

USDA, FDA and ODS-NIH Database for the Iodine Content of Common Foods per Serving, Release 2, January 2022

DB _ID	NDB No.	TDS No.	Description	Serving amount	Serving measure	Serving weight (g)	Iodine (mcg)/s erving	n	Std dev (mcg)/s erving	Minimum (mcg)/servi ng	Maximum (mcg)/servi ng	Iodine Data Source(s)	Serving Size Reference ^A
Dairy and Eggs													
91	01001	164	Butter, salted	1	tblsp	14	0.7	9	0.1	0.5	0.8	FDA	FDA, USDA
359	01192		Cheese product, made with 2% reduced fat milk	1	oz slice	30	16.2	1	0.0	0.0	0.0	USDA	FDA
24	01253	10	Cheese, American, processed	1	oz slice	30	17.6	27	5.8	10.6	33.6	FDA/USDA	FDA
25	01009	12	Cheese, cheddar (sharp/mild)	1	oz slice	30	14.5	23	4.7	8.3	31.8	FDA/USDA	FDA
190	01025	391	Cheese, Monterey Jack	1	oz slice	30	14.0	13	3.6	10.5	23.0	FDA	FDA
191	01029	392	Cheese, mozzarella	1	oz slice	30	15.8	15	3.2	8.1	20.2	FDA/USDA	FDA
349	01032		Cheese, parmesan, grated	1	tblsp	5	3.9	1				USDA	FDA
348			Cheese, processed, Swiss, low fat	1	oz slice	30	18.0	1				USDA	FDA
350	01036		Cheese, ricotta, whole milk	1/4	cup	55	36.3	1				USDA	FDA, USDA
127	01040	236	Cheese, Swiss	1	oz slice	30	36.0	20	32.4	9.9	131.1	FDA	FDA
161	01015	332	Cottage cheese, creamed, reduced fat	1/2	cup	110	38.6	9	7.6	27.6	52.1	FDA/USDA	FDA
128	01017	237	Cream cheese	2	tblsp	30	11.8	8	3.4	6.8	16.6	FDA	FDA
94	01068	168	Cream substitute, non-dairy, fluid	1	tblsp	15	0.1	8	0.0	0.1	0.2	FDA	FDA
351	01053		Cream, heavy whipping, fluid	1	tblsp	15	4.2	1				USDA	FDA
93	01049	167	Cream, half & half	2	fl oz	30	9.4	21	1.5	6.6	13.8	FDA/USDA	FDA, USDA
362	01258		Egg, white, dried, stabilized, glucose reduced	1	tblsp	7	2.4	15	0.7	1.5	4.1	USDA	FDA, American Egg Board
358	01172		Egg, white, raw, frozen, pasteurized	1/4	cup	61	<5	6	0.0	0.0	0.0	USDA	FDA, American Egg Board
355	01133		Egg, whole, dried	7	tsp	12.5	34.3	17	6.5	25.3	50.9	USDA	FDA, American Egg Board
353	01123		Egg, whole, raw, fresh	1	large	50	24.6	24	10.6	13.5	57.5	USDA	FDA, USDA
357	01171		Egg, whole, raw, frozen, pasteurized	1/4	cup	61	37.6	14	8.5	27.5	49.3	USDA	FDA, American Egg Board
356	01137		Egg, yolk, dried	1/3	cup	22.5	78.5	17	14.9	58.7	98.3	USDA	FDA, American Egg Board
354	01126		Egg, yolk, raw, frozen, pasteurized	1/4	cup	61	108.0	15	32.0	46.1	162.9	USDA	FDA, American Egg Board
34	01129	37	Eggs, hard-boiled	1	large	50	25.7	20	13.7	7.2	58.5	FDA	FDA, USDA
336	01132	35	Eggs, scrambled with oil	1/2	cup	110	46.9	7	13.9	22.1	62.5	FDA	FDA
192	19270	393	Ice cream, chocolate	2/3	cup	88	28.3	13	4.2	20.9	36.9	FDA	FDA, USDA
341	01243	177	Ice cream, lowfat, vanilla	2/3	cup	91	41.1	7	8.9	24.7	51.2	FDA	FDA, USDA
143	19095	286	Ice cream, regular (not lowfat), vanilla	2/3	cup	88	34.3	19	5.5	22.7	46.6	FDA	FDA, USDA
22	01103	3	Milk, chocolate, lowfat, fluid	1	cup	250	73.0	22	20.0	43.3	110.5	FDA/USDA	FDA, USDA
21	01079	2	Milk, reduced fat (2%), fluid	1	cup	244	89.1	44	34.2	48.6	250.6	FDA/USDA	FDA, USDA
352	01082		Milk, lowfat (1%), fluid	1	cup	244	88.1	24	36.6	31.5	207.9	USDA	FDA, USDA
23	01085	4	Milk, skim, fluid	1	cup	245	84.8	44	24.5	37.7	159.5	FDA/USDA	USDA
20	01077	1	Milk, whole, fluid	1	cup	244	83.7	44	28.3	42.9	204.5	FDA/USDA	FDA, USDA
154	01056	300	Sour cream	2	tblsp	29	8.8	8	0.7	8.1	10.0	FDA	FDA, USDA
290		333	Sour cream dip, any flavor	2	tblsp	30	7.6	7	1.8	4.8	9.4	FDA	FDA
295	01298	395/4	Yogurt, frozen, vanilla	2/3	cup	116	50.3	13	8.9	29.8	66.9	FDA	FDA, USDA
361	01256		Yogurt, Greek, plain, nonfat	3/4	cup	170	87.0	6	6.0	76.5	94.5	USDA	FDA, USDA
363	01284		Yogurt, Greek, strawberry, lowfat	3/4	cup	170	71.2	1				USDA	FDA, USDA
364	01285		Yogurt, Greek, strawberry, nonfat	3/4	cup	170	70.2	2		66.8	73.6	USDA	FDA, USDA
365	01286		Yogurt, Greek, vanilla, nonfat	3/4	cup	170	85.9	2		83.8	87.7	USDA	FDA, USDA
126	01122	235	Yogurt, fruit-flavored, lowfat	3/4	cup	170	54.7	9	11.1	40.6	72.3	FDA/USDA	FDA, USDA
222	01220	521	Yogurt, vanilla, lowfat	3/4	cup	170	58.3	1				FDA	FDA, USDA
Spices													
19	02047	909	Salt, table, iodized	1/4	tsp	1.5	76.1	25	16.8	51.2	111.5	FDA/USDA	FDA, USDA
372			Sea salt, iodized	1/4	tsp	1.5	69.9	9	17.1	33.8	91.2	USDA	FDA, similar USDA item
373			Sea salt, non-iodized	1/4	tsp	1.5	<0.8	27				USDA	FDA, similar USDA item
Soups, Sauces, Gravies and Condiments													
273		532	Broth, chicken, ready-to-use from carton	8	fl oz	245	1.2	1				FDA	FDA
180	06116	374	Brown gravy, canned or bottled	1/4	cup	58	0.9	8	0.1	0.7	1.2	FDA	FDA, USDA
412	27052		Dip, salsa con queso (salsa with cheese)	2	tblsp	30	5.7	6	4.3	2.2	14.1	USDA	FDA, USDA
98	11935	173	Ketchup, tomato, bottled	1	tblsp	17	0.2	8	0.1	0.1	0.3	FDA	FDA, USDA
152	02046	298	Mustard, yellow, plain	1	tsp	5	0.03	8	0.0	0.0	0.1	FDA	FDA, USDA
177	06164	359	Salsa, tomato, bottled	2	tblsp	36	0.6	8	0.2	0.4	1.0	FDA	FDA, USDA
203	06150	405	Sauce, barbecue, bottled	2	tblsp	34	1.0	12	0.6	0.3	2.4	FDA	FDA, USDA
366	06179		Sauce, fish, ready-to-serve	1	tblsp	18	3.7	1				USDA	FDA, USDA
219	16123/	518	Sauce, soy	1	tblsp	16	0.2	2		0.08	0.24	FDA/USDA	FDA, USDA
12	27050	373	Sauce, sweet & sour, bottled	1/4	cup	70	0.5	7	0.3	0.3	1.1	FDA	FDA, USDA
221	06931	520	Sauce, tomato pasta, bottled	1/2	cup	132	1.7	1				FDA	USDA
5	06404	283	Soup, bean with bacon/pork, canned, condensed, prepared with water	1	cup	266	0.8	7	0.3	0.3	1.1	FDA	USDA
274		533	Soup, broccoli cheese, canned, ready to eat (RTE)	1	cup	245	11.8	1				FDA	FDA
246		155	Soup, chicken noodle, canned, ready to eat (RTE)	1	cup	245	2.5	8	0.7	1.7	3.7	FDA	FDA
230	27042	534	Soup, clam chowder, New England, canned, ready to eat (RTE)	1	cup	245	15.9	1				FDA	FDA
319		285	Soup, clam chowder, New England, canned, condensed, prepared with whole milk	1	cup	245	47.8	7	12.5	32.3	65.9	FDA	FDA
275		535	Soup, cream of mushroom, canned, ready to eat (RTE)	1	cup	245	5.6	1				FDA	FDA
276		536	Soup, cream of potato, canned, ready to eat (RTE)	1	cup	245	9.1	1				FDA	FDA
262		367	Soup, ramen noodles, prepared with water	1	cup	245	1.0	10	1.0	0.0	2.2	FDA/USDA	FDA
247		156	Soup, tomato, canned, ready to eat (RTE)	1	cup	245	1.7	8	0.5	1.2	2.7	FDA	FDA
231	06742	537	Soup, vegetable beef, canned, ready to eat (RTE)	1	cup	245	2.0	1				FDA	FDA
312	06471	157	Soup, vegetable beef, canned, condensed, prepared with water	1	cup	245	2.7	7	1.0	2.0	4.9	FDA	FDA, USDA
277		538	Soup, vegetable, canned, ready to eat (RTE)	1	cup	245	2.2	1				FDA	FDA
Baby Foods													
302	03165	730	Baby food, apples with berries	1/2	cup	113	0.1	7	0.1	0.0	0.3	FDA	USDA
240	03163	731	Baby food, apples with fruit other than berries	1/2	cup	113	0.1	8	0.1	0.0	0.2	FDA	USDA
122	03117	225	Baby food, applesauce	1/2	cup	113	0.1	8	0.1	0.0	0.2	FDA	USDA
298	03143	717	Baby food, apricots with mixed fruit	1/2	cup	113	0.3	7	0.1	0.2	0.5	FDA	USDA
157	43546	313	Baby food, bananas	1/2	cup	113	0.1	8	0.1	0.0	0.5	FDA	USDA

123	03131	226	Baby food, peaches	1/2	cup	113	0.2	19	0.2	0.1	1.0	FDA	USDA
124	03133	227	Baby food, pears	1/2	cup	113	0.1	8	0.0	0.1	0.2	FDA	USDA
296	03159	713	Baby food, pears and pineapple	1/2	cup	113	0.2	7	0.1	0.0	0.3	FDA	USDA
297		714	Baby food, plums/prunes with apples or pears	1/2	cup	113	0.7	7	0.8	0.0	2.5	FDA	USDA
241	03139	736	Baby food, prunes	1/2	cup	113	1.7	1				FDA	USDA
125	03166	230	Baby food, juice, apple	4	fl oz	125	2.0	8	1.8	0.3	4.8	FDA	USDA
237	44074	712	Baby food, juice, grape	4	fl oz	118	1.3	8	0.7	0.4	2.1	FDA	USDA
236	43408	711	Baby food, juice, pear	4	fl oz	125	0.6	8	0.4	0.3	1.4	FDA	USDA
117	03100	218	Baby food, carrots	1/2	cup	113	0.5	8	0.2	0.2	1.0	FDA	USDA
118	03092	219	Baby food, green beans	1/2	cup	113	0.2	8	0.1	0.1	0.5	FDA	USDA
121	03121	223	Baby food, peas	1/2	cup	113	0.2	8	0.1	0.0	0.5	FDA	USDA
159	03105	320	Baby food, squash	1/2	cup	113	0.2	8	0.1	0.1	0.3	FDA	USDA
120	03109	221	Baby food, sweet potatoes	1/2	cup	113	0.3	8	0.2	0.2	0.9	FDA	USDA
119	03279	220	Baby food, vegetables, mixed	1/2	cup	113	0.5	8	0.2	0.2	0.8	FDA	USDA
278		701	Baby food, cereal, mixed, prepared with water	1/2	cup	110	0.1	8	0.1	0.0	0.2	FDA	FDA
300		725	Baby food, cereal, oatmeal with fruit, prepared with water	1/2	cup	110	0.0	7	0.1	0.0	0.1	FDA	FDA
258		323	Baby food, cereal, oatmeal, prepared with water	1/2	cup	110	0.1	8	0.1	0.0	0.4	FDA	FDA
259		324	Baby food, cereal, rice, prepared with water	1/2	cup	110	0.2	19	0.2	0.0	0.9	FDA	FDA
238	43523	721	Baby food, fruit yogurt dessert	1/2	cup	113	22.3	8	5.3	15.5	32.3	FDA	USDA
257		317	Baby food, biscuits, teething	2	cookies (3" x 1")	22	3.2	8	1.5	0.7	5.1	FDA	FNDDS
299	03214	723	Baby food, cookies, arrowroot	4	cookies	20	1.8	8	0.4	1.2	2.7	FDA/USDA	FDA, USDA
280		733	Baby food, finger foods, puffed snack	1 1/2	cup	21	0.3	1				FDA	FNDDS
432	42284		Baby food, finger food, baked product, cereal, fortified	12	pieces	20	<2	1				USDA	FDA, USDA
114	03069	214	Baby food, chicken noodle dinner	3/4	cup	170	1.5	8	0.9	1.0	3.4	FDA	FDA, USDA
301	43008	726	Baby food, chicken with rice	3/4	cup	170	1.2	7	0.9	0.0	2.2	FDA	FDA, USDA
279		732	Baby food, macaroni and cheese with vegetables	3/4	cup	170	10.0	7	1.4	7.1	10.9	FDA	FDA, USDA
115	03045	215	Baby food, pasta, tomato and beef	3/4	cup	170	3.2	8	0.5	2.6	4.1	FDA	FDA, USDA
242	03046	737	Baby food, ravioli, cheese-filled, with tomato sauce	3/4	cup	170	8.0	1				FDA	FDA, USDA
111	03002	205	Baby food, beef and broth/gravy	3/4	cup	170	2.2	8	1.4	0.7	5.1	FDA	FDA, USDA
343	03013	207	Baby food, chicken and broth/gravy	3/4	cup	170	47.4	7	13.9	18.0	59.7	FDA	FDA, USDA
160	03016	328	Baby food, turkey and broth/gravy	3/4	cup	170	1.7	8	0.3	1.0	2.0	FDA	FDA, USDA
116	03083	216	Baby food, turkey and rice	3/4	cup	170	0.7	8	0.3	0.0	1.0	FDA	FDA, USDA
112	03055	211	Baby food, vegetables and beef	3/4	cup	170	1.4	8	0.3	0.9	1.9	FDA	FDA, USDA
113	03073	212	Baby food, vegetables and chicken	3/4	cup	170	1.0	8	0.3	0.7	1.5	FDA	FDA, USDA
239	03085	728	Baby food, vegetables and turkey	3/4	cup	170	2.0	8	1.4	0.0	4.4	FDA	FDA, USDA
249		202/7	Baby food, Infant formula, milk-based, iron fortified, ready-to-feed	4	fl oz	123	16.2	8	2.0	14.3	19.1	FDA	FDA
321		309/7	Baby food, Infant formula, soy-based, ready-to-feed	4	fl oz	123	13.7	8	5.4	0.7	18.9	FDA	FDA
283		738	Baby food, water, baby, bottled	4	oz	113	0.1	1				FDA	FDA
Fats and Oils													
90	04691	162	Margarine, salted	1	tbsp	14	0.2	8	0.2	0.1	0.5	FDA	FDA, USDA
92	04018	166	Mayonnaise, regular, bottled	1	tbsp	15	0.9	8	0.1	0.8	1.1	FDA	FDA, USDA
182	04053	378	Oil, olive	1	tbsp	14	0.04	8				FDA	FDA, USDA
183	04044	379	Oil, vegetable	1	tbsp	14	0.0	8				FDA	FDA, USDA
433	43016		Salad dressing, coleslaw, bottled	2	tbsp	38	<3	1				USDA	USDA
329	43215	376	Salad dressing, creamy/buttermilk type, low-calorie, bottled	2	tbsp	30	3.8	7	0.6	2.8	4.4	FDA	USDA
328		375	Salad dressing, creamy/buttermilk type, regular, bottled	2	tbsp	30	2.5	7	0.5	2.1	3.6	FDA	FDA, USDA
181	04114	377	Salad dressing, Italian, regular, bottled	2	tbsp	29	0.2	8	0.1	0.1	0.5	FDA	FDA, USDA
217	04640	516	Salad dressing, ranch, low-calorie, bottled	2	tbsp	28	2.3	1				FDA	FDA, USDA
218	04639	517	Salad dressing, ranch, regular, bottled	2	tbsp	30	3.5	4	1.7	2.2	5.7	FDA/USDA	FDA, USDA
Fruit													
54	09003	78	Apple, red, with peel, raw	1	small (2 3/4" diameter)	149	0.1	20	0.1	0.0	0.9	FDA	FDA, USDA
59	09020	84	Applesauce, bottled	1/2	cup	146	0.3	8	0.1	0.0	0.6	FDA	FDA, USDA
324	09026	348	Apricots, canned in heavy/light syrup	1/2	cup	127	7.9	7	6.4	1.7	19.6	FDA	FDA, USDA
67	09037	97	Avocado, raw	1/3	cup, cubed	50	0.3	20	0.4	0.0	1.7	FDA	FDA
56	09040	80	Banana, raw	1	large	136	0.4	20	1.1	0.0	4.8	FDA	FDA, USDA
196	09050	398	Blueberries, raw	1	cup	148	0.4	13	0.4	0.1	1.6	FDA	FDA, USDA
64	09181	89	Cantaloupe, raw/frozen	1	cup, diced	156	0.5	20	0.3	0.2	1.2	FDA	FDA, USDA
62	09099	87	Fruit cocktail, canned in light syrup	1/2	cup	121	5.9	8	3.3	0.4	12.5	FDA	FDA, USDA
65	09111	92	Grapefruit, raw	2/3	cup	154	0.3	20	0.2	0.0	0.5	FDA	FDA, USDA
63	09132	88	Grapes, seedless, red/green, raw	1	cup	151	0.6	20	0.3	0.3	1.7	FDA	FDA, USDA
153	09193	299	Olives, black, pitted	3	large	15	0.4	8	0.2	0.2	0.8	FDA	FDA
55	09200	79	Orange, raw	1	medium (2 5/8" diameter)	131	0.3	20	0.1	0.1	0.7	FDA	FDA, USDA
345	09239	254	Peach, canned in light/medium syrup	1/2	cup	124	7.7	7	4.5	1.6	12.6	FDA	FDA, USDA
58	09236	83	Peach, raw/frozen	1	medium (2- 2/3" diameter)	150	0.5	20	0.8	0.2	3.9	FDA	FDA, USDA
346	09256	255	Pear, canned in light syrup	1/2	cup	126	0.1	7	0.0	0.1	0.3	FDA	FDA, USDA
60	09252	85	Pear, with peel, raw	1	small	148	0.1	20	0.3	0.0	1.0	FDA	FDA, USDA
309	09354	93	Pineapple, canned in juice	3/4	cup	135	2.4	7	3.1	0.8	9.6	FDA	FDA, USDA
194	09266	396	Pineapple, raw/frozen	3/4	cup	123	0.4	13	0.2	0.1	0.7	FDA	FDA, USDA
66	09298	95	Raisins	1/4	cup, packed	41	0.9	8	0.3	0.3	1.4	FDA	FDA, USDA
61	09316	86	Strawberries, raw/frozen	3/4	cup sliced	124	0.5	20	0.4	0.1	2.0	FDA	FDA, USDA
57	09326	81	Watermelon, raw/frozen	1 3/4	cup, diced	266	0.5	20	0.5	0.0	2.1	FDA	FDA, USDA
Vegetables													
74	11012	115	Asparagus, fresh/frozen, boiled	1/2	cup, cuts	90	0.7	20	0.7	0.0	3.5	FDA	FDA, USDA
340	11084	131	Beets, canned	1/2	cup, sliced	85	0.3	7	0.3	0.1	1.0	FDA	FDA
72	11742	113	Broccoli, fresh/frozen, boiled	1/2	cup, chopped	78	0.4	20	0.5	0.0	2.1	FDA	FDA, USDA
140	11099	263	Brussels sprouts, fresh/frozen, boiled	1/2	cup	78	0.4	20	0.4	0.0	1.2	FDA	FDA, USDA
331	11110	110	Cabbage, fresh, boiled	1/2	cup, shredded	75	0.1	8	0.1	0.0	0.2	FDA	FDA, USDA
204	11109	406	Cabbage, raw	1	cup, chopped	89	0.4	12	0.4	0.0	0.9	FDA	FDA, USDA

175	11960	356	Carrot, baby, raw	8	medium	80	1.1	20	0.8	0.0	2.8	FDA	FDA, USDA
313	11125	259	Carrot, fresh, peeled, boiled	1/2	cup, sliced	78	0.4	7	0.5	0.0	1.2	FDA	FDA, USDA
75	11136	116	Cauliflower, fresh/frozen, boiled	2/3	cup, pieces	83	0.5	20	0.7	0.0	2.5	FDA	FDA, USDA
73	11143	114	Celery, raw	3/4	cup	75	1.2	20	1.7	0.0	6.7	FDA	FDA, USDA
70	11162	108	Collards, fresh/frozen, boiled	1/2	cup	95	1.3	20	1.3	0.0	6.0	FDA	FDA, USDA
45	11172	55	Corn, canned	1/2	cup	82	0.4	8	0.2	0.1	0.7	FDA	FDA, USDA
44	11179	54	Corn, frozen, boiled	1/2	cup	82	0.3	20	0.3	0.0	1.1	FDA	FDA, USDA
79	11206	123	Cucumber, peeled, raw	2/3	cup	89	0.5	20	0.4	0.1	1.9	FDA	FDA, USDA
315	11210	265	Eggplant, fresh, without peel, 1" cubes, boiled	3/4	cup	75	0.2	14	0.2	0.0	0.8	FDA	FDA, USDA
250		410	Eggplant, with peel, 1" cubes, baked	3/4	cup	75	0.5	12	0.4	0.0	1.1	FDA	FDA, similar USDA item
78	11729	122	Green beans, canned, drained solids	1/2	cup	77	0.3	8	0.4	0.0	0.9	FDA	FDA, USDA
77	11061	121	Green beans, fresh/frozen, boiled	2/3	cup	89	0.5	20	0.7	0.0	2.3	FDA	FDA, USDA
71	11252	109	Lettuce, iceberg, raw	1	cup, shredded	72	0.2	20	0.4	0.0	1.3	FDA	FDA, USDA
176	11253	357	Lettuce, leaf, raw	2	shredded cups, shredded	72	0.9	20	1.3	0.1	5.8	FDA	FDA, USDA
36	11032	42	Lima beans, immature, frozen, boiled	1/2	cup	85	0.3	8	0.3	0.0	0.8	FDA	FDA
142	11584	268	Mixed vegetables, frozen, boiled	1/2	cup	91	0.4	8	0.3	0.0	0.8	FDA	FDA, USDA
141	11260	264	Mushrooms, raw	1 1/4	cup	87	0.3	20	0.1	0.1	0.5	FDA	FDA, USDA
434			Nori, seaweed, dried	2	tbsp, flaked	5	116.0	3	30.9	82.0	142.5	USDA	FDA
317	11279	267	Okra, fresh/frozen, boiled	1/2	cup	80	0.8	7	0.5	0.2	1.4	FDA	FDA, USDA
82	11282	128	Onion, mature, raw	1/2	cup, chopped	80	0.3	20	0.3	0.0	1.3	FDA	FDA, USDA
37	11313	46	Peas, green, fresh/frozen, boiled	1/2	cup	80	0.2	8	0.3	0.0	0.8	FDA	FDA, USDA
80	11333	125	Pepper, bell, green, raw	1	cup, sliced	92	0.4	20	0.6	0.1	2.5	FDA	FDA, USDA
89	11937	161	Pickles, dill, cucumber	4	slices	28	0.2	8	0.2	0.1	0.5	FDA	FDA, USDA
83	11367	136	Potato, peeled, boiled	1/2	cup	117	0.4	20	0.5	0.0	1.4	FDA	FDA, USDA
84	11674	137	Potato, with peel, baked	1	small	138	1.4	20	2.1	0.0	9.7	FDA	FDA, USDA
293	11371	354	Potatoes, mashed, prepared from fresh	2/3	cup	140	8.7	7	5.0	5.3	19.9	FDA	FDA
220	11549	119/5	Sauce, tomato, canned/bottled	1/4	cup	61	0.6	8	0.3	0.0	0.9	FDA	FDA, USDA
1	11458	107	Spinach, fresh/frozen, boiled	1/2	cup	90	3.5	8	2.6	0.9	7.3	FDA	FDA, USDA
206	11457	408	Spinach, raw	3	cups	90	5.4	12	2.7	1.9	9.7	FDA	FDA, USDA
332	11468	124	Squash, summer, fresh/frozen, boiled	1/2	cup, sliced	90	0.3	8	0.1	0.1	0.5	FDA	FDA, USDA
205	11478	407	Squash, summer, zucchini, fresh/frozen, boiled	1/2	cup, sliced	90	0.4	12	0.3	0.1	0.9	FDA	FDA, USDA
81	11644	126	Squash, winter (Hubbard or acorn), fresh/frozen, boiled	2/3	cup	137	0.3	8	0.5	0.0	1.2	FDA	FDA, USDA
195	11508	397	Sweet potato, baked, peel removed	1	medium (2" diameter, 5" long)	114	1.5	13	1.1	0.0	3.4	FDA	FDA, USDA
325	11514	358	Sweet potato, canned	1/2	cup	127	0.9	7	1.0	0.0	2.9	FDA	FDA, USDA
76	11529	117	Tomato, raw	1/2	cup, chopped	90	0.3	20	0.2	0.0	0.7	FDA	FDA, USDA
316	11567	266	Turnip, fresh/frozen, boiled	1/2	cup	78	0.2	7	0.2	0.0	0.4	FDA	FDA, USDA
Legumes													
270	16018	527	Beans, black, canned, drained	1/3	cup	80	0.8	1				FDA	USDA
271	16145	528	Beans, kidney, canned, drained	1/3	cup	89	0.9	1				FDA	FDA, USDA
228	16146	529	Beans, pinto, canned, drained	1/2	cup	85	1.0	1				FDA	USDA
304	16043	38	Beans, pinto, from dry, boiled	1/2	cup	85	0.0	7	0.1	0.0	0.2	FDA	USDA
167	16103	341	Beans, refried, canned	1/2	cup	119	1.0	8	0.6	0.0	1.7	FDA	USDA
272	16051	530	Beans, white, canned, drained	1/2	cup	90	0.7	1				FDA	FDA, USDA
323	16050	342	Beans, white, from dry, boiled	1/2	cup	90	0.1	7	0.2	0.0	0.4	FDA	FDA, USDA
35	16009	39	Beans, with pork, canned	1/2	cup	126	0.4	8	0.3	0.0	0.6	FDA	USDA
38	16167	47	Peanut butter, smooth/creamy	2	tbsp	32	0.2	8	0.1	0.0	0.4	FDA	FDA, USDA
39	16090	48	Peanuts, dry roasted, salted	3	tbsp	27	0.2	8	0.1	0.0	0.3	FDA	USDA
18	43137	544	Veggie burger, soy based, baked	1	piece	56	5.4	1				FDA	FDA, USDA
Nuts and Seeds													
227	12061	526	Almonds, shelled	1/3	cup, sliced	30	0.3	1				FDA	FDA, USDA
168	12537	343	Seeds, sunflower, shelled, salted, roasted	1/4	cup	32	0.1	8	0.1	0.0	0.3	FDA	USDA
201	12155	403	Walnuts, shelled	1/4	cup, pieces	30	0.2	13	0.2	0.0	0.5	FDA	FDA, USDA
Beverages including Juices													
110	14003	198	Alcohol, beer	12	fl oz	356	3.2	8	2.1	0.7	7.5	FDA	USDA, US Dietary Guidelines for Americans
207	14051	500	Alcohol, distilled, vodka	1	fl oz	42	0.04	1				FDA	USDA, US Dietary Guidelines for Americans
248		200	Alcohol, distilled, whiskey/scotch	1	fl oz	42	0.04	1				FDA	USDA, US Dietary Guidelines for Americans
342	14084	199/501/502	Alcohol, wine, red/white	5	fl oz	148	2.4	9	1.2	1.3	4.9	FDA	USDA, US Dietary Guidelines for Americans
210	14091	503	Beverage, almond, shelf stable	1	cup	262	0.9	7	0.8	0.2	2.4	FDA/USDA	USDA
211	14090	504	Beverage, coconut water	12	fl oz	365	1.8	1				FDA	USDA
212	14060	505	Beverage, energy	12	fl oz	360	0.7	1				FDA	FDA, USDA
213	16222	506	Beverage, soy, shelf stable	1	cup	243	1.5	4	0.7	0.7	2.2	USDA	USDA
445			Beverage, soy, shelf stable (with seaweed or seaweed derivative)	1	cup	243	12.0	2		7.0	16.9	FDA/USDA	USDA
264		507	Beverage, sports	12	fl oz	360	0.0	1				FDA	FDA
374	14164		Beverage, chocolate malt powder, prepared with 1% milk, fortified	8	fl oz	251	70.5	1				USDA	USDA
108	14416	194	Carbonated beverage, cola, low-calorie	12	fl oz	360	1.1	8	0.7	0.0	2.2	FDA	FDA, USDA
106	14148	191	Carbonated beverage, cola, regular	12	fl oz	360	0.7	8	0.7	0.0	1.8	FDA	FDA, USDA
320	14144	306/508	Carbonated beverage, fruit-flavored	12	fl oz	360	0.4	8	0.7	0.0	1.8	FDA	FDA, USDA
155	14209	305	Coffee, brewed from ground	12	fl oz	360	0.7	8	0.4	0.4	1.1	FDA	FDA, USDA
13	14201	381	Coffee, decaffeinated, from ground	12	fl oz	360	0.7	7	0.4	0.4	1.4	FDA	FDA, USDA
173	14242	351	Cranberry juice cocktail, canned/bottled	8	fl oz	253	0.5	8	0.8	0.0	2.0	FDA	USDA
156	14651	307	Fruit drink (5% - 25% juice), canned/bottled	8	fl oz	238	1.4	8	0.5	0.7	2.1	FDA	USDA
107	14541	193	Fruit drink from powder, reconstituted	8	fl oz	262	0.3	8	0.5	0.0	1.3	FDA	USDA
68	09400	99	Juice, apple, bottled	8	fl oz	248	1.2	8	1.5	0.0	4.7	FDA	USDA
172	09444	350	Juice, fruit blend (100% juice), canned/bottled	8	fl oz	250	1.8	8	0.8	1.0	3.0	FDA	USDA

138	09130	257	Juice, grape, bottled	8	fl oz	253	0.8	8	0.5	0.3	2.0	FDA	USDA
69	09123	100	Juice, grapefruit, bottle/carton	8	fl oz	246	1.5	8	0.7	0.7	3.0	FDA	USDA
225	09152	524	Juice, lemon, bottled	1	tsp	5	0.2	1				FDA	FDA, USDA
174	09207	352	Juice, orange, bottle/carton	8	fl oz	249	25.1	8	20.4	4.2	60.3	FDA	USDA
338	09209	98	Juice, orange, from frozen concentrate, reconstituted	8	fl oz	249	1.0	7	0.5	0.5	1.7	FDA	USDA
137	09409	256	Juice, pineapple, canned	8	fl oz	250	0.8	8	0.5	0.0	1.5	FDA	USDA
339	09294	103	Juice, prune, bottled	8	fl oz	256	3.3	7	3.3	1.0	8.2	FDA	USDA
314	11886	261	Juice, tomato, bottled	8	fl oz	243	2.7	7	0.7	1.7	3.4	FDA	USDA
226	11578	525	Juice, tomato-vegetable, bottled	8	fl oz	253	1.0	1				FDA	USDA
310	14293	105	Lemonade, from frozen concentrate, reconstituted	8	fl oz	247	0.2	7	0.2	0.0	0.5	FDA	USDA
322		331	Meal replacement, liquid, ready to drink (RTD), assorted flavors	8	fl oz	252	110.3	8	113.3	45.9	359.6	FDA	Similar USDA item
215	14066	510	Powder, protein	3	tbsp	18.2	13.8	1				FDA	
109	14355	197	Tea, brewed from tea bag	12	fl oz	360	0.4	8	0.4	0.0	1.4	FDA	FDA, USDA
14	14352	382	Tea, decaffeinated, brewed from tea bag	12	fl oz	360	0.4	7	0.4	0.0	0.7	FDA	FDA, USDA
184	14555	380	Water, mineral/spring, bottled	12	fl oz	360	1.1	20	0.7	0.0	2.5	FDA	FDA, USDA
439	14411		Water, tap, drinking ¹	12	fl oz	360	4.0	40	7.2	0.0	39.2	USDA	FDA, USDA
Seafood													
389	15141		Crustaceans, crab, blue, canned	3	oz	85	32.1	3	10.5	23.2	43.8	USDA	FDA, USDA
390	15148		Crustaceans, lobster, northern, cooked, moist heat	3	oz	85	157.3	3	37.4	118.2	192.1	USDA	FDA, USDA
391	15149		Crustaceans, shrimp, mixed species, raw	4	oz	110	16.2	9	11.8	8.1	42.4	USDA	FDA, USDA
132	15151	244	Crustaceans, shrimp, precooked, shell removed, no tail	3	oz	85	13.1	24	9.9	2.9	46.6	FDA/USDA	FDA, USDA
33	15027	34	Fish sticks or patty, frozen, oven-cooked	3	oz	85	58.4	12	25.1	21.4	113.9	FDA/USDA	FDA, USDA
165	15235	339	Fish, catfish, pan-cooked with oil	3	oz	85	3.6	20	1.6	1.2	6.9	FDA	FDA, USDA
186	15192	387	Fish, cod, baked	3	oz	85	158.1	13	59.5	80.8	278.0	FDA	FDA, USDA
375	15019		Fish, cod, Pacific, raw	4	oz	110	144.1	7	74.8	56.1	265.1	USDA	FDA, USDA
376	15028		Fish, flatfish (flounder and sole species), raw	4	oz	110	15.7	4	4.3	11.9	21.9	USDA	FDA, USDA
377	15033		Fish, haddock, raw	4	oz	110	249.7	3	96.8	151.8	345.4	USDA	FDA, USDA
378	15036		Fish, halibut, Atlantic and Pacific, raw	4	oz	110	8.8	5	1.4	8.1	11.3	USDA	FDA, USDA
379	15057		Fish, ocean perch, Atlantic, raw	4	oz	110	10.2	4	2.4	8.1	12.7	USDA	FDA, USDA
396	15266		Fish, pollock, Alaska, raw	4	oz	110	47.9	3	9.6	41.1	58.9	USDA	FDA, USDA
380	15070		Fish, rockfish, Pacific, mixed species, raw	4	oz	110	15.4	3	5.3	11.8	21.5	USDA	FDA, USDA
421	35171		Fish, salmon, chum, dried (Alaska Native)	1	portion	30	11.5	1				USDA	FDA
395	15260		Fish, salmon, pink, canned, drained solids	3	oz	85	13.0	2		8.5	17.4	USDA	FDA, USDA
381	15083		Fish, salmon, pink, raw	4	oz	110	28.8	5	17.3	13.0	54.7	USDA	FDA, USDA
384	15087		Fish, salmon, sockeye, canned, drained solids	3	oz	85	18.7	1				USDA	FDA, USDA
382	15085		Fish, salmon, sockeye, raw	4	oz	110	15.7	2		12.8	18.7	USDA	FDA, USDA
158	15237	318	Fish, salmon, steaks/fillets, baked	3	oz	85	14.0	10	7.3	3.2	23.6	FDA/USDA	FDA, USDA
422	35184		Fish, smelt, dried (Alaska Native)	1	portion	30	64.8	1				USDA	FDA
371			Fish, swai, cooked	3	oz	85	<9	2				USDA	FDA, USDA
385	15110		Fish, swordfish, raw	4	oz	110	21.5	4	4.2	18.0	27.4	USDA	FDA, USDA
187	15262	388	Fish, tilapia, baked	3	oz	85	3.9	13	1.3	2.1	7.4	FDA	FDA, USDA
386	15115		Fish, trout, rainbow, wild, raw	4	oz	110	<10	1				USDA	FDA, USDA
166	15121	340	Fish, tuna, canned in water, drained	3	oz	85	7.2	13	1.5	5.6	10.1	FDA/USDA	FDA, USDA
388	15118		Fish, tuna, fresh, bluefin, cooked, dry heat	3	oz	85	19.6	4	3.7	14.9	23.9	USDA	FDA, USDA
387	15117		Fish, tuna, fresh, bluefin, raw	4	oz	110	19.4	4	6.5	12.7	28.1	USDA	FDA, USDA
420	35091		Fish, whitefish, broad, including head, eyes, cheeks and soft bones (Alaska Native), raw	4	oz	110	37.0	1				USDA	FDA, USDA
392	15160		Mollusks, clam, mixed species, canned, drained solids	3	oz	85	56.5	4	7.7	49.2	66.3	USDA	FDA, USDA
393	15169		Mollusks, oyster, eastern, wild, cooked, moist heat	3	oz	85	92.7	3	21.8	69.2	112.2	USDA	FDA, USDA
394	15172		Mollusks, scallop, mixed species, raw	4	oz	110	<10	4				USDA	FDA, USDA
Grains ²													
16	20081	900	Flour, white, all-purpose	1/4	cup	30	0.7	1				FDA	FDA, USDA
53	20110	69	Noodles, egg, enriched, boiled	3/4	cup	120	4.2	8	1.4	2.0	5.9	FDA	USDA
347	20321		Pasta, enriched, boiled in water with iodized salt using amount per pasta label	1	cup	132	38.1	2		36.6	39.7	USDA	USDA
232	20134	539	Pasta, rice noodles, cooked	3/4	cup	132	2.0	1				FDA	USDA
171	20121	347	Pasta, spaghetti, enriched, boiled	1	cup	124	0.1	8	0.2	0.0	0.5	FDA	FDA, USDA
233	20125	540	Pasta, whole wheat, cooked	1	cup	151	0.9	1				FDA	USDA
223	20137	522	Quinoa, cooked	3/4	cup	140	1.5	1				FDA	FDA, USDA
200	20041	402	Rice, brown, cooked	3/4	cup	146	0.9	13	0.6	0.0	2.3	FDA	USDA
40	20051	50	Rice, white, enriched, cooked	3/4	cup	140	0.7	19	0.4	0.0	1.5	FDA	FDA, USDA
Cereals													
254		74	Cereal, bran with raisins	3/4	cup	45	0.5	8	0.2	0.3	0.8	FDA	USDA
253		71	Cereal, corn flakes	1 1/2	cup	42	0.1	8	0.2	0.0	0.5	FDA	USDA
43	08091	53	Cereal, corn/hominy grits, enriched, cooked	1	cup	257	0.0	8	0.3	0.0	0.5	FDA	USDA
42	08169	52	Cereal, cream of wheat (farina), enriched, cooked	1	cup	251	0.5	8	1.3	0.0	3.3	FDA	USDA
255		75	Cereal, crisped rice	1 1/3	cup	37	0.1	8	0.1	0.0	0.3	FDA	USDA
306		72	Cereal, fruit-flavored, sweetened ³	1	cup	36	0.3	7	0.2	0.1	0.5	FDA/USDA	USDA
266		512	Cereal, granola	1/2	cup	48	5.2	1				FDA	USDA
308		76	Cereal, granola with raisins	1/3	cup	34	4.8	7	1.4	3.2	6.9	FDA	USDA
256		77	Cereal, oat ring	1 1/2	cup	42	0.4	8	0.1	0.2	0.5	FDA	USDA
267		513	Cereal, oat ring, honey	1 1/2	cup	42	0.6	1				FDA	Similar USDA item
41	08121	51	Cereal, oatmeal, plain, cooked	1	cup	234	0.7	8	0.9	0.0	2.6	FDA	FDA, USDA
307		73	Cereal, shredded wheat	3/4	cup	36	0.0	7	0.1	0.0	0.2	FDA	USDA
268		514	Cereal, shredded wheat, frosted	3/4	cup	40	0.4	1				FDA	FDA, USDA
269	08145	515	Cereal, whole wheat, cooked	1	cup	242	1.2	1				FDA	USDA
Baked Products													
133	18002	249	Bagel, plain, toasted	1	medium (3.5" to 4" diameter)	105	1.6	21	2.1	0.0	9.8	FDA/USDA	USDA
305	18015	61	Biscuits, refrigerated-type, baked	1	biscuit	51	1.6	8	1.2	0.4	3.8	FDA/USDA	USDA
344	28397	248	Bread, multigrain ⁴	2	slices	50	0.9	4	1.0	0.0	2.2	FDA	FDA
337	18060	64	Bread, rye	2	slices	50	0.3	7	0.2	0.0	0.5	FDA	FDA
199	18350	401	Bread, white roll/bun (hamburger/hotdog) ⁵	1	bun	50	1.1	8	1.5	0.0	4.8	FDA/USDA	FDA

442	18350*	401*	Bread, white roll/bun (hamburger/hotdog), with iodate dough conditioner	1	bun	50	598	11	146.0	414.0	865.0	FDA/USDA	FDA
46	18069	58	Bread, white, enriched, pre-sliced ⁶	2	slices	50	0.95	12	1.25	0.0	4.75	FDA/USDA	USDA
440	18069*	58*	Bread, white, enriched, pre-sliced, with iodate dough conditioner	2	slices	50	320	13	105	194	590	FDA/USDA	USDA
48	18075	62	Bread, whole-wheat, commercially prepared ⁷	2	slices	50	1.4	13	1.15	0.35	4.75	FDA	USDA
441	18075*	62*	Bread, whole-wheat, commercially prepared, with iodate dough conditioner	2	slices	50	309	5	122	178.5	505	FDA/USDA	USDA
15	18079	903	Breadcrumbs	1/4	cup	30	54	1				FDA	FDA
170	18362	345	Breakfast tart/toaster pastry ⁸	1	pastry (4-1/4" diameter)	110	3.3	7	2.2	0.0	5.9	FDA	FDA
146	18151	291	Brownie, commercially prepared	1	2 3/4" square	56	5.9	8	7.5	0.5	23.6	FDA	USDA
99	18096	178	Cake, chocolate with chocolate icing, commercially prepared ⁹	1	piece (1/8 of 18 oz cake)	64	4.9	19	1.3	2.6	7.0	FDA	USDA
263		369	Cake, white with white icing, commercially prepared ¹⁰	1	piece (1/8 of 18 oz cake)	64	11.1	18	12.2	2.9	46.1	FDA	Similar USDA item
399	18140		Cake, yellow with chocolate frosting, commercially prepared	1	piece (1/8 of 18 oz cake)	64	5.3	3	1.0	4.7	6.4	USDA	USDA
185	18964	386	Cinnamon roll, from package, iced	1	roll	65	3.3	15	1.9	0.8	7.5	FDA	USDA
100	18160	183	Cookies, from package, chocolate chip	2	cookies	30	0.4	9	0.3	0.1	0.8	FDA/USDA	FDA, USDA
101	18166	184	Cookies, from package, sandwich with crème filling	3	cookies	36	0.2	8	0.1	0.0	0.4	FDA	USDA
147	18204	292	Cookies, from package, sugar ¹¹	2	cookies	34	1.9	6	0.8	0.9	3.0	FDA	USDA
47	18024	60	Cornbread, homemade	1	piece	65	14.0	8	4.2	8.0	20.2	FDA	USDA
398	18023		Cornbread, from dry mix, prepared with 2% milk, margarine, and eggs	1	piece	60	10.0	1				USDA	USDA
136	18229	252	Crackers, butter-type	10	crackers	32	0.2	8	0.2	0.0	0.6	FDA	USDA
229	18214	531	Crackers, cheese, regular	30	crackers, 1" square	30	4.3	2		3.1	5.5	FDA/USDA	FDA, USDA
135	18173	251	Crackers, graham	2	crackers	30	0.3	8	0.2	0.1	0.5	FDA	FDA, USDA
51	18228	66	Crackers, saltine	10	crackers, square	30	0.2	8	0.1	0.0	0.2	FDA	FDA, USDA
145	18248	290	Doughnut, cake-type, plain, commercially prepared	1	medium (3-1/4" diameter)	55	9.6	8	8.8	2.8	22.7	FDA	FDA, USDA
134	18437	250	English muffin, plain, toasted	1	muffin	55	1.3	20	1.8	0.0	8.5	FDA	FDA, USDA
50	18274	65	Muffin, blueberry, commercially prepared	1	small (2-3/4" diameter)	66	8.5	20	3.8	5.3	22.8	FDA	USDA
169	18936	344	Pancakes, frozen, heated	2	pancakes	96	6.5	10	1.8	3.1	10.0	USDA	USDA
234	18335	541	Pie crust, commercially prepared	1	slice (1/8 of 9" diameter)	19	0.2	1				FDA	USDA
102	18443	185	Pie, apple, fresh/frozen, commercially prepared	1	slice (1/8 of 9" diameter)	125	0.8	8	0.6	0.0	1.5	FDA	FDA, USDA
103	18326	186	Pie, pumpkin, fresh/frozen, commercially prepared	1	slice	133	29.5	8	5.1	23.3	39.2	FDA	USDA
3	18244	182	Sweet roll/Danish pastry	1	pastry (4-1/4" diameter)	65	3.9	4	0.9	2.9	5.0	FDA	USDA
198	18363	400	Tortilla, corn	2	tortillas	48	0.5	1				FDA	USDA
49	18970	63	Tortilla, flour	1	tortilla	49	0.5	19	0.4	0.0	1.7	FDA	USDA
Sw													
216	19919	511	Candy, fruit snacks	3/4	cup	30	0.1	1				FDA	FDA, USDA
178	19155	371	Candy bar (chocolate, nougat, and nuts)	1	bar	28	4.8	8	0.9	3.8	6.1	FDA	USDA
104	19120	187	Candy bar, milk chocolate, plain	1	bar	28	13.1	8	1.4	10.3	15.1	FDA	USDA
148	19107	293	Candy, hard, assorted flavors	3	pieces	18	1.7	8	2.4	0.0	6.4	FDA	USDA
85	19411	138	Chips, potato	22	chips	28	0.8	8	1.0	0.2	2.5	FDA	USDA
402	19412		Chips, potato, made from dried potatoes, cheese-flavor	22	chips	28	0.4	1				USDA	Similar USDA item
52	25028	67	Chips, corn/tortilla	1	oz	28	0.4	8	0.4	0.0	1.3	FDA	FDA
105	19173	190	Gelatin dessert, assorted flavors, prepared	1/2	cup	135	0.7	8	0.5	0.1	1.9	FDA	USDA
224	19015	523	Granola bar	1	bar	28	0.7	1				FDA	USDA
327		370	Granola bar, with raisins	1	bar	28	0.6	7	0.4	0.2	1.3	FDA	Similar USDA item
97	19296	172	Honey	1	tbsp	21	0.1	8	0.0	0.1	0.2	FDA	USDA
151	19300	296	Jelly, assorted flavors	1	tbsp	21	0.2	8	0.1	0.0	0.4	FDA	USDA
144	19283	288	Popsicle, fruit-flavored ¹²	1.75	oz	52	0.8	2		0.2	1.3	FDA	USDA
179	25026	372	Popcorn, microwave, butter-flavored	4	cups	32	0.1	8	0.1	0.0	0.2	FDA	USDA
149	19047	294	Pretzels, hard, salted	5	twists	30	0.2	8	0.1	0.1	0.4	FDA	USDA
235	19183	542	Pudding, ready-to-eat, chocolate	1/2	cup	108	14.4	1				FDA	USDA
326		368	Pudding, ready-to-eat, assorted flavors other than chocolate	1/2	cup	108	5.1	7	2.1	3.2	8.2	FDA	USDA
401	19193		Pudding, rice, ready-to-eat	1/2	cup	92	25.3	1				USDA	USDA
289	19097	287	Sherbet, fruit-flavored ¹³	2/3	cup	100	14.5	3	0.7	13.7	15.1	FDA	USDA
330		385	Sorbet, fruit-flavored	2/3	cup	100	1.1	4	0.6	0.3	1.8	FDA	Similar USDA item
95	19335	169	Sugar, white, granulated	2	tsp	8	0.008	8	0.02	0.0	0.03	FDA	FDA, USDA
150	19348	295	Syrup, chocolate	2	tbsp	38	0.3	8	0.2	0.1	0.8	FDA	USDA
96	19129	170	Syrup, pancake	2	tbsp	40	0.1	8	0.04	0.04	0.16	FDA	USDA
Mixed Dishes													
284		269	Beef stroganoff with noodles, homemade	1	cup	256	15.9	7	2.6	13.6	20.7	FDA	FNDDS
88	22906	152	Chicken potpie, frozen, heated	1	single-serve pie	302	9.4	8	3.0	5.7	14.2	FDA	USDA
86	22904	145	Chili con carne with beans, canned	1	cup	242	5.1	8	1.5	3.1	6.8	FDA	USDA
294	21127	355	Coleslaw, mayonnaise-type, from grocery/deli	1/2	cup	95	1.7	7	0.8	1.0	2.7	FDA	USDA

411	22973		Corn dogs, frozen, prepared	2	corn dogs	156	37.0	1				USDA	USDA
6	22977	361	Lasagna with meat, frozen, heated	1	2.5" X 4" piece	206	17.3	7	2.3	14.4	20.2	FDA	FNDDS
418	32019		Lasagna, cheese, frozen, unprepared	1	2.5" X 4" piece	227	24.3	5	7.7	16.8	34.1	USDA	FNDDS
87	22960	146	Macaroni and cheese, prepared from box mix	1	cup	198	38.4	15	8.7	22.2	56.8	FDA/USDA	USDA
291		346	Macaroni salad, from grocery/deli	3/4	cup	153	4.9	7	1.8	2.9	8.1	FDA	FNDDS
245		148	Meatloaf, beef, homemade	3	oz	85	13.2	7	9.1	6.9	29.2	FDA	FDA, USDA
416	32008		Pasta mix, classic cheeseburger macaroni, unprepared	1/5	package	37	<3	1				USDA	FNDDS, Branded Foods database
417	32010		Pasta mix, Italian lasagna, unprepared	1/5	package	36	4.2	2		2.7	5.4	USDA	Branded Foods database
409	21505		Pizza, cheese topping, thin crust, frozen, baked	1/4	medium pizza (11-13" diameter)	134	31.2	7	6.7	21.7	39.3	USDA	USDA, FNDDS
410	22971		Potato salad with egg	1/2	cup	125	<10	5				USDA	USDA
292		353	Potato salad, mayonnaise-type, from grocery/deli	1/2	cup	125	3.3	7	2.1	0.0	6.3	FDA	Similar USDA item
244		142	Spaghetti with meat sauce, homemade	1	cup	250	4.5	7	1.5	2.5	6.5	FDA	FNDDS
438			Sushi, California roll	5	pieces	150	46.5	3	14.3	30.0	54.9	USDA	FNDDS
415	32007		Taquitos, frozen, beef and cheese, oven-heated	3	pieces	126	<10	1				USDA	USDA
414	32006		Taquitos, frozen, chicken and cheese, oven-heated	3	pieces	126	<10	1				USDA	USDA
285		272	Tuna noodle casserole, homemade	1	cup	224	36.1	7	20.8	23.5	80.9	FDA	FNDDS
419	32027		Turnover, pepperoni pizza	1	turnover	127	26.5	1				USDA	USDA
Fast Foods													
197	21142	399	Biscuits, fast food	1	biscuit	55	5.8	5	2.1	3.7	9.1	FDA/USDA	FDA, USDA
10	21064	365	Burrito with beef, beans and cheese, from Mexican carry-out	1	burrito	241	13.0	7	5.3	6.5	23.6	FDA	USDA
162	21469	336	Chicken breast, fried, with skin, fast food ¹⁴	3	oz	85	3.4	18	1.3	1.8	5.7	FDA	FDA, USDA
164	21470	338	Chicken leg, fried, with skin, fast food	3	oz	85	2.0	20	0.6	0.9	3.2	FDA	FDA, USDA
131	21229	241	Chicken nuggets, fast food	3	oz	85	1.6	20	1.2	0.4	6.2	FDA	FDA, USDA
303	01110	7	Milk shake, chocolate, fast food	8	fl oz	227	80.1	7	21.3	51.3	103.1	FDA	FDA, USDA
193	01111	394	Milk shake, vanilla, fast food	8	fl oz	227	81.5	13	15.4	49.3	102.8	FDA	FDA, USDA
318	21302	281	Pizza, cheese and pepperoni, regular crust, from pizza carry-out	1/8	large (13-15" diameter) pizza	124	14.5	11	5.5	8.8	24.3	FDA/USDA	FNDDS
202	21299	404	Pizza, cheese, fast food	1/8	large (13-15" diameter) pizza	120	15.1	15	3.5	8.8	20.8	FDA/USDA	FNDDS
435			Pizza, crust only, fast food	1/8	large (13-15" diameter) pizza	50	<5	9				USDA	estimate
408	21484		Pizza, with sausage topping, regular crust, fast food	1/8	large (13-15" diameter) pizza	138	18.2	1				USDA	FNDDS
139	21138	258	Potatoes, French fries, fast food	1	"small" serving	71	1.6	20	1.6	0.0	7.2	FDA	FDA, USDA
2	21112	147	Sandwich, hamburger, single, large patty, fast food	1	sandwich	175	5.8	7	2.5	3.5	10.3	FDA	FNDDS
406	21092		Sandwich, cheeseburger, double, regular patty, plain, fast food	1	sandwich	270	30.0	8	7.3	20.0	39.4	USDA	FNDDS
443	21092 *		Sandwich, cheeseburger, double, regular patty, fast food (bun w iodate dough conditioner)	1	sandwich	270	750.6	4	259.2	442.8	1058.4	USDA	FNDDS
286	21096	275	Sandwich, cheeseburger, single, large patty, fast food	1	sandwich	182	18.7	9	4.0	13.5	26.4	FDA/USDA	USDA
11	21490	366	Sandwich, chicken filet (broiled) sandwich, fast food	1	sandwich	230	4.1	7	3.7	0.9	10.4	FDA	USDA
288	21021	278	Sandwich, egg, cheese, and ham on English muffin, fast food	1	sandwich	126	30.9	8	7.4	20.3	40.1	FDA/USDA	USDA
287	21105	276	Sandwich, fish, fast food	1	sandwich	220	79.6	10	27.1	50.4	125.2	FDA/USDA	USDA
405	21059		Shrimp, breaded and fried, fast food	3	oz	85	<10	2				USDA	FDA, USDA
4	21486	279	Taco/tostada with beef and cheese, from Mexican carry-out	1	each	102	7.1	7	2.8	4.5	12.1	FDA	USDA
Restaurant Foods (excluding Fast Food Restaurants)													
7	36603	362	Beef with vegetables in sauce, restaurant, Chinese	1	cup	162	7.0	7	8.4	1.0	25.3	FDA	FNDDS
428	36050		Cheese enchilada, restaurant, Mexican	1	enchilada	137	22.1	1				USDA	USDA
429	36052		Cheese quesadilla, restaurant, Mexican	1	quesadilla (8-10" diameter)	194	44.8	1				USDA	USDA
430	36055		Cheese ravioli with marinara sauce, restaurant, Italian	1	cup	250	53.8	1				USDA	FNDDS
8	36626	363	Chicken with vegetables in sauce, restaurant, Chinese	1	cup	153	5.8	7	7.0	1.2	19.3	FDA	USDA
444	36033		Fish fillet, parmesan crusted tilapia, restaurant, family style	3	oz	85	11.1	1				USDA	FDA, USDA
436			Fish, salmon, grilled, restaurant	3	oz	85	<10	1				USDA	FDA, USDA
423	36012		Fried mozzarella sticks, restaurant, family style	3	pieces	93	35.4	3	3.8	31.8	39.3	USDA	USDA
9	36602	364	Fried rice, meatless, restaurant, Chinese	1	cup	137	7.5	7	7.7	1.6	23.2	FDA	USDA
427	36041		Lasagna with meat, restaurant, Italian	1	2.5" X 4" piece	206	56.7	1				USDA	FNDDS
425	36017		Macaroni & cheese, from kids' menu, restaurant, family style	1	cup	136	30.5	10	10.1	17.5	43.9	USDA	USDA
431	36620		Shrimp and vegetables, restaurant, Chinese	1	cup	162	<10	1				USDA	FNDDS
Sausage and Luncheon Meats													
32	07959	29	Bologna (beef/pork)	2	slices	56	15.0	8	5.4	8.5	24.4	FDA	FDA, USDA
31	07949	28	Frankfurter, beef/pork, boiled	1	frankfurter	52	2.1	7	0.7	1.5	3.6	FDA	USDA
369	07945		Frankfurter, beef, heated	1	frankfurter	48	<5	2				USDA	USDA
261	07081	335/543	Luncheon meat (chicken/turkey)	3	oz	85	3.1	8	0.9	1.5	4.3	FDA	FDA, USDA
129	07028	239	Luncheon meat, ham	3	oz	85	1.2	8	0.5	0.7	2.0	FDA	FDA, USDA
188	07072	389	Salami, dry/hard	1	oz	30	4.0	18	3.3	1.3	14.3	FDA/USDA	FDA
243		30	Salami, luncheon-meat type (not hard)	2	oz	60	7.4	7	4.8	2.1	13.9	FDA	FDA, USDA
367	07019		Sausage, pork, chorizo, raw	1	link, 4" long	60	17.9	1				USDA	FDA, USDA
28	07953	19	Sausage, pork, oven-cooked	3	links	63	2.5	20	1.6	0.8	6.7	FDA	FDA, USDA

Meats													
130	05064	240	Chicken breast, oven-roasted (skin removed)	3	oz	85	1.7	20	1.5	0.2	6.9	FDA	FDA, USDA
163	05098	337	Chicken thigh, oven-roasted (skin removed)	3	oz	85	1.1	20	0.4	0.3	2.1	FDA	FDA, USDA
30	05192	26	Turkey breast, oven-roasted ¹⁵	3	oz	85	1.8	19	1.1	0.0	4.2	FDA	FDA, USDA
189	05306	390	Turkey, ground, pan-cooked	3	oz	85	4.7	13	3.7	0.7	14.4	FDA	FDA, USDA
26	10136	17	Ham, cured (not canned), baked	3	oz	85	1.3	20	1.3	0.0	5.0	FDA	FDA, USDA
29	10860	20	Pork bacon, oven-cooked	2	slices	16	0.3	20	0.1	0.1	0.6	FDA	FDA, USDA
27	10179	18	Pork chop, pan-cooked with oil	3	oz	85	0.9	20	0.7	0.0	2.9	FDA	FDA, USDA
333		21	Pork roast, loin, oven-roasted	3	oz	85	0.3	7	0.3	0.0	0.8	FDA	FDA, USDA
335	17204	27	Beef/calf, liver, pan-cooked with oil	3	oz	85	13.9	7	4.3	6.5	18.4	FDA	FDA, USDA
251		13	Beef, ground, pan-cooked	3	oz	85	6.8	20	2.9	3.2	16.1	FDA	FDA, USDA
334		14	Beef roast, chuck, oven-roasted	3	oz	85	3.2	8	1.9	1.5	7.0	FDA	FDA, USDA
260		334	Beef steak, loin/sirloin, broiled	3	oz	85	4.0	19	1.1	2.5	6.9	FDA	FDA, USDA
252		22	Lamb chop, pan-cooked with oil	3	oz	85	2.6	20	2.1	0.7	10.5	FDA	FDA, USDA

^ASee Documentation for reference details. Abbreviations: FDA= Food and Drug Administration's Reference Amounts Customarily Consumed; USDA=USDA's SR Legacy (within USDA's FoodData Central database); FNDDS=Food and Nutrient Database for Dietary Studies (within USDA's FoodData Central database).

^{*}TDS and/or NDB identifiers with asterisks indicate products that differ from the generic product in that they contain iodate dough conditioners

¹USDA water samples analyzed by FDA

²Grain products prepared without salt unless otherwise noted

³Omitted sample with 139 mcg I/36 g serving, value probably from FD&C Red No. 3 food coloring

⁴Omitted 3 samples with values from 36 – 112 mcg I/50g serving – probably mixture of breads with and without iodate dough conditioners

⁵Omitted 4 samples with values from 65 - 208 mcg I/50g serving – probably mixture of breads with and without iodate dough conditioners

⁶Omitted 6 samples with values from 26.5 - 145 mcg I/50g serving – probably mixture of breads with and without iodate dough conditioners

⁷Omitted 6 samples with values from 97 - 145 mcg I/50g serving – probably mixture of breads with and without iodate dough conditioners

⁸Omitted sample with 102 mcg I/110g serving, value probably from FD&C Red No. 3 food coloring

⁹Omitted sample with 77 mcg I/64g serving, value probably from FD&C Red No. 3 food coloring

¹⁰Omitted 2 samples with 200 and 214 mcg I/64g serving, values probably from FD&C Red No. 3 food coloring

¹¹Omitted 2 samples with 14.3 and 331 mcg I/34g serving, values probably from FD&C Red No. 3 food coloring

¹²Omitted 6 samples from 64 to 323 mcg I/52g serving, values probably from FD&C Red No. 3 food coloring

¹³Omitted sample with 545 mcg I/100g serving, value probably from FD&C Red No. 3 food coloring

¹⁴Omitted samples with values of 32.3 and 35.7 mcg I/85g serving, values may reflect the use of disinfectant during poultry cleaning; we were unable to confirm this use

¹⁵Omitted sample with value of 51.8 mcg I /85g serving as an outlier, although value was confirmed by the lab