

USDA, FDA and ODS-NIH Database for the Iodine Content of Common Foods per Serving, Release 3, March 2023

DB_ID	NDB No.	TDS No.	Description	Serving size	Serving measure	Serving weight (g)	Iodine (mcg/serving)	n	SD	Min	Max	Source	Serving size reference ^A
Dairy and Eggs													
91	01001	164	Butter, salted	1	tbsp	14	0.6	11	0.1	0.5	0.8	FDA	FDA, USDA
359	01192		Cheese product, made with 2% reduced fat milk	1	oz slice	30	16	1				USDA	FDA
24	01253	10	Cheese, American, processed	1	oz slice	30	17	29	5.7	11	34	FDA/USDA	FDA
25	01009	12	Cheese, cheddar (sharp/mild)	1	oz slice	30	14	38	4.0	8.1	32	FDA/USDA	FDA
450	01019		Cheese, feta, whole milk, crumbled	0.25	cup	30	15	8	6.3	9.1	23	USDA	RACC
190	01025	391	Cheese, Monterey Jack	1	oz slice	30	12	28	3.7	6.0	23	FDA	FDA
191	01029	392	Cheese, mozzarella	1	oz slice	30	15	30	3.0	8.1	20	FDA/USDA	FDA
349	01032		Cheese, parmesan, grated	1	tbsp	5	4.1	9	1.9	2.3	8.8	USDA	FDA
348	43379		Cheese, processed, Swiss, low fat	1	oz slice	30	18	1				USDA	FDA
350	01036		Cheese, ricotta, whole milk	0.25	cup	55	36	1				USDA	FDA, USDA
127	01040	236	Cheese, Swiss	1	oz slice	30	41	35	34	9.9	132	FDA	FDA
161	01015	332	Cottage cheese, creamed, reduced fat	0.50	cup	110	40	11	7.9	28	52	FDA/USDA	FDA
489	01012		Cottage cheese, full fat, small or large curd	0.50	cup	110	50	10	15	22	69	USDA	FDA
128	01017	237	Cream cheese	2	tbsp	30	11	18	3.1	6.4	17	FDA/USDA	FDA
94	01068	168	Cream substitute, non-dairy, fluid	1	tbsp	15	0.1	10	0.0	0.1	0.2	FDA	FDA
351	01053		Cream, heavy whipping, fluid	1	tbsp	15	3.1	9	1.0	0.8	4.4	USDA	FDA
93	01049	167	Cream, half & half	2	fl oz	30	8.8	36	1.8	5.4	14	FDA/USDA	FDA, USDA
362	01258		Egg, white, dried, stabilized, glucose reduced	1	tbsp	7	2.4	15	0.7	1.5	4.1	USDA	FDA, American Egg Board
358	01172		Egg, white, raw, frozen, pasteurized	0.25	cup	61	6.1	6	0.0	6.1	6.1	USDA	FDA, American Egg Board
355	01133		Egg, whole, dried	7	tsp	12.5	34	17	6.6	25	51	USDA	FDA, American Egg Board
353	01123		Egg, whole, raw, fresh	1	large	50	25	24	11	14	58	USDA	FDA, USDA
357	01171		Egg, whole, raw, frozen, pasteurized	0.25	cup	61	38	14	8.5	28	49	USDA	FDA, American Egg Board
356	01137		Egg, yolk, dried	0.33	cup	22.5	79	17	15	59	98	USDA	FDA, American Egg Board
354	01126		Egg, yolk, raw, frozen, pasteurized	0.25	cup	61	108	15	32	46	163	USDA	FDA, American Egg Board
34	01129	37	Eggs, hard-boiled	1	large	50	31	35	15	7.2	60	FDA	FDA, USDA
336	01132	35	Eggs, scrambled with oil	0.50	cup	110	47	7	14	22	62	FDA	FDA
192	19270	393	Ice cream, chocolate	0.67	cup	88	28	28	4.2	21	37	FDA	FDA, USDA
341	01243	177	Ice cream, lowfat, vanilla	0.67	cup	91	41	7	8.9	25	51	FDA	FDA, USDA
143	19095	286	Ice cream, regular (not lowfat), vanilla	0.67	cup	88	33	34	5.1	23	47	FDA	FDA, USDA
446	01088		Milk, buttermilk, lowfat	1	cup	244	83	8	13	63	103	USDA	RACC
22	01103	3	Milk, chocolate, lowfat, fluid	1	cup	250	74	37	17	43	110	FDA/USDA	FDA, USDA
21	01079	2	Milk, reduced fat (2%), fluid	1	cup	244	87	59	31	49	251	FDA/USDA	FDA, USDA
352	01082		Milk, lowfat (1%), fluid	1	cup	244	88	24	37	31	208	USDA	FDA, USDA
23	01085	4	Milk, skim, fluid	1	cup	245	84	59	23	38	159	FDA/USDA	USDA
20	01077	1	Milk, whole, fluid	1	cup	244	82	59	27	41	204	FDA/USDA	FDA, USDA
154	01056	300	Sour cream	2	tbsp	29	9.0	18	1.7	6.3	14	FDA/USDA	FDA, USDA
290		333	Sour cream dip, any flavor	2	tbsp	30	7.6	7	1.8	4.8	9.4	FDA	FDA
295	01298	409	Yogurt, frozen, vanilla	0.67	cup	116	53	27	11	30	88	FDA	FDA, USDA
447	01293		Yogurt, Greek, whole milk, plain	0.75	cup	170	72	8	32	28	135	USDA	RACC
361	01256		Yogurt, Greek, plain, nonfat	0.75	cup	170	87	6	5.9	77	95	USDA	FDA, USDA
363	01284		Yogurt, Greek, strawberry, lowfat	0.75	cup	170	71	1				USDA	FDA, USDA
364	01285		Yogurt, Greek, strawberry, nonfat	0.75	cup	170	70	2	4.8	67	74	USDA	FDA, USDA
365	01286		Yogurt, Greek, vanilla, nonfat	0.75	cup	170	86	2	2.8	84	88	USDA	FDA, USDA
126	01122	235	Yogurt, fruit-flavored, lowfat	0.75	cup	170	53	11	11	39	72	FDA/USDA	FDA, USDA
222	01220	521	Yogurt, vanilla, lowfat	0.75	cup	170	58	3	5.1	53	63	FDA	FDA, USDA
448	01116		Yogurt, whole milk, plain	0.75	cup	170	55	8	20	37	97	USDA	RACC
Spices and Miscellaneous													
487		902	Baking powder	1/8	tsp	0.6	0.0	1				FDA	RACC
488		910	Cocoa powder	1	tbsp	7.38	0.0	1				FDA	RACC
19	02047	909	Salt, table, iodized	0.25	tsp	1.5	78	26	20	51	134	FDA/USDA	FDA, USDA
372			Sea salt, iodized	0.25	tsp	1.5	70	9	17	34	91	USDA	FDA, similar USDA item
373		904	Sea salt, non-iodized	0.25	tsp	1.5	0.7	28	0.1	0.0	0.8	FDA/USDA	FDA, similar USDA item
Soups, Sauces, Gravies and Condiments													
273		532	Broth, chicken, ready-to-use from carton	8	fl oz	245	1.7	3	0.5	1.2	2.2	FDA	FDA

180	06116	374	Brown gravy, canned or bottled	0.25	cup	58	0.9	10	0.2	0.6	1.2	FDA	FDA, USDA
412	27052		Dip, salsa con queso (salsa with cheese)	2	tbsp	30	5.8	6	4.1	3.0	14	USDA	FDA, USDA
98	11935	173	Ketchup, tomato, bottled	1	tbsp	17	0.2	10	0.1	0.1	0.3	FDA	FDA, USDA
152	02046	298	Mustard, yellow, plain	1	tsp	5	0.02	10	0.02	0.0	0.1	FDA	FDA, USDA
177	06164	359	Salsa, tomato, bottled	2	tbsp	36	0.6	10	0.3	0.0	1.0	FDA	FDA, USDA
203	06150	405	Sauce, barbecue, bottled	2	tbsp	34	0.9	27	0.4	0.3	2.4	FDA	FDA, USDA
366	06179		Sauce, fish, ready-to-serve	1	tbsp	18	3.7	1				USDA	FDA, USDA
219	16123/16124	518	Sauce, soy	1	tbsp	16	0.1	3	0.0	0.1	0.1	FDA	FDA, USDA
12	27050	373	Sauce, sweet & sour, bottled	0.25	cup	70	0.5	7	0.3	0.3	1.1	FDA	FDA, USDA
221	06931	520	Sauce, tomato pasta, bottled	0.50	cup	132	2.1	3	0.6	1.7	2.8	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	3	0.4	11	12	FDA	FDA
246		155	Soup, chicken noodle, canned, ready to eat (RTE)	1	cup	245	2.2	10	0.6	1.7	3.7	FDA	FDA
230	06030	534	Soup, clam chowder, New England, canned, ready to eat (RTE)	1	cup	245	27	3	19	15	49	FDA	FDA
319		285	Soup, clam chowder, New England, canned, condensed, prepared with whole milk	1	cup	245	48	7	12	32	66	FDA	FDA
275		535	Soup, cream of mushroom, canned, ready to eat (RTE)	1	cup	245	5.4	3	0.2	5.1	5.6	FDA	FDA
276		536	Soup, cream of potato, canned, ready to eat (RTE)	1	cup	245	8.0	3	0.9	7.4	9.1	FDA	FDA
262		367	Soup, ramen noodles, prepared with water	1	cup	245	0.7	10	1.0	0.0	2.2	FDA	FDA
247		156	Soup, tomato, canned, ready to eat (RTE)	1	cup	245	1.7	10	0.5	0.7	2.7	FDA	FDA
231	06742	537	Soup, vegetable beef, canned, ready to eat (RTE)	1	cup	245	4.5	3	2.6	2.0	7.1	FDA	FDA
312	06471	157	Soup, vegetable beef, canned, condensed, prepared with water	1	cup	245	2.6	7	1.0	2.0	4.9	FDA	FDA, USDA
277		538	Soup, vegetable, canned, ready to eat (RTE)	1	cup	245	2.2	3	0.0	2.2	2.2	FDA	FDA
Baby Foods													
302	03165	730	Baby food, apples with berries	0.50	cup	113	0.1	8	0.1	0.0	0.3	FDA	USDA
240	03163	731	Baby food, apples with fruit other than berries	0.50	cup	113	0.2	15	0.2	0.0	0.6	FDA	USDA
122	03117	225	Baby food, applesauce	0.50	cup	113	0.1	15	0.1	0.0	0.2	FDA	USDA
473		755	Baby food, apple and sweet potato with cinnamon, pouch	3.50	oz	99	0.1	5	0.2	0.0	0.3	FDA	label
470		751	Baby food, apple, spinach and avocado, bowl/pouch	3.50	oz	99	2.5	5	0.2	2.3	2.7	FDA	label
474		756	Baby food, apple, sweet potato and pineapple, pouch	3.50	oz	99	0.5	5	0.2	0.4	0.7	FDA	label
298	03143	717	Baby food, apricots with mixed fruit	0.50	cup	113	0.4	7	0.1	0.2	0.5	FDA	USDA
157	43546	313	Baby food, bananas	0.50	cup	113	0.2	15	0.5	0.0	1.9	FDA	USDA
463		744	Baby food, banana and blueberry, pouch	3.50	oz	99	0.6	5	0.4	0.0	0.9	FDA	label
462		743	Baby food, banana and strawberry, glass jar	4	oz	113	0.2	5	0.2	0.0	0.5	FDA	label
464		745	Baby food, banana, apple and pear, plastic jar	4	oz	113	0.0	5	0.0	0.0	0.0	FDA	label
461		742	Baby food, banana, blackberry and blueberry, plastic jar	4	oz	113	0.2	5	0.4	0.0	0.9	FDA	label
123	03131	226	Baby food, peaches	0.50	cup	113	0.1	29	0.2	0.0	1.0	FDA	USDA
124	03133	227	Baby food, pears	0.50	cup	113	0.1	15	0.1	0.0	0.1	FDA	USDA
296	03159	713	Baby food, pears and pineapple	0.50	cup	113	0.2	7	0.1	0.0	0.3	FDA	USDA
465		746	Baby food, organic pears and spinach, pouch	3.50	oz	99	0.7	5	0.2	0.5	1.0	FDA	label
468		749	Baby food, pear, blueberry, apple and avocado, pouch	3.50	oz	99	0.4	5	0.1	0.3	0.6	FDA	label
478		760	Baby food, pear, mango, avocado, pouch	3.50	oz	99	0.1	5	0.3	0.0	0.6	FDA	label
297	03170	714	Baby food, plums/prunes with apples or pears	0.50	cup	113	0.6	7	0.8	0.0	2.5	FDA	USDA
241	03139	736	Baby food, prunes	0.50	cup	113	1.2	8	0.7	0.6	2.7	FDA	USDA
477		759	Baby food, mango, carrot and turmeric, bowl	3.75	oz	102	0.7	2	0.0	0.7	0.7	FDA	label
459		740	Baby food, mango, glass jar	4	oz	113	0.4	5	0.1	0.3	0.5	FDA	label
460		741	Baby food, mango, pouch	3.50	oz	99	0.6	5	0.1	0.6	0.7	FDA	label
479		761	Baby food, mango, yellow zucchini, corn and turmeric, pouch	3.50	oz	99	1.4	2	0.2	1.3	1.6	FDA	label
125	03166	230	Baby food, juice, apple	4	fl oz	125	1.3	15	1.5	0.0	4.8	FDA	USDA
237	44074	712	Baby food, juice, grape	4	fl oz	118	1.0	15	0.6	0.4	2.1	FDA	USDA
236	43408	711	Baby food, juice, pear	4	fl oz	125	0.3	15	0.4	0.0	1.4	FDA	USDA
480		762	Baby food, juice, mixed fruit	4	fl oz	113	0.0	3	0.0	0.0	0.0	FDA	label
117	03100	218	Baby food, carrots	0.50	cup	113	0.5	21	0.5	0.0	1.6	FDA	USDA
118	03092	219	Baby food, green beans	0.50	cup	113	0.4	15	0.4	0.0	1.4	FDA	USDA
121	03121	223	Baby food, peas	0.50	cup	113	0.1	15	0.1	0.0	0.2	FDA	USDA
466		747	Baby food, peas and spinach, glass jar	4	oz	113	0.0	1				FDA	label
469		750	Baby food, peas, green beans and avocado, pouch	3.50	oz	99	0.4	5	0.1	0.3	0.5	FDA	label
476		758	Baby food, pumpkin, banana, papaya and cardamom, bowl	3.60	oz	102	0.2	3	0.2	0.0	0.3	FDA	label
159	03105	320	Baby food, squash	0.50	cup	113	0.4	15	0.5	0.0	1.4	FDA	USDA
120	03109	221	Baby food, sweet potatoes	0.50	cup	113	0.4	15	0.2	0.0	0.9	FDA	USDA

475		757	Baby food, sweet potato, apple and corn, pouch	3.50	oz	99	0.8	5	0.2	0.5	0.9	FDA	label
467		748	Baby food, sweet potato, apple and spinach, pouch	3.50	oz	99	1.0	5	0.2	0.8	1.3	FDA	label
119	03279	220	Baby food, vegetables, mixed	0.50	cup	113	0.5	15	0.2	0.0	1.0	FDA	USDA
482	03189	764	Baby food, cereal, oatmeal, dry	0.25	cup	15	0.1	7	0.2	0.0	0.4	FDA	label
483		765	Baby food, cereal, rice, dry	0.25	cup	15	0.0	9	0.0	0.0	0.0	FDA	label
484		766	Baby food, cereal, mixed, dry	0.25	cup	15	0.2	7	0.3	0.0	0.6	FDA	label
278		701	Baby food, cereal, mixed, prepared with water	0.50	cup	110	0.03	8	0.1	0.0	0.1	FDA	FDA
300		725	Baby food, cereal, oatmeal with fruit, prepared with water	0.50	cup	110	0.05	7	0.1	0.0	0.1	FDA	FDA
258		323	Baby food, cereal, oatmeal, prepared with water	0.50	cup	110	0.1	8	0.2	0.0	0.4	FDA	FDA
259		324	Baby food, cereal, rice, prepared with water	0.50	cup	110	0.0	20	0.1	0.0	0.3	FDA	FDA
471		753	Baby food, organic yogurt, apple, pumpkin, cinnamon and quinoa, pouch	3.50	oz	99	11	4	2.1	8.7	13	FDA	label
238	43523	721	Baby food, fruit yogurt dessert	0.50	cup	113	26	15	6.2	15	36	FDA	USDA
481		763	Baby food, yogurt, peach pear	4	oz	113	37	3	4.3	34	42	FDA	label
257		317	Baby food, biscuits, teething	2	cookies (3" x 1")	22	4.4	15	1.8	0.7	6.2	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	1.50	cup	21	0.1	8	0.2	0.0	0.5	FDA	FNDDS
432	42284		Baby food, finger food, baked product, cereal, fortified	12	pieces	20	2.0	1				USDA	FDA, USDA
114	03069	214	Baby food, chicken noodle dinner	0.75	cup	170	0.9	15	1.2	0.0	4.4	FDA	FDA, USDA
301	43008	726	Baby food, chicken with rice	0.75	cup	170	1.2	7	0.8	0.0	2.2	FDA	FDA, USDA
279		732	Baby food, macaroni and cheese with vegetables	0.75	cup	170	12	14	2.3	7.1	15	FDA	FDA, USDA
115	03045	215	Baby food, pasta, tomato and beef	0.75	cup	170	3.5	15	2.4	0.0	7.8	FDA	FDA, USDA
242	03046	737	Baby food, ravioli, cheese-filled, with tomato sauce	0.75	cup	170	7.7	8	1.0	6.3	9.9	FDA	FDA, USDA
111	03002	205	Baby food, beef and broth/gravy	0.75	cup	170	2.1	15	1.4	0.0	5.1	FDA	FDA, USDA
343	03013	207	Baby food, chicken and broth/gravy	0.75	cup	170	47	7	14	18	60	FDA	FDA, USDA
160	03016	328	Baby food, turkey and broth/gravy	0.75	cup	170	1.8	15	0.9	0.0	4.3	FDA	FDA, USDA
116	03083	216	Baby food, turkey and rice	0.75	cup	170	0.8	15	0.7	0.0	3.1	FDA	FDA, USDA
472		754	Baby food, turkey, quinoa, apple and sweet potato, pouch	3.50	oz	99	0.7	5	0.1	0.6	0.7	FDA	label
112	03055	211	Baby food, vegetables and beef	0.75	cup	170	0.9	10	0.7	0.0	1.9	FDA	FDA, USDA
113	03073	212	Baby food, vegetables and chicken	0.75	cup	170	0.9	10	0.5	0.0	1.5	FDA	FDA, USDA
239	03085	728	Baby food, vegetables and turkey	0.75	cup	170	3.6	14	4.0	0.0	11	FDA	FDA, USDA
485		767	Baby food, infant formula, milk-based, powder	1	scoop	8.8	10	2	1.9	8.8	11	FDA	label
486		768	Baby food, infant formula, soy-based, powder	1	scoop	8.9	8.7	2	0.1	8.6	8.7	FDA	label
249		202/734	Baby food, Infant formula, milk-based, iron fortified, ready-to-feed	4	fl oz	123	16	8	2.1	14	20	FDA	FDA
321		309/735	Baby food, Infant formula, soy-based, ready-to-feed	4	fl oz	123	14	8	5.4	0.7	18	FDA	FDA
283		738	Baby food, water, baby, bottled	4	oz	113	0.0	8	0.0	0.0	0.0	FDA	FDA
Fats and Oils													
90	04691	162	Margarine, salted	1	tbsp	14	0.2	10	0.2	0.0	0.5	FDA	FDA, USDA
92	04018	166	Mayonnaise, regular, bottled	1	tbsp	15	0.8	10	0.2	0.4	1.1	FDA	FDA, USDA
182	04053	378	Oil, olive	1	tbsp	14	0.00	10	0.0	0.0	0.1	FDA	FDA, USDA
183	04044	379	Oil, vegetable	1	tbsp	14	0.00	10	0.0	0.0	0.0	FDA	FDA, USDA
433	43016		Salad dressing, coleslaw, bottled	2	tbsp	38	3.8	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	10	0.1	0.1	0.5	FDA	FDA, USDA
217	04640	516	Salad dressing, ranch, low-calorie, bottled	2	tbsp	28	2.2	3	0.1	2.1	2.3	FDA	FDA, USDA
218	04639	517	Salad dressing, ranch, regular, bottled	2	tbsp	30	3.1	6	1.5	1.8	5.7	FDA/USDA	FDA, USDA
Fruit													
54	09003	78	Apple, red, with peel, raw	1	small (2 3/4" diameter)	149	0.1	35	0.2	0.0	0.9	FDA	FDA, USDA
59	09020	84	Applesauce, bottled	0.50	cup	146	0.2	10	0.2	0.0	0.6	FDA	FDA, USDA
324	09026	348	Apricots, canned in heavy/light syrup	0.50	cup	127	7.8	7	6.3	1.7	20	FDA	FDA, USDA
67	09037	97	Avocado, raw	0.33	cup, cubed	50	0.1	35	0.4	0.0	1.7	FDA	FDA
56	09040	80	Banana, raw	1	large	136	0.3	35	0.9	0.0	4.8	FDA	FDA, USDA
196	09050	398	Blueberries, raw	1	cup	148	0.4	28	0.5	0.0	1.8	FDA	FDA, USDA
64	09181	89	Cantaloupe, raw/frozen	1	cup, diced	156	0.5	35	0.5	0.0	2.0	FDA	FDA, USDA
62	09099	87	Fruit cocktail, canned in light syrup	0.50	cup	121	4.7	10	3.8	0.0	12	FDA	FDA, USDA
65	09111	92	Grapefruit, raw	0.67	cup	154	0.2	35	0.3	0.0	1.1	FDA	FDA, USDA
63	09132	88	Grapes, seedless, red/green, raw	1	cup	151	0.6	35	0.4	0.0	1.7	FDA	FDA, USDA
453	09176	412	Mango, raw/frozen	0.88	cup	140	0.1	6	0.2	0.0	0.6	FDA	RACC
153	09193	299	Olives, black, pitted	3	large	15	0.3	10	0.2	0.0	0.8	FDA	FDA
55	09200	79	Orange, raw	1	medium (2 5/8" diameter)	131	0.2	35	0.3	0.0	1.3	FDA	FDA, USDA

345	09239	254	Peach, canned in light/medium syrup	0.50	cup	124	7.7	7	4.4	1.6	13	FDA	FDA, USDA
58	09236	83	Peach, raw/frozen	1	medium (2-2/3" diameter)	150	0.3	35	0.7	0.0	3.9	FDA	FDA, USDA
346	09256	255	Pear, canned in light syrup	0.50	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	35	0.3	0.0	1.0	FDA	FDA, USDA
309	09354	93	Pineapple, canned in juice	0.75	cup	135	2.5	7	3.2	0.8	9.6	FDA	FDA, USDA
194	09266	396	Pineapple, raw/frozen	0.75	cup	123	0.4	28	0.5	0.0	2.8	FDA	FDA, USDA
66	09298	95	Raisins	0.25	cup, packed	41	0.7	10	0.6	0.0	1.4	FDA	FDA, USDA
61	09316	86	Strawberries, raw/frozen	0.75	cup sliced	124	0.4	35	0.4	0.0	2.0	FDA	FDA, USDA
57	09326	81	Watermelon, raw/frozen	1.75	cup, diced	266	0.3	35	0.6	0.0	2.1	FDA	FDA, USDA
Vegetables													
74	11012	115	Asparagus, fresh/frozen, boiled	0.50	cup, cuts	90	0.8	35	0.7	0.0	3.5	FDA	FDA, USDA
340	11084	131	Beets, canned	0.50	cup, sliced	85	0.3	7	0.3	0.1	1.0	FDA	FDA
72	11742	113	Broccoli, fresh/frozen, boiled	0.50	cup, chopped	78	0.4	35	0.5	0.0	2.1	FDA	FDA, USDA
140	11099	263	Brussels sprouts, fresh/frozen, boiled	0.50	cup	78	0.02	35	0.1	0.0	0.4	FDA	FDA, USDA
331	11110	110	Cabbage, fresh, boiled	0.50	cup, shredded	75	0.1	8	0.1	0.0	0.2	FDA	FDA, USDA
204	11109	406	Cabbage, raw	1	cup, chopped	89	0.00	27	0.0	0.0	0.0	FDA	FDA, USDA
175	11960	356	Carrot, baby, raw	8	medium	80	0.5	35	0.9	0.0	2.9	FDA	FDA, USDA
313	11125	259	Carrot, fresh, peeled, boiled	0.50	cup, sliced	78	0.4	7	0.4	0.0	1.2	FDA	FDA, USDA
75	11136	116	Cauliflower, fresh/frozen, boiled	0.67	cup, pieces	83	0.5	35	0.6	0.0	2.5	FDA	FDA, USDA
73	11143	114	Celery, raw	0.75	cup	75	1.3	35	1.6	0.0	6.7	FDA	FDA, USDA
70	11162	108	Collards, fresh/frozen, boiled	0.50	cup	95	0.7	35	1.7	0.0	7.0	FDA	FDA, USDA
45	11172	55	Corn, canned, drained solids	0.50	cup	82	0.3	10	0.3	0.0	0.7	FDA	FDA, USDA
44	11179	54	Corn, frozen, boiled	0.50	cup	82	0.2	35	1.0	0.0	5.7	FDA	FDA, USDA
79	11206	123	Cucumber, peeled, raw	0.67	cup	89	0.4	35	0.3	0.0	1.9	FDA	FDA, USDA
315	11210	265	Eggplant, fresh, without peel, boiled	0.75	cup	75	0.2	14	0.2	0.0	0.8	FDA	FDA, USDA
250		410	Eggplant, with peel, baked	0.75	cup	75	0.4	21	0.4	0.0	1.1	FDA	FDA, similar USDA item
454	11215	413	Garlic, raw	1.50	tsp	4	0.04	6	0.1	0.0	0.1	FDA	RACC
78	11729	122	Green beans, canned, drained solids	0.50	cup	77	0.2	10	0.4	0.0	0.9	FDA	FDA, USDA
77	11061	121	Green beans, fresh/frozen, boiled	0.67	cup	89	0.6	35	0.7	0.0	2.3	FDA	FDA, USDA
452	11236	411	Kale, fresh, pan-cooked	0.75	cup	85	1.6	6	1.8	0.0	3.7	FDA	RACC
71	11252	109	Lettuce, iceberg, raw	1	cup, shredded	72	0.1	35	0.3	0.0	1.3	FDA	FDA, USDA
176	11253	357	Lettuce, leaf, raw	2	cups, shredded	72	0.8	35	1.0	0.0	5.8	FDA	FDA, USDA
36	11032	42	Lima beans, immature, frozen, boiled	0.50	cup	85	0.2	9	0.3	0.0	0.8	FDA	FDA
142	11584	268	Mixed vegetables, frozen, boiled	0.50	cup	91	0.2	10	0.3	0.0	0.8	FDA	FDA, USDA
141	11260	264	Mushrooms, raw	1.25	cup	87	0.3	35	0.2	0.0	1.0	FDA	FDA, USDA
451		130	Mushrooms, canned, drained solids	0.67	cup	95	0.0	1				FDA	RACC
434			Nori, seaweed, dried	2	tbsp, flaked	5	116	3	31	82	143	USDA	FDA
317	11279	267	Okra, fresh/frozen, boiled	0.50	cup	80	0.8	7	0.5	0.2	1.4	FDA	FDA, USDA
82	11282	128	Onion, mature, raw	0.50	cup, chopped	80	0.2	35	0.3	0.0	1.3	FDA	FDA, USDA
37	11313	46	Peas, green, fresh/frozen, boiled	0.50	cup	80	0.0	10	0.1	0.0	0.4	FDA	FDA, USDA
80	11333	125	Pepper, bell, green, raw	1	cup, sliced	92	0.2	35	0.4	0.0	2.5	FDA	FDA, USDA
89	11937	161	Pickles, dill, cucumber	4	slices	28	0.2	10	0.1	0.1	0.5	FDA	FDA, USDA
83	11367	136	Potato, peeled, boiled ¹	0.50	cup	117	0.02	34	0.1	0.0	0.7	FDA	FDA, USDA
84	11674	137	Potato, with peel, baked	1	small	138	0.7	35	1.9	0.0	9.7	FDA	FDA, USDA
293	11371	354	Potatoes, mashed, prepared from fresh	0.67	cup	140	8.6	7	5.1	5.3	20	FDA	FDA
220	11549	119/519	Sauce, tomato, canned/bottled	0.25	cup	61	0.5	10	0.3	0.0	0.9	FDA	FDA, USDA
1	11458	107	Spinach, fresh/frozen, boiled	0.50	cup	90	3.5	8	2.6	0.9	7.3	FDA	FDA, USDA
206	11457	408	Spinach, raw	3	cups	90	6.0	27	6.6	1.4	36	FDA	FDA, USDA
332	11468	124	Squash, summer, fresh/frozen, boiled	0.50	cup, sliced	90	0.2	8	0.1	0.1	0.5	FDA	FDA, USDA
205	11478	407	Squash, summer, zucchini, fresh/frozen, boiled	0.50	cup, sliced	90	0.5	27	0.9	0.0	4.1	FDA	FDA, USDA
81	11644	126	Squash, winter (Hubbard or acorn), fresh/frozen, boiled	0.67	cup	137	1.1	35	1.5	0.0	7.3	FDA	FDA, USDA
195	11508	397	Sweet potato, baked, peel removed	1	medium (2" diameter, 5" long)	114	1.7	28	1.7	0.0	7.1	FDA	FDA, USDA
325	11514	358	Sweet potato, canned	0.50	cup	127	0.8	7	1.0	0.0	2.9	FDA	FDA, USDA
76	11529	117	Tomato, raw	0.50	cup, chopped	90	0.2	35	0.3	0.0	1.1	FDA	FDA, USDA
316	11567	266	Turnip, fresh/frozen, boiled	0.50	cup	78	0.2	7	0.1	0.0	0.4	FDA	FDA, USDA
Legumes													
270		527	Beans, black, canned, drained	0.33	cup	80	0.0	3	0.0	0.0	0.0	FDA	USDA
456		545	Beans, garbanzo (chickpeas), canned, drained solids	0.67	cup	90	0.0	1				FDA	RACC
271		528	Beans, kidney, canned, drained	0.33	cup	89	0.0	3	0.0	0.0	0.0	FDA	FDA, USDA

228	16146	529	Beans, pinto, canned, drained	0.50	cup	85	0.8	3	1.4	0.0	2.4	FDA	USDA
304	16043	38	Beans, pinto, from dry, boiled	0.50	cup	85	0.0	7	0.1	0.0	0.2	FDA	USDA
167	16103	341	Beans, refried, canned	0.50	cup	119	1.0	10	1.0	0.0	3.0	FDA	USDA
272		530	Beans, white, canned, drained	0.50	cup	90	0.8	3	1.4	0.0	2.3	FDA	FDA, USDA
323	16050	342	Beans, white, from dry, boiled	0.50	cup	90	0.1	7	0.1	0.0	0.4	FDA	FDA, USDA
35	16009	39	Beans, with pork, canned	0.50	cup	126	0.2	10	0.2	0.0	0.6	FDA	USDA
457		546	Lentils, dry, cooked	0.50	cup	90	0.0	1				FDA	RACC
38	16167	47	Peanut butter, smooth/creamy	2	tbsp	32	0.1	10	0.1	0.0	0.4	FDA	FDA, USDA
39	16090	48	Peanuts, dry roasted, salted	3	tbsp	27	0.1	10	0.1	0.0	0.3	FDA	USDA
458	16126	547	Tofu, firm, plain, drained solids	3	oz	85	0.0	1				FDA	RACC
18	43137	544	Veggie burger, soy based, baked	1	piece	56	5.3	3	0.9	4.4	6.2	FDA	FDA, USDA
Nuts and Seeds													
227	12061	526	Almonds, shelled	0.33	cup, sliced	30	0.0	3	0.0	0.0	0.0	FDA	FDA, USDA
455	12586	414	Nuts, cashew, oil roasted, with salt added	1	oz	28	0.0	1				FDA	RACC
168	12537	343	Seeds, sunflower, shelled, salted, roasted	0.25	cup	32	0.04	10	0.1	0.0	0.3	FDA	USDA
201	12155	403	Walnuts, shelled	0.25	cup, pieces	30	0.0	23	0.0	0.0	0.0	FDA	FDA, USDA
Beverages including Juices													
110	14003	198	Alcohol, beer	12	fl oz	356	3.1	10	1.9	0.7	7.5	FDA	USDA, 05 Dietary Guidelines for Americans
207	14051	500	Alcohol, distilled, vodka	1	fl oz	42	0.0	3	0.0	0.0	0.0	FDA	USDA, 05 Dietary Guidelines for Americans
248		200	Alcohol, distilled, whiskey/scotch	1	fl oz	42	0.0	3	0.0	0.0	0.0	FDA	USDA, 05 Dietary Guidelines for Americans
342	14084	199/501/502	Alcohol, wine, red/white	5	fl oz	148	2.3	13	1.1	1.0	4.9	FDA	USDA, 05 Dietary Guidelines for Americans
210	14091	503	Beverage, almond	8	fl oz	262	1.1	9	0.8	0.2	2.4	FDA/USDA	USDA
211	14090	504	Beverage, coconut water	12	fl oz	365	2.1	3	0.8	1.5	2.9	FDA	USDA
212	14060	505	Beverage, energy	12	fl oz	360	0.5	3	0.8	0.0	1.4	FDA	FDA, USDA
213	16222	506	Beverage, soy	8	fl oz	243	3.2	6	2.8	0.7	7.3	FDA/USDA	USDA
445			Beverage, soy, shelf stable (with seaweed or seaweed derivative)	8	fl oz	243	12	2	6.9	7.0	17	FDA/USDA	USDA
264		507	Beverage, sports	12	fl oz	360	0.0	3	0.0	0.0	0.0	FDA	FDA
374	14164		Beverage, chocolate malt powder, prepared with 1% milk, fortified	8	fl oz	251	71	1				USDA	USDA
108	14416	194	Carbonated beverage, cola, low-calorie	12	fl oz	360	1.1	10	0.9	0.0	2.2	FDA	FDA, USDA
106	14148	191	Carbonated beverage, cola, regular	12	fl oz	360	0.7	10	0.6	0.0	1.8	FDA	FDA, USDA
320	14144	306/508	Carbonated beverage, fruit-flavored	12	fl oz	360	0.5	10	0.6	0.0	1.8	FDA	FDA, USDA
155	14209	305	Coffee, brewed from ground	12	fl oz	360	0.4	10	0.4	0.0	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	0.6	10	0.7	0.0	2.0	FDA	USDA
156	14651	307	Fruit drink (5% - 25% juice), canned/bottled	8	fl oz	238	1.6	10	0.7	0.7	2.9	FDA	USDA
107	14541	193	Fruit drink from powder, reconstituted	8	fl oz	262	0.1	10	0.4	0.0	1.3	FDA	USDA
68	09400	99	Juice, apple, bottled	8	fl oz	248	1.1	10	1.4	0.0	4.7	FDA	USDA
172	09444	350	Juice, fruit blend (100% juice), canned/bottled	8	fl oz	250	2.0	10	0.8	1.0	3.5	FDA	USDA
138	09130	257	Juice, grape, bottled	8	fl oz	253	0.9	10	0.5	0.3	2.0	FDA	USDA
69	09123	100	Juice, grapefruit, bottle/carton	8	fl oz	246	13	10	35	0.0	113	FDA	USDA
225	09152	524	Juice, lemon, bottled	1	tsp	5	0.1	3	0.1	0.0	0.2	FDA	FDA, USDA
174	09207	352	Juice, orange, bottle/carton	8	fl oz	249	21	10	20	4.0	60	FDA	USDA
338	09209	98	Juice, orange, from frozen concentrate, reconstituted	8	fl oz	249	1.0	7	0.4	0.5	1.7	FDA	USDA
137	09409	256	Juice, pineapple, canned	8	fl oz	250	0.5	10	0.6	0.0	1.5	FDA	USDA
339	09294	103	Juice, prune, bottled	8	fl oz	256	3.4	7	3.2	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	1.9	3	1.2	1.0	3.3	FDA	USDA
310	14293	105	Lemonade, from frozen concentrate, reconstituted	8	fl oz	247	0.3	7	0.2	0.0	0.5	FDA	USDA
322		331, 509	Meal replacement, liquid, ready to drink (RTD), assorted flavors	8	fl oz	252	98	10	103	45	360	FDA	Similar USDA item
215	14066	510	Powder, protein	3	tbsp	18.2	18	3	8.3	12	27	FDA	estimate
109	14355	197	Tea, brewed from tea bag	12	fl oz	360	0.4	10	0.4	0.0	1.4	FDA	FDA, USDA
14	14352	382	Tea, decaffeinated, brewed from tea bag	12	fl oz	360	0.5	7	0.3	0.0	0.7	FDA	FDA, USDA
184	14555	380	Water, mineral/spring, bottled	12	fl oz	360	0.7	35	1.0	0.0	4.7	FDA	FDA, USDA
439	14411		Water, tap, drinking ²	12	fl oz	360	3.9	40	7.0	0.0	39	USDA	FDA, USDA
Seafood													
389	15141		Crustaceans, crab, blue, canned	3	oz	85	32	3	11	23	44	USDA	FDA, USDA
390	15148		Crustaceans, lobster, northern, cooked, moist heat	3	oz	85	157	3	37	118	192	USDA	FDA, USDA
391	15149		Crustaceans, shrimp, mixed species, raw	4	oz	110	18	9	11	11	42	USDA	FDA, USDA
132	15151	244	Crustaceans, shrimp, precooked, shell removed, no tail	3	oz	85	13	39	8.7	2.9	47	FDA/USDA	FDA, USDA

33	15027	34	Fish sticks or patty, frozen, oven-cooked	3	oz	85	57	14	24	21	114	FDA/USDA	FDA, USDA
165	15235	339	Fish, catfish, pan-cooked with oil	3	oz	85	2.7	35	2.1	0.0	6.9	FDA	FDA, USDA
186	15192	387	Fish, cod, baked	3	oz	85	146	28	54	75	281	FDA	FDA, USDA
375	15019		Fish, cod, Pacific, raw	4	oz	110	144	7	74	56	265	USDA	FDA, USDA
376	15028		Fish, flatfish (flounder and sole species), raw	4	oz	110	16	4	4.3	12	22	USDA	FDA, USDA
377	15033		Fish, haddock, raw	4	oz	110	250	3	97	152	345	USDA	FDA, USDA
378	15036		Fish, halibut, Atlantic and Pacific, raw	4	oz	110	11	5	0.1	11	11	USDA	FDA, USDA
379	15057		Fish, ocean perch, Atlantic, raw	4	oz	110	12	4	0.8	11	13	USDA	FDA, USDA
396	15266		Fish, pollock, Alaska, raw	4	oz	110	48	3	9.6	41	59	USDA	FDA, USDA
380	15070		Fish, rockfish, Pacific, mixed species, raw	4	oz	110	15	3	5.2	12	21	USDA	FDA, USDA
421	35171		Fish, salmon, chum, dried (Alaska Native)	1	portion	30	12	1				USDA	FDA
395	15260		Fish, salmon, pink, canned, drained solids	3	oz	85	13	2	6.3	8.5	17	USDA	FDA, USDA
381	15083		Fish, salmon, pink, raw	4	oz	110	29	5	17	13	55	USDA	FDA, USDA
384	15087		Fish, salmon, sockeye, canned, drained solids	3	oz	85	19	1				USDA	FDA, USDA
382	15085		Fish, salmon, sockeye, raw	4	oz	110	16	2	4.2	13	19	USDA	FDA, USDA
158	15237	318	Fish, salmon, steaks/fillets, baked	3	oz	85	11	35	6.0	0.0	25	FDA	FDA, USDA
422	35184		Fish, smelt, dried (Alaska Native)	1	portion	30	65	1				USDA	FDA
371			Fish, swai, cooked	3	oz	85	8.5	2	0.0	8.5	8.5	USDA	FDA, USDA
385	15110		Fish, swordfish, raw	4	oz	110	21	4	4.1	18	27	USDA	FDA, USDA
187	15262	388	Fish, tilapia, baked	3	oz	85	5.8	28	12	0.0	69	FDA	FDA, USDA
386	15115		Fish, trout, rainbow, wild, raw	4	oz	110	11	1				USDA	FDA, USDA
166	15121	340	Fish, tuna, canned in water, drained	3	oz	85	8.0	15	1.4	5.6	10	FDA/USDA	FDA, USDA
388	15118		Fish, tuna, fresh, bluefin, cooked, dry heat	3	oz	85	20	4	3.8	15	24	USDA	FDA, USDA
387	15117		Fish, tuna, fresh, bluefin, raw	4	oz	110	19	4	6.5	13	28	USDA	FDA, USDA
420	35091		Fish, whitefish, broad, including head, eyes, cheeks and soft bones (Alaska Native), raw	4	oz	110	37	1				USDA	FDA, USDA
392	15160		Mollusks, clam, mixed species, canned, drained solids	3	oz	85	56	4	7.7	49	66	USDA	FDA, USDA
393	15169		Mollusks, oyster, eastern, wild, cooked, moist heat	3	oz	85	93	3	22	69	112	USDA	FDA, USDA
394	15172		Mollusks, scallop, mixed species, raw	4	oz	110	11	4	0.0	11	11	USDA	FDA, USDA
Grains³													
16	20081	900	Flour, white, all-purpose	0.25	cup	30	0.3	3	0.4	0.0	0.8	FDA	FDA, USDA
53	20110	69	Noodles, egg, enriched, boiled	0.75	cup	120	4.4	10	1.4	2.0	6.5	FDA	USDA
347	20321		Pasta, enriched, boiled in water with iodized salt using amount per pasta label	1	cup	132	30	4	8.7	17	37	USDA	USDA
232	20134	539	Pasta, rice noodles, cooked	0.75	cup	132	1.1	3	2.0	0.0	3.4	FDA	USDA
171	20121	347	Pasta, spaghetti, enriched, boiled	1	cup	124	0.4	10	1.1	0.0	3.5	FDA	FDA, USDA
233	20125	540	Pasta, whole wheat, cooked	1	cup	151	0.0	3	0.0	0.0	0.0	FDA	USDA
223	20137	522	Quinoa, cooked	0.75	cup	140	0.0	3	0.0	0.0	0.0	FDA	FDA, USDA
200	20041	402	Rice, brown, cooked	0.75	cup	146	0.0	28	0.0	0.0	0.0	FDA	USDA
40	20051	50	Rice, white, enriched, cooked	0.75	cup	140	0.3	34	1.5	0.0	8.8	FDA	FDA, USDA
Cereals													
254		74	Cereal, bran with raisins	0.75	cup	45	0.3	10	0.3	0.0	0.8	FDA	USDA
253		71	Cereal, corn flakes	1.50	cup	42	0.1	10	0.2	0.0	0.5	FDA	USDA
43	08091	53	Cereal, corn/hominy grits, enriched, cooked	1	cup	257	0.1	10	0.2	0.0	0.5	FDA	USDA
42	08169	52	Cereal, cream of wheat (farina), enriched, cooked	1	cup	251	0.1	10	0.2	0.0	0.5	FDA	USDA
255		75	Cereal, crisped rice	1.33	cup	37	0.1	10	0.1	0.0	0.3	FDA	USDA
306		72	Cereal, fruit-flavored, sweetened ⁴	1	cup	36	0.2	6	0.1	0.1	0.3	FDA	USDA
266		512	Cereal, granola	0.50	cup	48	5.2	3	1.1	4.0	6.2	FDA	USDA
308		76	Cereal, granola with raisins	0.33	cup	34	4.8	7	1.3	3.2	6.9	FDA	USDA
256		77	Cereal, oat ring	1.50	cup	42	0.3	10	0.2	0.0	0.5	FDA	USDA
267		513	Cereal, oat ring, honey	1.50	cup	42	0.0	3	0.0	0.0	0.0	FDA	Similar USDA item
41	08121	51	Cereal, oatmeal, plain, cooked	1	cup	234	0.5	10	0.9	0.0	2.6	FDA	FDA, USDA
307		73	Cereal, shredded wheat	0.75	cup	36	0.0	7	0.1	0.0	0.2	FDA	USDA
268		514	Cereal, shredded wheat, frosted	0.75	cup	40	0.0	3	0.0	0.0	0.0	FDA	FDA, USDA
269		515	Cereal, whole wheat, cooked	1	cup	242	0.0	3	0.0	0.0	0.0	FDA	USDA
Baked Products													
133	18001	249	Bagel, plain, toasted	1	medium (3.5" to 4" diameter)	105	0.7	35	1.8	0.0	9.8	FDA	USDA
305	18015	61	Biscuits, refrigerated-type, baked	1	biscuit	51	1.8	8	1.5	0.4	5.1	FDA/USDA	USDA
344	28397	248	Bread, multigrain ⁵	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) ⁶	1	bun	50	1.2	16	1.7	0.0	5.0	FDA/USDA	FDA
442	18350*	401*	Bread, white roll/bun (hamburger/hotdog), with iodate dough conditioner	1	bun	50	530	16	171	240	865	FDA/USDA	FDA
46	18069	58	Bread, white, enriched, pre-sliced ⁷	2	slices	50	0.9	15	1.3	0.0	4.8	FDA/USDA	USDA
440	18069*	58*	Bread, white, enriched, pre-sliced, with iodate dough conditioner	2	slices	50	296	19	99	175	589	FDA/USDA	USDA
48	18075	62	Bread, whole-wheat, commercially prepared ⁸	2	slices	50	1.0	21	1.3	0.0	4.8	FDA/USDA	USDA
441	18075*	62*	Bread, whole-wheat, commercially prepared, with iodate dough conditioner	2	slices	50	273	8	107	170	505	FDA/USDA	USDA
15	18079	903	Breadcrumbs	0.25	cup	30	34	3	20	14	54	FDA	FDA
170	18362	345	Breakfast tart/toaster pastry ⁹	1	pastry (4-1/4" diameter)	110	2.5	9	2.5	0.0	5.9	FDA	FDA
146	18151	291	Brownie, commercially prepared	1	2 3/4" square	56	5.5	10	6.7	0.5	24	FDA	USDA
99	18096	178	Cake, chocolate with chocolate icing, commercially prepared ¹⁰	1	piece (1/8 of 18 oz cake)	64	5.2	34	1.7	2.0	11	FDA	USDA
263		369	Cake, white with white icing, commercially prepared ¹¹	1	piece (1/8 of 18 oz cake)	64	8.4	33	9.5	1.7	46	FDA	Similar USDA item
399	18140		Cake, yellow with chocolate frosting, commercially prepared	1	piece (1/8 of 18 oz cake)	64	6.4	3	0.0	6.4	6.4	USDA	USDA
185	18964	386	Cinnamon roll, from package, iced	1	roll	65	2.5	30	2.2	0.0	7.8	FDA	USDA
100	18160	183	Cookies, from package, chocolate chip	2	cookies	30	0.6	11	0.9	0.0	3.0	FDA/USDA	FDA, USDA
101	18166	184	Cookies, from package, sandwich with crème filling	3	cookies	36	0.1	10	0.1	0.0	0.4	FDA	USDA
147	18204	292	Cookies, from package, sugar ¹²	2	cookies	34	1.6	8	0.9	0.0	3.0	FDA	USDA
47	18024	60	Cornbread, homemade	1	piece	65	17	10	7.9	8.0	32	FDA	USDA
398	18023		Cornbread, from dry mix, prepared with 2% milk, margarine, and eggs	1	piece	60	10	1				USDA	USDA
136	18229	252	Crackers, butter-type	10	crackers	32	0.1	10	0.1	0.0	0.4	FDA	USDA
229	18214	531	Crackers, cheese, regular	30	crackers, 1" square	30	3.2	4	1.7	1.4	5.4	FDA/USDA	FDA, USDA
135	18173	251	Crackers, graham	2	crackers	30	0.3	10	0.2	0.0	0.8	FDA	FDA, USDA
51	18228	66	Crackers, saltine	10	crackers, square	30	0.1	10	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	8.4	10	8.2	2.8	23	FDA	FDA, USDA
134	18437	250	English muffin, plain, toasted	1	muffin	55	0.6	35	1.6	0.0	8.5	FDA	FDA, USDA
50	18274	65	Muffin, blueberry, commercially prepared	1	small (2-3/4" diameter)	66	8.2	35	3.2	3.5	23	FDA	USDA
169	18936	344	Pancakes, frozen, heated	2	pancakes	96	6.8	12	2.1	3.1	10	FDA/USDA	USDA
234	18335	541	Pie crust, commercially prepared	1	slice (1/8 of 9" diameter)	19	0.2	3	0.4	0.0	0.7	FDA	USDA
102	18443	185	Pie, apple, fresh/frozen, commercially prepared	1	slice (1/8 of 9" diameter)	125	0.5	10	0.6	0.0	1.5	FDA	FDA, USDA
103	18326	186	Pie, pumpkin, fresh/frozen, commercially prepared	1	slice	133	29	10	4.5	23	39	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	0.2	28	0.4	0.0	1.7	FDA	USDA
49	18970	63	Tortilla, flour	1	tortilla	49	0.2	34	0.7	0.0	3.7	FDA	USDA
Sweets and Snacks													
216	19919	511	Candy, fruit snacks	0.75	cup	30	0.5	3	0.8	0.0	1.5	FDA	FDA, USDA
178	19155	371	Candy bar (chocolate, nougat, and nuts)	1	bar	28	4.9	10	0.8	3.8	6.1	FDA	USDA
104	19120	187	Candy bar, milk chocolate, plain	1	bar	28	13	10	1.6	9.8	15	FDA	USDA
148	19107	293	Candy, hard, assorted flavors	3	pieces	18	1.4	10	2.3	0.0	6.4	FDA	USDA
85	19411	138	Chips, potato	22	chips	28	0.7	10	1.0	0.0	2.5	FDA	USDA
402	19412		Chips, potato, made from dried potatoes, cheese-flavor	22	chips	28	2.8	1				USDA	Similar USDA item
52	25028	67	Chips, corn/tortilla	1	oz	28	0.5	10	0.5	0.0	1.3	FDA	FDA
105	19173	190	Gelatin dessert, assorted flavors, prepared	0.50	cup	135	0.7	10	0.6	0.1	1.9	FDA	USDA
224	19015	523	Granola bar	1	bar	28	0.5	3	0.5	0.0	0.8	FDA	USDA
327		370	Granola bar, with raisins	1	bar	28	0.5	7	0.5	0.2	1.3	FDA	Similar USDA item
97	19296	172	Honey	1	tbsp	21	0.1	10	0.1	0.1	0.4	FDA	USDA
151	19300	296	Jelly, assorted flavors	1	tbsp	21	0.2	10	0.1	0.0	0.4	FDA	USDA
144	19283	288	Popsicle, fruit-flavored ¹³	1.75	oz	52	0.6	3	0.6	0.2	1.3	FDA	USDA
179	25026	372	Popcorn, microwave, butter-flavored	4	cups	32	0.1	10	0.2	0.0	0.8	FDA	USDA
149	19047	294	Pretzels, hard, salted	5	twists	30	0.1	10	0.1	0.0	0.4	FDA	USDA
235	19183	542	Pudding, ready-to-eat, chocolate	0.50	cup	108	15	3	1.2	14	16	FDA	USDA
326		368	Pudding, ready-to-eat, assorted flavors other than chocolate	0.50	cup	108	5.1	7	2.0	3.2	8.2	FDA	USDA
401	19193		Pudding, rice, ready-to-eat	0.50	cup	92	25	1				USDA	USDA
289	19097	287	Sherbet, fruit-flavored ¹⁴	0.67	cup	100	14	3	0.7	14	15	FDA	USDA
330		385	Sorbet, fruit-flavored	0.67	cup	100	0.8	6	0.6	0.0	1.8	FDA	Similar USDA item
95	19335	169	Sugar, white, granulated	2	tsp	8	0.0	10	0.0	0.0	0.0	FDA	FDA, USDA
150	19348	295	Syrup, chocolate	2	tbsp	38	0.2	10	0.2	0.1	0.8	FDA	USDA
96	19129	170	Syrup, pancake	2	tbsp	40	0.1	10	0.1	0.0	0.2	FDA	USDA
Mixed Dishes													
284		269	Beef stroganoff with noodles, homemade	1	cup	256	16	7	2.7	14	21	FDA	FNDDS

88	22906	152	Chicken potpie, frozen, heated	1	single-serve pie	302	11	10	6.3	5.7	27	FDA	USDA
86	22904	145	Chili con carne with beans, canned	1	cup	242	4.1	10	2.5	0.0	6.8	FDA	USDA
294	21127	355	Coleslaw, mayonnaise-type, from grocery/deli	0.50	cup	95	1.7	7	0.7	1.0	2.7	FDA	USDA
411	22973		Corn dogs, frozen, prepared	2	corn dogs	156	37	1				USDA	USDA
6	22977	361	Lasagna with meat, frozen, heated	1	2.5" X 4" piece	206	17	7	2.2	14	20	FDA	FNDDS
418	32019		Lasagna, cheese, frozen, unprepared	1	2.5" X 4" piece	227	27	5	4.9	23	34	USDA	FNDDS
87	22960	146	Macaroni and cheese, prepared from box mix	1	cup	198	37	17	8.8	22	57	FDA/USDA	USDA
291		346	Macaroni salad, from grocery/deli	0.75	cup	153	4.9	7	1.8	2.9	8.1	FDA	FNDDS
245		148	Meatloaf, beef, homemade	3	oz	85	13	7	9.1	6.9	29	FDA	FDA, USDA
416	32008		Pasta mix, classic cheeseburger macaroni, unprepared	0.20	package	37	3.7	1				USDA	FNDDS, Branded Foods database
417	32010		Pasta mix, Italian lasagna, unprepared	0.20	package	36	4.5	2	1.3	3.6	5.4	USDA	Branded Foods database
409	21505		Pizza, cheese topping, thin crust, frozen, baked	0.25	medium pizza (11-13" diameter)	134	31	7	6.7	22	39	USDA	USDA, FNDDS
410	22971		Potato salad with egg	0.50	cup	125	13	5	0.0	13	13	USDA	USDA
292	21140	353	Potato salad, mayonnaise-type, from grocery/deli	0.50	cup	125	3.2	7	2.2	0.0	6.3	FDA	Similar USDA item
244		142	Spaghetti with meat sauce, homemade	1	cup	250	4.6	7	1.5	2.5	6.5	FDA	FNDDS
438			Sushi, California roll	5	pieces	150	47	3	14	30	55	USDA	FNDDS
415	32007		Taquitos, frozen, beef and cheese, oven-heated	3	pieces	126	13	1				USDA	USDA
414	32006		Taquitos, frozen, chicken and cheese, oven-heated	3	pieces	126	13	1				USDA	USDA
285		272	Tuna noodle casserole, homemade	1	cup	224	36	7	21	24	81	FDA	FNDDS
419	32037		Turnover, pepperoni pizza	1	turnover	127	27	1				USDA	USDA
Fast Foods													
197	21142	399	Biscuits, fast food	1	biscuit	55	5.0	32	1.3	3.3	9.1	FDA/USDA	FDA, USDA
10	21064	365	Burrito with beef, beans and cheese, from Mexican carry-out	1	burrito	241	13	7	5.3	6.5	24	FDA	USDA
162	21469	336	Chicken breast, fried, with skin, fast food ¹⁵	3	oz	85	3.3	33	1.8	0.0	8.5	FDA	FDA, USDA
164	21470	338	Chicken leg, fried, with skin, fast food	3	oz	85	2.0	35	1.4	0.0	6.5	FDA	FDA, USDA
131	21229	241	Chicken nuggets, fast food	3	oz	85	0.8	35	1.4	0.0	6.2	FDA	FDA, USDA
303	01110	7	Milk shake, chocolate, fast food	8	fl oz	227	80	7	21	51	103	FDA	FDA, USDA
193	01111	394	Milk shake, vanilla, fast food	8	fl oz	227	82	28	13	50	107	FDA	FDA, USDA
318	21302	281	Pizza, cheese and pepperoni, regular crust, from pizza carry-out	1/8	large (13-15" diameter) pizza	124	15	11	5.3	8.8	24	FDA/USDA	FNDDS
202	21299	404	Pizza, cheese, fast food	1/8	large (13-15" diameter) pizza	120	14	30	3.5	6.8	20	FDA/USDA	FNDDS
435			Pizza, crust only, fast food	1/8	large (13-15" diameter) pizza	50	5.0	9	0.0	5.0	5.0	USDA	estimate
408	21484		Pizza, with sausage topping, regular crust, fast food	1/8	large (13-15" diameter) pizza	138	18	1				USDA	FNDDS
139	21138	258	Potatoes, French fries, fast food	1	"small" serving	71	0.8	35	1.5	0.0	7.2	FDA	FDA, USDA
2	21112	147	Sandwich, hamburger, single, large patty, fast food	1	sandwich	175	5.9	7	2.4	3.5	10	FDA	FNDDS
406	21092		Sandwich, cheeseburger, double, regular patty, plain, fast food	1	sandwich	270	32	8	5.1	27	39	USDA	FNDDS
443	21092*		Sandwich, cheeseburger, double, regular patty, fast food (bun w iodate dough conditioner)	1	sandwich	270	752	4	259	443	1058	USDA	FNDDS
286	21096	275	Sandwich, cheeseburger, single, large patty, fast food	1	sandwich	182	19	9	3.5	16	26	FDA/USDA	USDA
11	21490	366	Sandwich, chicken filet (broiled) sandwich, fast food	1	sandwich	230	4.2	7	3.7	0.9	10	FDA	USDA
288	21021	278	Sandwich, egg, cheese, and ham on English muffin, fast food	1	sandwich	126	31	8	7.4	20	40	FDA/USDA	USDA
287	21105	276	Sandwich, fish, fast food	1	sandwich	220	80	10	27	50	131	FDA/USDA	USDA
405	21059		Shrimp, breaded and fried, fast food	3	oz	85	8.5	2	0.0	8.5	8.5	USDA	FDA, USDA
4	21486	279	Taco/tostada with beef and cheese, from Mexican carry-out	1	each	102	7.2	7	2.7	4.5	12	FDA	USDA
Restaurant Foods (excluding Fast Food Restaurants)													
7	36603	362	Beef with vegetables in sauce, restaurant, Chinese	1	cup	162	6.9	7	8.4	1.0	25	FDA	FNDDS
428	36050		Cheese enchilada, restaurant, Mexican	1	enchilada	137	22	1				USDA	USDA
429	36052		Cheese quesadilla, restaurant, Mexican	1	quesadilla (8-10" diameter)	194	45	1				USDA	USDA
430	36055		Cheese ravioli with marinara sauce, restaurant, Italian	1	cup	250	54	1				USDA	FNDDS
8	36626	363	Chicken with vegetables in sauce, restaurant, Chinese	1	cup	153	5.7	7	7.0	1.2	19	FDA	USDA
444	36033		Fish fillet, parmesan crusted tilapia, restaurant, family style	3	oz	85	11	1				FDA, USDA	
436			Fish, salmon, grilled, restaurant	3	oz	85	8.5	1				USDA	FDA, USDA
423	36012		Fried mozzarella sticks, restaurant, family style	3	pieces	93	35	3	3.8	32	39	USDA	USDA
9	36602	364	Fried rice, meatless, restaurant, Chinese	1	cup	137	7.5	7	7.6	1.6	23	FDA	USDA
427	36041		Lasagna with meat, restaurant, Italian	1	2.5" X 4" piece	206	57	1				USDA	FNDDS
425	36017		Macaroni & cheese, from kids' menu, restaurant, family style	1	cup	136	30	10	10	18	44	USDA	USDA
431	36620		Shrimp and vegetables, restaurant, Chinese	1	cup	162	16	1				USDA	FNDDS
Sausage and Luncheon Meats													
32	07959	29	Bologna (beef/pork)	2	slices	56	14	10	5.4	7.3	24	FDA	FDA, USDA
31	07949	28	Frankfurter, beef/pork, boiled ¹⁶	1	frankfurter	52	4.6	28	6.1	0.0	31	FDA	USDA

369	07945		Frankfurter, beef, heated	1	frankfurter	48	4.8	2	0.0	4.8	4.8	USDA	USDA
261	07081	335/543	Luncheon meat (chicken/turkey)	3	oz	85	3.0	10	1.4	0.0	4.6	FDA	FDA, USDA
129	07028	239	Luncheon meat, ham	3	oz	85	1.0	10	0.8	0.0	2.6	FDA	FDA, USDA
188	07072	389	Salami, dry/hard	1	oz	30	3.1	31	2.8	0.8	14	FDA/USDA	FDA
243		30	Salami, luncheon-meat type (not hard)	2	oz	60	7.4	7	4.8	2.1	14	FDA	FDA, USDA
367	07019		Sausage, pork, chorizo, raw	1	link, 4" long	60	18	1				USDA	FDA, USDA
28	07953	19	Sausage, pork, oven-cooked	3	links	63	2.6	35	1.9	0.0	6.9	FDA	FDA, USDA
Meats													
130	05064	240	Chicken breast, oven-roasted (skin removed)	3	oz	85	1.0	35	1.6	0.0	6.9	FDA	FDA, USDA
163	05098	337	Chicken thigh, oven-roasted (skin removed)	3	oz	85	0.7	35	1.5	0.0	8.1	FDA	FDA, USDA
30	05192	26	Turkey breast, oven-roasted	3	oz	85	4.1	35	11	0.0	52	FDA	FDA, USDA
189	05306	390	Turkey, ground, pan-cooked	3	oz	85	3.3	28	3.9	0.0	14	FDA	FDA, USDA
26	10136	17	Ham, cured (not canned), baked	3	oz	85	0.6	35	1.2	0.0	5.0	FDA	FDA, USDA
29	10860	20	Pork bacon, oven-cooked	2	slices	16	0.2	35	0.3	0.0	1.2	FDA	FDA, USDA
27	10179	18	Pork chop, pan-cooked with oil	3	oz	85	0.4	35	1.1	0.0	5.8	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	14	7	4.2	6.5	18	FDA	FDA, USDA
251		13	Beef, ground, pan-cooked	3	oz	85	6.4	35	2.6	2.8	16	FDA	FDA, USDA
334		14	Beef roast, chuck, oven-roasted	3	oz	85	3.3	8	1.9	1.5	7.0	FDA	FDA, USDA
260		334	Beef steak, loin/sirloin, broiled	3	oz	85	4.0	34	1.4	0.0	7.1	FDA	FDA, USDA
252		22	Lamb chop, pan-cooked with oil	3	oz	85	2.1	35	2.3	0.0	10	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

¹Omitted sample with value of 75 mcg I/serving as an outlier

²USDA water samples analyzed by FDA

³Grain products prepared without salt unless otherwise noted

⁴Omitted sample with 139 mcg I/serving – value probably from FD&C Red No. 3 food coloring

⁵Omitted 3 samples with values from 36 - 112 mcg I/serving – probably mixture of breads with and without iodate dough conditioners

⁶Omitted 6 samples with values from 65 - 210 mcg I/serving – probably mixture of breads with and without iodate dough conditioners

⁷Omitted 11 samples with values from 19 - 155 mcg I/serving – probably mixture of breads with and without iodate dough conditioners

⁸Omitted 10 samples with values from 55 - 145 mcg I/serving – probably mixture of breads with and without iodate dough conditioners

⁹Omitted sample with 100 mcg I/serving – value probably from FD&C Red No. 3 food coloring

¹⁰Omitted sample with 76 mcg I/serving – value probably from FD&C Red No. 3 food coloring

¹¹Omitted 3 samples with 198 and 214 mcg I/serving – values probably from FD&C Red No. 3 food coloring

¹²Omitted 2 samples with 14 and 331 mcg I/serving – values probably from FD&C Red No. 3 food coloring

¹³Omitted 9 samples from 78 to 322 mcg I/serving – values probably from FD&C Red No. 3 food coloring

¹⁴Omitted sample with 545 mcg I/100g serving – value probably from FD&C Red No. 3 food coloring

¹⁵Omitted samples with values of 32 and 35 mcg I/serving – values may reflect the use of disinfectant during poultry cleaning, but we were unable to confirm this use

¹⁶Omitted sample with value of 520 mcg I/serving as an outlier, although value was confirmed by the lab