, wine, table, white, Muscat	30.0	1.0 fl oz	1.57	--	--
16509	LOMA LINDA Linketts, canned, unprepared	35.0	1.0 link	1.54	1.0	0.10
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	1.54	0.0	--
14149	Carbonated beverage, reduced sugar, cola, contains caffeine and sweeteners	29.6	1.0 fl oz	1.53	0.0	--
09216	Orange peel, raw	6.0	1.0 tbsp	1.50	0.6	--
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.49	--	0.00
01030	Cheese, muenster	132.0	1.0 cup, diced	1.48	0.0	--
11427	Purslane, raw	43.0	1.0 cup	1.46	--	--
14218	Coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	1.37	--	0.00
01049	Cream, fluid, half and half	30.2	1.0 fl oz	1.30	0.0	--
04016	Salad dressing, sesame seed dressing, regular	15.0	1.0 tablespoon	1.29	0.2	1.25
02021	Spices, ginger, ground	1.8	1.0 tsp	1.29	0.3	0.06
09173	Longans, dried	1.7	1.0 fruit	1.26	--	--
07279	HORMEL WRANGLER Beef Franks	56.0	1.0 frankfurter	1.18	0.0	0.94
11096	Broccoli raab, raw	40.0	1.0 cup chopped	1.14	1.1	0.15
07278	HORMEL Pillow Pak Sliced Turkey Pepperoni	30.0	1.0 serving	1.13	--	0.00
02015	Spices, curry powder	2.0	1.0 tsp	1.12	1.1	0.06
14132	Alcoholic beverage, wine, table, white, Riesling	29.6	1.0 fl oz	1.11	--	--
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	1.10	0.0	--
11457	Spinach, raw	30.0	1.0 cup	1.09	0.7	0.13
02025	Spices, nutmeg, ground	2.2	1.0 tsp	1.08	0.5	0.63
07924	Bratwurst, pork, beef and turkey, lite, smoked	66.0	1.0 serving 2.33 oz	1.07	0.0	1.04
02002	Spices, anise seed	2.1	1.0 tsp, whole	1.05	0.3	--
02005	Spices, caraway seed	2.1	1.0 tsp	1.05	0.8	0.01
07273	CARL BUDDIG, Smoked Sliced Turkey, light and dark meat	57.0	1.0 serving 2 oz	1.03	0.0	--
01031	Cheese, neufchatel	28.35	1.0 oz	1.02	0.0	0.90
19918	Sweetener, herbal extract powder from Stevia leaf	1.0	1.0 package	1.00	--	0.00

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Fiber, total dietary(g) Per Measure	Sugars, total(g) Per Measure
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	15.0	1.0 tbsp	1.00	0.3	--
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0.99	0.3	0.44
14116	Alcoholic beverage, wine, table, white, Chenin Blanc	29.5	1.0 fl oz	0.98	--	--
02039	Spices, savory, ground	1.4	1.0 tsp	0.96	0.6	--
14126	Alcoholic beverage, wine, table, white, Semillon	29.5	1.0 fl oz	0.92	--	--
07933	Chicken breast, oven-roasted, fat-free, sliced	42.0	1.0 serving 2 slices	0.91	0.0	0.04
14105	Alcoholic Beverage, wine, table, red, Claret	29.4	1.0 fl oz	0.88	--	--
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	0.88	--	0.00
07925	Pastrami, beef, 98% fat-free	57.0	1.0 serving 6 slices	0.88	--	0.00
02022	Spices, mace, ground	1.7	1.0 tsp	0.86	0.3	--
11213	Endive, raw	25.0	0.5 cup, chopped	0.84	0.8	0.06
09129	Grapes, muscadine, raw	6.0	1.0 grape	0.84	0.2	--
14103	Alcoholic Beverage, wine, table, red, Petite Sirah	29.5	1.0 fl oz	0.79	--	--
14106	Alcoholic beverage, wine, table, white	29.4	1.0 fl oz	0.76	0.0	0.28
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	0.76	--	0.00
07277	HORMEL SPAM, Lite Luncheon Meat, Pork and chicken, minced, canned, ascorbic acid added	56.0	1.0 serving 2 oz	0.76	0.0	0.71
14097	Alcoholic Beverage, wine, table, red, Cabernet Sauvignon	29.0	1.0 fluid ounce	0.75	--	--
16423	Soy protein isolate, potassium type, crude protein basis	28.35	1.0 oz	0.73	0.6	0.00
14107	Alcoholic Beverage, wine, table, red, Lemberger	29.4	1.0 fl oz	0.72	--	--
06080	Soup, chicken broth or bouillon, dry	4.0	1.0 cube	0.72	0.0	0.69
14098	Alcoholic Beverage, wine, table, red, Cabernet Franc	29.0	1.0 fluid ounce	0.71	--	--
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.70	--	0.00
01004	Cheese, blue	28.35	1.0 oz	0.66	0.0	0.14
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	0.65	--	0.00
02042	Spices, thyme, dried	1.0	1.0 tsp, leaves	0.64	0.4	0.02
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	0.64	0.0	0.02
14160	Alcoholic beverage, wine, table, white, Chardonnay	29.3	1.0 fl oz	0.63	0.0	0.28
07275	CARL BUDDIG, Smoked Sliced Ham	57.0	1.0 serving 2 oz	0.63	0.0	--
14134	Alcoholic beverage, wine, table, white, Sauvignon Blanc	29.3	1.0 fl oz	0.60	--	--
01017	Cheese, cream	14.5	1.0 tbsp	0.59	0.0	0.47
14138	Alcoholic beverage, wine, table, white, Pinot Blanc	29.3	1.0 fl oz	0.57	--	--
02024	Spices, mustard seed, ground	2.0	1.0 tsp	0.56	0.2	0.14

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Fiber, total dietary(g) Per Measure	Sugars, total(g) Per Measure
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	0.56	0.0	--
15207	Fish, roe, mixed species, cooked, dry heat	28.35	1.0 oz	0.54	0.0	--
02050	Vanilla extract	4.2	1.0 tsp	0.53	0.0	--
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	0.53	0.3	0.00
14006	Alcoholic beverage, beer, light	29.5	1.0 fl oz	0.48	0.0	0.03
04133	Salad dressing, french, home recipe	14.0	1.0 tablespoon	0.48	0.0	--
19408	Snacks, pork skins, barbecue-flavor	28.35	1.0 oz	0.45	--	--
02004	Spices, bay leaf	0.6	1.0 tsp, crumbled	0.45	0.2	--
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.44	0.0	0.05
05020	Chicken, broilers or fryers, giblets, raw	23.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.41	0.0	--
14366	Tea, instant, unsweetened, powder	0.7	1.0 serving 1 tsp	0.41	0.1	0.04
07271	CARL BUDDIG, Smoked Sliced Chicken, light and dark meat	57.0	1.0 serving 2 oz	0.40	0.0	--
14237	Coffee substitute, cereal grain beverage, prepared with water	30.1	1.0 fl oz	0.39	0.1	0.02
14007	Alcoholic beverage, beer, light, BUD LIGHT	29.5	1.0 fl oz	0.38	0.0	--
01128	Egg, whole, cooked, fried	46.0	1.0 large	0.38	0.0	0.18
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13.8	1.0 tablespoon	0.37	0.0	0.07
07943	Turkey, breast, smoked, lemon pepper flavor, 97% fat-free	28.0	1.0 slice	0.37	--	0.00
14462	Beverages, QUAKER OATS, Propel Zero, fruit-flavored, non-carbonated	30.0	1.0 fluid ounce	0.37	0.0	--
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	56.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.36	0.0	--
02023	Spices, marjoram, dried	0.6	1.0 tsp	0.36	0.2	0.02
01123	Egg, whole, raw, fresh	50.0	1.0 large	0.36	0.0	0.18
11216	Ginger root, raw	2.0	1.0 tsp	0.36	0.0	0.03
01131	Egg, whole, cooked, poached	50.0	1.0 large	0.36	0.0	0.18
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	0.35	--	0.00
01056	Cream, sour, cultured	12.0	1.0 tbsp	0.35	0.0	--
07926	Salami, Italian, pork	28.0	1.0 oz	0.34	0.0	--
02041	Spices, tarragon, dried	0.6	1.0 tsp, leaves	0.30	0.0	--
23297	Beef, Australian, grass-fed, seam fat, raw	28.35	1.0 oz	0.30	--	0.00
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	0.27	0.1	0.15
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	0.27	--	0.00
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.26	--	0.00
01124	Egg, white, raw, fresh	33.0	1.0 large	0.24	0.0	0.23

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Fiber, total dietary(g) Per Measure	Sugars, total(g) Per Measure
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	0.24	--	0.00
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.22	--	0.00
07921	Bacon and beef sticks	28.0	1.0 oz	0.22	0.0	--
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	0.22	--	0.00
07939	Frankfurter, pork	76.0	1.0 link	0.21	0.1	0.00
11447	Sesbania flower, raw	3.0	1.0 flower	0.20	--	--
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	0.17	--	0.00
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	0.16	0.0	0.12
10953	Pork, fresh, enhanced, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	0.14	--	0.00
01007	Cheese, camembert	28.35	1.0 oz	0.13	0.0	--
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.12	0.0	0.02
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.1	1.0 tbsp	0.11	--	0.00
09195	Olives, pickled, canned or bottled, green	2.7	1.0 olive	0.10	0.1	0.01
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	0.10	0.0	0.05
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.09	--	0.00
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	29.6	1.0 fl oz	0.09	--	0.00
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	0.08	0.0	--
11959	Arugula, raw	2.0	1.0 leaf	0.07	0.0	0.04
02045	Dill weed, fresh	1.0	5.0 sprigs	0.07	0.0	--
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	0.06	--	0.00
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	0.05	--	0.00
10954	Pork, fresh, enhanced, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	0.03	--	0.00
23302	Beef, Australian, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	150.0	1.0 steak	0.02	--	0.00
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	0.00	0.0	--
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.00	--	--
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	0.00	--	--
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	0.00	--	--
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	0.00	--	--
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	0.00	--	0.26

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Fiber, total dietary(g) Per Measure	Sugars, total(g) Per Measure
14151	Carbonated beverage, low calorie, other than cola or pepper, with aspartame, contains caffeine	29.6	1.0 fl oz	0.00	--	--
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	0.00	--	--
15031	Fish, grouper, mixed species, raw	85.0	3.0 oz	0.00	--	--
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	0.00	--	--
15111	Fish, swordfish, cooked, dry heat	106.0	1.0 piece	0.00	--	--
04058	Oil, sesame, salad or cooking	13.6	1.0 tablespoon	0.00	--	--
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	85.0	3.0 oz	0.00	--	--
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1.0 tablespoon	0.00	--	--
15199	Fish, lingcod, cooked, dry heat	85.0	3.0 oz	0.00	--	--
04584	Oil, sunflower, high oleic (70% and over)	14.0	1.0 tbsp	0.00	--	--
15214	Fish, seatrout, mixed species, cooked, dry heat	85.0	3.0 oz	0.00	--	--
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.00	--	--
15227	Crustaceans, crab, queen, cooked, moist heat	85.0	3.0 oz	0.00	--	--
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.00	--	--
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.00	--	--
10115	Pork, fresh, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.00	--	--
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.00	--	--
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.00	--	--
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.00	--	--
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)	0.00	--	--
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.00	--	--
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.00	--	--
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.00	--	--
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.00	--	--
17257	Lamb, new zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.00	--	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Fiber, total dietary(g) Per Measure	Sugars, total(g) Per Measure
17264	Lamb, new zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00	--	--
17271	Veal, breast, whole, boneless, separable lean and fat, raw	28.35	1.0 oz	0.00	--	--
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	85.0	3.0 oz	0.00	--	--
17284	Lamb, Australian, imported, fresh, separable fat, raw	28.35	1.0 oz	0.00	--	--
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.00	--	--
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.00	--	--
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00	--	--
17316	Lamb, Australian, imported, fresh, rib, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00	--	--
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00	--	--
17333	Game meat, bison, chuck, shoulder clod, separable lean only, 3-5 lb roast, cooked, braised	85.0	1.0 serving (3 oz)	0.00	--	--
17341	Game meat, elk, round, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	0.00	--	--
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00	--	--
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.00	--	--
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00	--	--
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	0.00	--	--
05697	Turkey from whole, enhanced, light meat, meat only, cooked, roasted	85.0	1.0 serving	0.00	--	--
14121	Carbonated beverage, club soda	29.6	1.0 fl oz	0.00	--	--
14437	Water, bottled, non-carbonated, CALISTOGA	29.6	1.0 fl oz	0.00	--	--
15005	Fish, bluefish, raw	150.0	1.0 fillet	0.00	--	--
15019	Fish, cod, Pacific, raw	116.0	1.0 fillet	0.00	--	--
15032	Fish, grouper, mixed species, cooked, dry heat	85.0	3.0 oz	0.00	--	--
15043	Fish, herring, Pacific, raw	85.0	3.0 oz	0.00	--	--
04001	Fat, beef tallow	12.8	1.0 tbsp	0.00	--	--
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	0.00	--	--
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	0.00	--	--
15189	Fish, bluefish, cooked, dry heat	117.0	1.0 fillet	0.00	--	--
04546	Shortening bread, soybean (hydrogenated) and cottonseed	12.8	1.0 tablespoon	0.00	--	--
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	28.35	1.0 oz	0.00	--	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Fiber, total dietary(g) Per Measure	Sugars, total(g) Per Measure
15219	Fish, trout, mixed species, cooked, dry heat	62.0	1.0 fillet	0.00	--	--
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.00	--	--
05024	Chicken, gizzard, all classes, cooked, simmered	145.0	1.0 cup chopped or dice	0.00	--	--
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	0.00	--	--
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.00	--	--
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	0.00	--	--
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	0.00	--	--
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.00	--	--
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.00	--	--
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.00	--	--
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	0.00	--	--
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.00	--	--
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.00	--	--
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.00	--	--
17258	Lamb, new zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00	--	--
17265	Lamb, new zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.00	--	--
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.00	--	--
17278	Veal, shank (fore and hind), separable lean only, raw	28.35	1.0 oz	0.00	--	--
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00	--	--
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00	--	--
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00	--	--
17309	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.00	--	--
17318	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00	--	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Fiber, total dietary(g) Per Measure	Sugars, total(g) Per Measure
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.00	--	--
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0.00	--	--
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	0.00	--	--
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	1.0 serving (3 oz)	0.00	--	--
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00	--	--
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.00	--	--
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	0.00	--	0.04
14439	Water, bottled, non-carbonated, NAYA	29.6	1.0 fl oz	0.00	--	--
14559	Water, bottled, non-carbonated, EVIAN	29.6	1.0 fl oz	0.00	--	--
15013	Fish, cisco, raw	79.0	1.0 fillet	0.00	--	--
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	0.00	--	--
15033	Fish, haddock, raw	85.0	3.0 oz	0.00	--	--
07907	USDA Commodity, pork sausage, bulk/links/patties, frozen, raw	28.0	1.0 link	0.00	--	--
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	0.00	--	--
15063	Fish, pike, northern, cooked, dry heat	85.0	3.0 oz	0.00	--	--
15134	Fish, wolffish, Atlantic, raw	85.0	3.0 oz	0.00	--	--
04501	Oil, cocoa butter	13.6	1.0 tablespoon	0.00	--	--
15190	Fish, burbot, cooked, dry heat	90.0	1.0 fillet	0.00	--	--
04582	Oil, canola	14.0	1.0 tbsp	0.00	--	--
15211	Fish, salmon, chum, cooked, dry heat	85.0	3.0 oz	0.00	--	--
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	0.00	--	--
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	85.0	3.0 oz	0.00	--	--
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.00	--	--
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.00	--	--
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	0.00	--	--
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.00	--	--
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	0.00	--	--
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.00	--	--
15261	Fish, tilapia, raw	116.0	1.0 fillet	0.00	--	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Fiber, total dietary(g) Per Measure	Sugars, total(g) Per Measure
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.00	--	--
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	0.00	--	--
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.00	--	--
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.00	--	--
05152	Guinea hen, meat only, raw	85.0	3.0 oz	0.00	--	--
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.00	--	--
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.00	--	--
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.00	--	--
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.00	--	--
17259	Lamb, new zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.00	--	--
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.00	--	--
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.00	--	--
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00	--	--
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.00	--	--
17293	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.00	--	--
17303	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.00	--	--
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00	--	--
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.00	--	--
17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty (yield from 112.7 g raw meat)	0.00	--	--
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0.00	--	--
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)	0.00	--	--
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.00	--	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Fiber, total dietary(g) Per Measure	Sugars, total(g) Per Measure
05682	Chicken, dark meat, thigh, meat only, enhanced, raw	85.0	3.0 oz	0.00	--	--
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	0.00	--	--
15014	Fish, cisco, smoked	28.35	1.0 oz	0.00	--	--
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	0.00	--	--
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	0.00	--	--
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	0.00	--	--
15082	Fish, salmon, coho, wild, cooked, moist heat	85.0	3.0 oz	0.00	--	--
04053	Oil, olive, salad or cooking	13.5	1.0 tablespoon	0.00	--	--
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	13.6	1.0 tbsp	0.00	--	--
15194	Fish, dolphinfish, cooked, dry heat	85.0	3.0 oz	0.00	--	--
04583	Oil, mustard	14.0	1.0 tbsp	0.00	--	--
15213	Fish, scup, cooked, dry heat	50.0	1.0 fillet	0.00	--	--
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.00	--	--
15225	Fish, yellowtail, mixed species, cooked, dry heat	146.0	0.5 fillet	0.00	--	--
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.00	--	--
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	85.0	3.0 oz	0.00	--	--
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.00	--	--
10102	Pork, fresh, variety meats and by-products, feet, raw	28.35	1.0 oz	0.00	--	--
13801	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.00	--	--
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.00	--	--
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.00	--	--
10951	Pork, fresh, enhanced, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	0.00	--	--
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	149.0	1.0 steak (yield from 1 raw steak weighing 149g)	0.00	--	--
05160	Squab, (pigeon), meat and skin, raw	85.0	3.0 oz	0.00	--	--
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.00	--	--
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz (1 serving)	0.00	--	--
05220	Turkey, breast, from whole bird, non-enhanced, meat only, roasted	85.0	3.0 oz	0.00	--	--
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.00	--	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Fiber, total dietary(g) Per Measure	Sugars, total(g) Per Measure
17256	Lamb, new zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00	--	--
17261	Lamb, new zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.00	--	--
17270	Veal, breast, separable fat, cooked	28.35	1.0 oz	0.00	--	--
17276	Veal, shank (fore and hind), separable lean and fat, raw	28.35	1.0 oz	0.00	--	--
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.00	--	--
17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00	--	--
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00	--	--
17306	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00	--	--
17315	Lamb, Australian, imported, fresh, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.00	--	--
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00	--	--
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0.00	--	--
17339	Game meat, elk, ground, cooked, pan-broiled	95.0	1.0 patty (yield from 104.1 g raw meat)	0.00	--	--
17351	Veal, Australian, shank, hind, bone-in, separable lean only, raw	85.0	3.0 oz	0.00	--	--