

# USDA National Nutrient Database for Standard ReferenceRelease 28

## Nutrients: Fluoride, F (µg)

Food Subset: All Foods  
Ordered by: Food Name  
Measured by: Household  
Report Run at: October 13, 2015 22:08 EDT

NDB_No	Description	Weight(g)	Measure	Fluoride, F(µg) Per Measure
14006	Alcoholic beverage, beer, light	29.5	1.0 fl oz	13.4
14003	Alcoholic beverage, beer, regular, all	29.7	1.0 fl oz	13.1
14084	Alcoholic beverage, wine, table, all	148.0	1.0 serving (5 fl oz)	226.9
14096	Alcoholic beverage, wine, table, red	29.4	1.0 fl oz	30.8
14602	Alcoholic Beverage, wine, table, red, Merlot	29.4	1.0 fl oz	30.8
14106	Alcoholic beverage, wine, table, white	29.4	1.0 fl oz	59.4
14160	Alcoholic beverage, wine, table, white, Chardonnay	29.3	1.0 fl oz	59.2
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	248.0	1.0 cup	97.0
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	4.1
09403	Apricot nectar, canned, with added ascorbic acid	251.0	1.0 cup	29.9
09036	Apricot nectar, canned, without added ascorbic acid	251.0	1.0 cup	29.9
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	19.7
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	19.7
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	10.5
03169	Babyfood, apple-cranberry juice	31.2	1.0 fl oz	3.1
03997	Babyfood, Baby MUM MUM Rice Biscuits	8.0	4.0 biscuit	0.0
03995	Babyfood, banana with mixed berries, strained	99.0	1.0 packet	1.5
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	113.0	4.0 oz	75.4
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior	28.35	1.0 oz	0.3
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	28.35	1.0 oz	0.3
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior	28.35	1.0 oz	2.3
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	16.0	1.0 tbsp	2.6
03934	Babyfood, corn and sweet potatoes, strained	28.35	1.0 oz	0.1
03209	Babyfood, crackers, vegetable	0.7	1.0 cracker	0.0
03246	Babyfood, dessert, custard pudding, vanilla, junior	229.0	1.0 cup	9.2
03221	Babyfood, dessert, dutch apple, junior	28.35	1.0 oz	0.6
03236	Babyfood, dessert, fruit dessert, without ascorbic acid, junior	15.0	1.0 tbsp	2.7
03228	Babyfood, dessert, peach cobbler, junior	15.0	1.0 tbsp	1.2
03069	Babyfood, dinner, chicken noodle, junior	16.0	1.0 tbsp	4.6

NDB_No	Description	Weight(g)	Measure	Fluoride, F(µg) Per Measure
03090	Babyfood, dinner, macaroni and cheese, junior	28.35	1.0 oz	1.7
03089	Babyfood, dinner, macaroni and cheese, strained	28.35	1.0 oz	18.6
03279	Babyfood, dinner, mixed vegetable, junior	99.0	1.0 serving	26.7
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	28.35	1.0 oz	17.3
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	16.0	1.0 tbsp	0.3
03083	Babyfood, dinner, turkey and rice, junior	16.0	1.0 tbsp	3.2
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	28.35	1.0 oz	12.6
03054	Babyfood, dinner, vegetables and beef, junior	256.0	1.0 cup	55.0
03062	Babyfood, dinner, vegetables and ham, junior	256.0	1.0 cup	35.8
03085	Babyfood, dinner, vegetables and turkey, junior	256.0	1.0 cup	20.5
03964	Babyfood, fortified cereal bar, fruit filling	19.0	1.0 bar	0.2
03140	Babyfood, fruit dessert, mango with tapioca	15.0	1.0 tbsp	1.8
03165	Babyfood, fruit, apple and blueberry, junior	28.35	1.0 oz	0.3
03117	Babyfood, fruit, applesauce, junior	16.0	1.0 tbsp	0.4
03116	Babyfood, fruit, applesauce, strained	16.0	1.0 tbsp	0.2
03128	Babyfood, fruit, apricot with tapioca, junior	15.0	1.0 tbsp	0.0
03994	Babyfood, fruit, banana and strawberry, junior	140.0	1.0 bottle	3.4
03156	Babyfood, fruit, bananas and pineapple with tapioca, junior	15.0	1.0 tbsp	2.4
03280	Babyfood, fruit, bananas with tapioca, junior	15.0	1.0 tbsp	5.4
03129	Babyfood, fruit, bananas with tapioca, strained	15.0	1.0 tbsp	5.4
03131	Babyfood, fruit, peaches, junior	17.0	1.0 tbsp	0.0
03130	Babyfood, fruit, peaches, strained	17.0	1.0 tbsp	0.0
03159	Babyfood, fruit, pears and pineapple, junior	16.0	1.0 tbsp	0.2
03158	Babyfood, fruit, pears and pineapple, strained	16.0	1.0 tbsp	0.2
03133	Babyfood, fruit, pears, junior	16.0	1.0 tbsp	1.4
03132	Babyfood, fruit, pears, strained	16.0	1.0 tbsp	0.2
03135	Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	15.0	1.0 tbsp	5.2
03001	Babyfood, juice treats, fruit medley, toddler	28.0	1.0 packet	0.0
03166	Babyfood, juice, apple	31.7	1.0 fl oz	3.8
43535	Babyfood, juice, apple - cherry	31.2	1.0 fl oz	19.2
03268	Babyfood, juice, apple and cherry	31.2	1.0 fl oz	20.9
03265	Babyfood, juice, apple and grape	31.2	1.0 fl oz	14.0
03168	Babyfood, juice, apple and peach	31.2	1.0 fl oz	5.9
03171	Babyfood, juice, apple and prune	31.2	1.0 fl oz	4.1
03048	Babyfood, macaroni and cheese, toddler	113.0	1.0 container	77.3
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	170.0	1.0 container	119.3

NDB_No	Description	Weight(g)	Measure	Fluoride, F(µg) Per Measure
03003	Babyfood, meat, beef, junior	28.35	1.0 oz	0.6
03009	Babyfood, meat, ham, junior	28.35	1.0 oz	0.9
03011	Babyfood, meat, lamb, junior	28.35	1.0 oz	2.8
03016	Babyfood, meat, turkey, junior	19.0	1.0 tbsp	8.3
03005	Babyfood, meat, veal, strained	16.0	1.0 tbsp	0.2
42279	Babyfood, peas and brown rice	230.0	1.0 cup	90.6
03122	Babyfood, peas, dices, toddler	28.35	1.0 oz	5.1
03139	Babyfood, prunes, without vitamin c, strained	15.0	1.0 tbsp	0.3
03302	Babyfood, snack, GERBER GRADUATE YOGURT MELTS	7.0	1.0 serving	0.6
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	7.0	18.0 piece	0.3
03216	Babyfood, teething biscuits	28.35	1.0 oz	0.6
03100	Babyfood, vegetables, carrots, junior	224.0	1.0 cup	26.9
03099	Babyfood, vegetables, carrots, strained	224.0	1.0 cup	2.2
03120	Babyfood, vegetables, corn, creamed, junior	240.0	1.0 cup	76.8
03092	Babyfood, vegetables, green beans, junior	240.0	1.0 cup	28.8
03091	Babyfood, vegetables, green beans, strained	240.0	1.0 cup	38.4
03121	Babyfood, vegetables, peas, strained	16.0	1.0 tbsp	3.6
03105	Babyfood, vegetables, squash, junior	16.0	1.0 tbsp	0.2
03104	Babyfood, vegetables, squash, strained	16.0	1.0 tbsp	0.1
03108	Babyfood, vegetables, sweet potatoes strained	224.0	1.0 cup	2.2
03109	Babyfood, vegetables, sweet potatoes, junior	224.0	1.0 cup	22.4
03024	Babyfood, water, bottled, GERBER, without added fluoride.	113.0	1.0 serving	45.8
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified	31.0	1.0 oz	3.2
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	16.0	1.0 tbsp	1.5
18968	Bagels, wheat	98.0	1.0 bagel	23.6
09040	Bananas, raw	225.0	1.0 cup, mashed	5.0
16009	Beans, baked, canned, with pork	253.0	1.0 cup	136.6
16032	Beans, kidney, red, mature seeds, raw	184.0	1.0 cup	4.0
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	4.0
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	3.8
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	19.0
22905	Beef stew, canned entree	196.0	1.0 cup (1 serving)	110.7
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	19.0
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	19.0
13001	Beef, carcass, separable lean and fat, choice, raw	28.35	1.0 oz	6.4
13002	Beef, carcass, separable lean and fat, select, raw	28.35	1.0 oz	6.4

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13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	19.0
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	19.0
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	19.0
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	19.0
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	114.0	4.0 oz	0.3
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	85.0	3.0 oz	19.0
13350	Beef, cured, dried	28.0	10.0 slices	2.4
13355	Beef, cured, pastrami	71.0	1.0 package, 2.5 oz	14.4
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	6.4
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	19.0
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	85.0	3.0 oz	19.0
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85.0	3.0 oz	19.0
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	85.0	3.0 oz	19.0
23567	Beef, ground, 85% lean meat / 15% fat, raw	85.0	3.0 oz	19.0
23220	Beef, ground, unspecified fat content, cooked	85.0	3.0 oz	19.0
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	19.0
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	19.0
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	19.0
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	19.0
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	19.0
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	19.0
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	19.0
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	19.0
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	19.0
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	19.0
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	19.0
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	19.0
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	81.0	1.0 slice	4.0
07003	Beerwurst, beer salami, pork	23.0	1.0 slice (4" dia x 1/8" thick)	9.5
07002	Beerwurst, beer salami, pork and beef	56.0	2.0 oz	23.1
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	41.3
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	64.7
14021	Beverages, Energy drink, Citrus	240.0	8.0 fl oz	0.0
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	166.1
14250	Beverages, AMBER, hard cider	355.0	12.0 fl oz	149.8
14475	Beverages, ARIZONA, tea, ready-to-drink, lemon	30.6	1.0 fl oz	37.6

NDB_No	Description	Weight(g)	Measure	Fluoride, F(µg) Per Measure
14400	Beverages, carbonated, cola, fast-food cola	258.0	1.0 serving child 12 fl oz, without ice	147.1
14142	Beverages, carbonated, grape soda	31.0	1.0 fl oz	26.8
14416	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	29.6	1.0 fl oz	17.7
14146	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine	29.6	1.0 fl oz	15.4
14150	Beverages, carbonated, orange	31.0	1.0 fl oz	25.0
14157	Beverages, carbonated, root beer	30.8	1.0 fl oz	21.9
14145	Beverages, carbonated, SPRITE, lemon-lime, without caffeine	30.8	1.0 fl oz	17.2
14155	Beverages, carbonated, tonic water	30.5	1.0 fl oz	25.2
14263	Beverages, citrus fruit juice drink, frozen concentrate, prepared with water	31.0	1.0 fl oz	15.8
14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	30.5	1.0 fl oz	18.9
44203	Beverages, Cocktail mix, non-alcoholic, concentrated, frozen	36.0	1.0 fl oz	6.1
14194	Beverages, Cocoa mix, powder, prepared with water	34.3	1.0 fl oz	21.1
14390	Beverages, cocoa mix, with aspartame, powder, prepared with water	32.1	1.0 fl oz	21.1
14209	Beverages, coffee, brewed, prepared with tap water	29.6	1.0 fl oz	26.8
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	15.5
14219	Beverages, coffee, instant, decaffeinated, prepared with water	29.9	1.0 fl oz	21.1
14238	Beverages, cranberry-apple juice drink, bottled	30.6	1.0 fl oz	25.3
43404	Beverages, cranberry-apple juice drink, low calorie, with vitamin C added	240.0	1.0 cup (8 fl oz)	168.2
14241	Beverages, cranberry-grape juice drink, bottled	30.6	1.0 fl oz	19.9
14423	Beverages, dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	243.0	1.0 serving	158.0
14636	Beverages, fruit juice drink, reduced sugar, with vitamin E added	209.0	1.0 container	147.8
14264	Beverages, fruit punch drink, without added nutrients, canned	210.0	6.75 fl oz	112.6
14541	Beverages, fruit punch-flavor drink, powder, without added sodium, prepared with water	32.7	1.0 fl oz	21.0
14282	Beverages, grape juice drink, canned	31.3	1.0 fl oz	10.0
14543	Beverages, lemonade, frozen concentrate, pink, prepared with water	30.9	1.0 fl oz	17.1
14297	Beverages, lemonade-flavor drink, powder, prepared with water	31.8	1.0 fl oz	21.1
14476	Beverages, LIPTON BRISK, tea, black, ready-to-drink, lemon	30.6	1.0 fl oz	22.1
14119	Beverages, Mixed vegetable and fruit juice drink, with added nutrients	247.0	8.0 fl oz	30.1
14137	Beverages, NESTEA, tea, black, ready-to-drink, lemon	30.6	1.0 fl oz	27.5
14327	Beverages, orange and apricot juice drink, canned	31.2	1.0 fl oz	15.4
14427	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	31.3	1.0 fl oz	15.8
42270	Beverages, Orange juice drink	249.0	1.0 cup	136.5
14407	Beverages, orange-flavor drink, breakfast type, powder	26.0	1.0 serving 2 tbsp	4.9
14408	Beverages, orange-flavor drink, breakfast type, powder, prepared with water	33.9	1.0 fl oz	21.9
14425	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water	31.0	1.0 fl oz	15.8
14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	30.5	1.0 fl oz	10.4

NDB_No	Description	Weight(g)	Measure	Fluoride, F(µg) Per Measure
14334	Beverages, pineapple and grapefruit juice drink, canned	31.3	1.0 fl oz	15.4
14341	Beverages, pineapple and orange juice drink, canned	31.3	1.0 fl oz	15.4
14462	Beverages, Propel Zero, fruit-flavored, non-carbonated	29.6	1.0 fl oz	0.6
14355	Beverages, tea, black, brewed, prepared with tap water	29.6	1.0 fl oz	110.4
14370	Beverages, tea, instant, lemon, sweetened, powder	23.0	1.0 serving (3 heaping tsp)	134.3
14371	Beverages, tea, instant, lemon, sweetened, prepared with water	259.0	1.0 cup (8 fl oz)	299.9
14367	Beverages, tea, instant, unsweetened, prepared with water	29.7	1.0 fl oz	99.6
14434	Beverages, The COCA-COLA company, DASANI, water, bottled, non-carbonated	29.6	1.0 fl oz	2.0
14437	Beverages, water, bottled, non-carbonated, CALISTOGA	29.6	1.0 fl oz	2.2
14438	Beverages, water, bottled, non-carbonated, CRYSTAL GEYSER	29.6	1.0 fl oz	7.1
14432	Beverages, water, bottled, non-carbonated, DANNON	29.6	1.0 fl oz	3.2
14440	Beverages, water, bottled, non-carbonated, DANNON Fluoride To Go	29.6	1.0 fl oz	23.1
14559	Beverages, water, bottled, non-carbonated, EVIAN	29.6	1.0 fl oz	3.1
14433	Beverages, water, bottled, non-carbonated, PEPSI, AQUAFINA	29.6	1.0 fl oz	1.5
14384	Beverages, water, bottled, PERRIER	29.6	1.0 fl oz	9.2
14385	Beverages, water, bottled, POLAND SPRING	29.6	1.0 fl oz	3.0
14411	Beverages, water, tap, drinking	29.6	1.0 fl oz	21.1
14429	Beverages, water, tap, municipal	29.6	1.0 fl oz	24.0
14412	Beverages, water, tap, well	29.6	1.0 fl oz	7.6
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	28.35	1.0 oz	7.4
07006	Bockwurst, pork, veal, raw	91.0	1.0 sausage	1.3
07007	Bologna, beef	30.0	1.0 slice	10.8
07008	Bologna, beef and pork	100.0	3.527 oz	36.0
07960	Bologna, chicken, pork	28.0	1.0 serving	10.1
07959	Bologna, chicken, pork, beef	28.0	1.0 serving	10.1
07952	Bologna, chicken, turkey, pork	28.0	1.0 serving	10.1
07010	Bologna, pork	28.0	1.0 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)	10.1
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	10.2
07011	Bologna, turkey	28.0	0.99 oz 1 serving	10.1
18082	Bread stuffing, bread, dry mix, prepared	28.35	1.0 oz	14.1
18060	Bread, rye	28.35	1.0 oz	14.5
18069	Bread, white, commercially prepared (includes soft bread crumbs)	29.0	1.0 slice	14.2
11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	3.1
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	3.1
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	0.1

NDB_No	Description	Weight(g)	Measure	Fluoride, F(µg) Per Measure
01002	Butter, whipped, with salt	3.8	1.0 pat (1" sq, 1/3" high)	0.1
01145	Butter, without salt	5.0	1.0 pat (1" sq, 1/3" high)	0.1
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	0.8
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	0.8
11109	Cabbage, raw	89.0	1.0 cup, chopped	0.9
19074	Candies, caramels	71.0	1.0 package (2.5 oz)	19.2
19919	Candies, fruit snacks, with high vitamin C	44.0	1.0 serving	0.2
19136	Candies, HERSHEY'S SKOR Toffee Bar	39.0	1.0 bar 1.4 oz	0.0
19914	Candies, M&M MARS 3 MUSKETEERS Truffle Crisp	31.0	1.0 serving	1.2
19917	Candies, M&M MARS Pretzel Chocolate Candies	40.0	0.25 cup	0.8
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	48.0	1.0 package (1.69 oz)	8.4
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57.0	1.0 bar (2 oz)	20.7
19120	Candies, milk chocolate	7.0	1.0 bar, miniature	0.4
19134	Candies, milk chocolate, with rice cereal	40.0	1.0 bar (1.4 oz)	2.0
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	0.0
19001	Candies, TOBLERONE, milk chocolate with honey and almond nougat	35.0	1.0 bar	1.2
14130	Carbonated beverage, cream soda	30.9	1.0 fl oz	10.8
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	4.6
11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	4.6
11124	Carrots, raw	128.0	1.0 cup chopped	4.1
11935	Catsup	17.0	1.0 tbsp	2.6
11761	Cauliflower, cooked, boiled, drained, with salt	62.0	0.5 cup (1" pieces)	0.6
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	1.1
11143	Celery, raw	101.0	1.0 cup chopped	4.0
08571	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola	55.0	0.75 cup (1 NLEA serving)	5.5
08156	Cereals ready-to-eat, rice, puffed, fortified	14.0	1.0 cup	2.7
08157	Cereals ready-to-eat, wheat, puffed, fortified	12.0	1.0 cup	3.2
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	143.9
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	251.0	1.0 cup (1 serving)	237.4
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251.0	1.0 cup (1 serving)	234.4
08173	Cereals, farina, enriched, cooked with water, with salt	233.0	1.0 cup	118.1
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	121.7
08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	234.0	1.0 cup	167.5
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234.0	1.0 cup	167.5
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	39.6

NDB_No	Description	Weight(g)	Measure	Fluoride, F(µg) Per Measure
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	39.6
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	49.0
01009	Cheese, cheddar	132.0	1.0 cup, diced	46.1
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	35.7
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	35.7
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	35.7
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	45.8
01168	Cheese, low fat, cheddar or colby	132.0	1.0 cup, diced	46.1
01169	Cheese, low-sodium, cheddar or colby	132.0	1.0 cup, diced	46.1
01251	Cheese, Mexican blend	28.0	0.25 cup shredded	2.4
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	9.9
01253	Cheese, pasteurized process, American, without added vitamin D	28.35	1.0 oz	9.9
07016	Cheesefurter, cheese smokie, pork, beef	100.0	2.33 links	11.2
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	2.8
19163	Chewing gum	3.0	1.0 stick	0.2
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	85.0	3.0 oz	12.5
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	12.5
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	20.6
05136	Chicken, capons, meat and skin, cooked, roasted	85.0	3.0 oz	12.5
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	85.0	3.0 oz	12.5
05112	Chicken, roasting, meat and skin, cooked, roasted	85.0	3.0 oz	12.5
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	0.3
18184	Cookies, oatmeal, prepared from recipe, with raisins	28.35	1.0 oz	19.6
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	0.0
11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	71.7
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	256.0	1.0 cup	46.1
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	165.0	1.0 cup	24.1
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	46.1
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	71.7
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	46.1
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	19.9
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	171.0	1.0 cup	5.1
14242	Cranberry juice cocktail, bottled	31.6	1.0 fl oz	21.3
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	29.6	1.0 fl oz	20.7
09081	Cranberry sauce, canned, sweetened	277.0	1.0 cup	5.3
01205	Cream substitute, flavored, liquid	15.0	1.0 tbsp	5.4



NDB_No	Description	Weight(g)	Measure	Fluoride, F(µg) Per Measure
01206	Cream substitute, flavored, powdered	12.0	4.0 tsp	0.1
01069	Cream substitute, powdered	94.0	1.0 cup	105.3
01049	Cream, fluid, half and half	30.2	1.0 fl oz	0.9
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	3.6
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	0.9
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	3.6
01199	Cream, half and half, fat free	29.0	2.0 tbsp	0.9
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	1.8
15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	283.4
15147	Crustaceans, lobster, northern, raw	150.0	1.0 lobster	15.9
15152	Crustaceans, shrimp, mixed species, canned	128.0	1.0 cup	257.3
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85.0	3.0 oz	141.1
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	1.7
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	0.7
07021	Dutch brand loaf, chicken, pork and beef	38.0	1.0 slice	1.8
19205	Egg custards, dry mix, prepared with 2% milk	141.0	0.5 cup	4.4
01128	Egg, whole, cooked, fried	46.0	1.0 large	0.6
01129	Egg, whole, cooked, hard-boiled	136.0	1.0 cup, chopped	6.5
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	3.2
01131	Egg, whole, cooked, poached	50.0	1.0 large	0.6
01132	Egg, whole, cooked, scrambled	61.0	1.0 large	0.5
01123	Egg, whole, raw, fresh	50.0	1.0 large	0.6
01057	Eggnog	254.0	1.0 cup	0.5
11214	Escarole, cooked, boiled, drained, no salt added	150.0	1.0 cup	10.0
21202	Fast foods, hamburger, large, single patty, with condiments	171.0	1.0 item	47.9
15119	Fish, tuna, light, canned in oil, drained solids	146.0	1.0 cup, solid or chunks	45.3
15183	Fish, tuna, light, canned in oil, without salt, drained solids	85.0	3.0 oz	26.4
15121	Fish, tuna, light, canned in water, drained solids	28.35	1.0 oz	5.3
15184	Fish, tuna, light, canned in water, without salt, drained solids	85.0	3.0 oz	15.8
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	26.4
15185	Fish, tuna, white, canned in oil, without salt, drained solids	85.0	3.0 oz	26.4
25045	Formulated bar, high fiber, chewy, oats and chocolate	40.0	1.0 bar	0.0
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	0.8
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	55.0	1.0 bar	0.0
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	80.0	1.0 bar	3.4

NDB_No	Description	Weight(g)	Measure	Fluoride, F(µg) Per Measure
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	33.0	2.0 tablespoon	2.9
19283	Frozen novelties, ice type, pop	52.0	1.0 serving 1.75 fl oz pop	38.4
43514	Frozen novelties, ice type, pop, with low calorie sweetener	55.0	1.0 serving 1.75 fl oz pop	48.9
19873	Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops	55.0	1.0 serving 1.75 fl oz pop	48.9
43346	Frozen novelties, juice type, orange	29.8	1.0 fl oz	22.9
19856	Frozen novelties, juice type, POPSICLE SCRIBBLERS	33.0	1.0 serving 1.2 fl oz pop	25.3
42186	Frozen yogurts, chocolate	174.0	1.0 cup	69.6
42187	Frozen yogurts, flavors other than chocolate	174.0	1.0 cup	44.7
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248.0	1.0 cup	22.8
19173	Gelatin desserts, dry mix, prepared with water	135.0	0.5 cup	93.3
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	253.0	1.0 cup	349.1
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	253.0	1.0 cup	349.1
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253.0	1.0 cup	349.1
09123	Grapefruit juice, white, canned or bottled, unsweetened	247.0	1.0 cup	110.9
09111	Grapefruit, raw, pink and red and white, all areas	230.0	1.0 cup sections, with juice	2.3
09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	11.8
06116	Gravy, beef, canned, ready-to-serve	233.0	1.0 cup	231.1
07032	Ham and cheese loaf or roll	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	10.2
19296	Honey	339.0	1.0 cup	23.7
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	96.0	1.0 unit	3.8
19270	Ice creams, chocolate	58.0	1.0 individual (3.5 fl oz)	13.2
19095	Ice creams, vanilla	66.0	1.0 serving 1/2 cup	10.2
19088	Ice creams, vanilla, light	76.0	1.0 serving 1/2 cup	4.0
19297	Jams and preserves	20.0	1.0 tbsp	3.8
19300	Jellies	21.0	1.0 serving 1 tbsp	15.3
09443	Juice, apple and grape blend, with added ascorbic acid	250.0	8.0 fl oz	180.2
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	250.0	8.0 fl oz	108.8
09520	Kiwifruit, ZESPRI SunGold, raw	81.0	1.0 fruit	0.0
17227	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	27.2
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	11.9
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188.0	1.0 cup	4.1
42178	Mayonnaise, made with tofu	15.0	1.0 tbsp	0.1
09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	1.8
01088	Milk, buttermilk, fluid, cultured, lowfat	245.0	1.0 cup	9.8
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	2.7
01153	Milk, canned, evaporated, with added vitamin A	31.5	1.0 fl oz	2.7

NDB_No	Description	Weight(g)	Measure	Fluoride, F(µg) Per Measure
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	2.7
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	252.0	1.0 cup	21.4
01105	Milk, chocolate beverage, hot cocoa, homemade	250.0	1.0 cup	7.8
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	13.0
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	13.0
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	244.0	1.0 cup	6.3
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	6.3
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	7.6
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	7.6
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	8.3
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup	8.4
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	53.6
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	34.0
02046	Mustard, prepared, yellow	5.0	1.0 tsp or 1 packet	0.1
20110	Noodles, egg, enriched, cooked	160.0	1.0 cup	9.6
20118	Noodles, flat, crunchy, Chinese restaurant	45.0	1.0 cup	0.0
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	28.35	1.0 oz	0.0
12142	Nuts, pecans	109.0	1.0 cup, chopped	10.9
12151	Nuts, pistachio nuts, raw	123.0	1.0 cup	4.2
11295	Onion rings, breaded, par fried, frozen, unprepared	85.0	6.0 rings	46.8
11282	Onions, raw	160.0	1.0 cup, chopped	1.8
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	77.9
09212	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium	249.0	1.0 cup	163.6
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	51.9
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	262.0	1.0 cup	51.9
20121	Pasta, cooked, enriched, without added salt	124.0	1.0 cup spaghetti not packed	8.7
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	16.4
09407	Peach nectar, canned, with added ascorbic acid	249.0	1.0 cup	29.6
09251	Peach nectar, canned, without added ascorbic acid	249.0	1.0 cup	29.6
09241	Peaches, canned, heavy syrup pack, solids and liquids	262.0	1.0 cup	17.8
09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	15.1
09236	Peaches, yellow, raw	154.0	1.0 cup slices	6.2
16097	Peanut butter, chunk style, with salt	32.0	2.0 tbsp	1.0
16397	Peanut butter, chunk style, without salt	32.0	2.0 tbsp	1.0
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	4.5
09408	Pear nectar, canned, with added ascorbic acid	250.0	1.0 cup	29.8

NDB_No	Description	Weight(g)	Measure	Fluoride, F(µg) Per Measure
09262	Pear nectar, canned, without added ascorbic acid	250.0	1.0 cup	29.8
09257	Pears, canned, heavy syrup pack, solids and liquids	266.0	1.0 cup	20.0
09374	Pears, canned, heavy syrup, drained	201.0	1.0 cup	15.1
09252	Pears, raw	140.0	1.0 cup, slices	3.1
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	3.0
07058	Pickle and pimiento loaf, pork	38.0	1.0 slice	8.0
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	10.5
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	10.5
44158	Pie fillings, blueberry, canned	151.0	1.0 serving	6.6
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	250.0	1.0 cup	13.8
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	10.5
21224	Pizza, cheese topping, regular crust, frozen, cooked	81.0	1.0 serving 9 servings per 24 oz package	25.4
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	7.0
09279	Plums, raw	165.0	1.0 cup, sliced	3.3
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	7.9	1.0 cup	0.0
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	0.1
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	5.0
11831	Potatoes, boiled, cooked in skin, flesh, with salt	78.0	0.5 cup	38.5
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	38.5
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	19.5
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	50.0	10.0 strips	12.8
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	50.0	10.0 strips	12.8
11390	Potatoes, hash brown, frozen, plain, unprepared	105.0	0.5 cup	45.9
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	0.0
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	89.2
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	83.2
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	0.0
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	81.9
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	135.1
11372	Potatoes, scalloped, home-prepared with butter	245.0	1.0 cup	77.2
11844	Potatoes, scalloped, home-prepared with margarine	245.0	1.0 cup	77.2
09294	Prune juice, canned	256.0	1.0 cup	154.1
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	147.0	0.5 cup	32.3
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	3.7
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	147.0	0.5 cup	32.3
19193	Puddings, rice, ready-to-eat	113.0	1.0 serving 4 oz pudding cup	0.1

NDB_No	Description	Weight(g)	Measure	Fluoride, F(µg) Per Measure
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	142.0	0.5 cup	31.2
11429	Radishes, raw	116.0	1.0 cup slices	7.0
09298	Raisins, seedless	165.0	1.0 cup, packed	385.9
20045	Rice, white, long-grain, regular, enriched, cooked	158.0	1.0 cup	64.9
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.0	1.0 tbsp	4.0
04020	Salad dressing, french dressing, reduced fat	16.0	1.0 tablespoon	2.9
04640	Salad dressing, ranch dressing, reduced fat	15.0	1.0 tablespoon	4.4
07068	Salami, cooked, beef	26.0	1.0 slice	10.7
07069	Salami, cooked, beef and pork	12.3	1.0 slice round	5.1
07070	Salami, cooked, turkey	28.0	1.0 serving	11.5
07926	Salami, Italian, pork	28.0	1.0 oz	11.5
07913	Salami, pork, beef, less sodium	100.0	3.527 oz	41.2
02047	Salt, table	6.0	1.0 tsp	0.1
06930	Sauce, cheese, ready-to-serve	63.0	0.25 cup	18.3
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	9.9
07979	Sausage, pork, turkey, and beef, reduced sodium	85.0	3.0 oz	4.3
14347	Shake, fast food, vanilla	20.8	1.0 fl oz	2.9
25062	Snack, Mixed Berry Bar	38.0	1.0 bar	4.4
25060	Snack, Pretzel, hard chocolate coated	28.0	1.0 serving	0.6
25046	Snacks, bagel chips, plain	28.35	1.0 oz	0.0
25059	Snacks, brown rice chips	9.0	1.0 cake	0.0
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	23.0	1.0 Roll	0.0
19003	Snacks, corn-based, extruded, chips, plain	28.0	1.0 oz	14.5
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz	1.9
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	24.0	1.0 bar	0.0
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	35.0	1.0 bar	0.0
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	35.0	1.0 bar	0.1
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	35.0	1.0 bar	0.0
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	78.0	1.0 bar	0.2
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	47.0	1.0 bar	0.2
25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	35.0	1.0 bar	0.1
25041	Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	40.0	2.0 bar	0.0
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	31.0	1.0 bar	0.2
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	60.0	1.0 bar	0.2
25038	Snacks, granola bars, soft, almond, confectioners coating	35.0	1.0 bar	0.9
25036	Snacks, granola bites, mixed flavors	20.0	1.0 package	0.1

NDB_No	Description	Weight(g)	Measure	Fluoride, F(µg) Per Measure
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	32.0	1.0 bar	0.1
25037	Snacks, pita chips, salted	28.35	1.0 oz	0.0
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	7.9	1.0 cup	0.0
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	11.0	1.0 cup	0.7
25064	Snacks, potato chips, lightly salted	28.0	23.0 pieces	17.2
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	28.35	1.0 oz	29.9
19411	Snacks, potato chips, plain, salted	28.0	1.0 oz	17.2
42283	Snacks, potato chips, white, restructured, baked	34.0	1.0 cup	35.9
19051	Snacks, rice cracker brown rice, plain	9.0	1.0 cake	0.0
25025	Snacks, soy chips or crisps, salted	28.35	1.0 oz	0.0
19056	Snacks, tortilla chips, plain, white corn, salted	28.35	1.0 oz	14.7
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	28.35	1.0 oz	0.0
25040	Snacks, vegetable chips, made from garden vegetables	28.35	1.0 oz	0.0
06008	Soup, beef broth or bouillon canned, ready-to-serve	240.0	1.0 cup	69.6
06402	Soup, black bean, canned, prepared with equal volume water	247.0	1.0 cup	87.9
06480	Soup, chicken broth or bouillon, dry, prepared with water	241.0	1.0 cup 8 fl oz	168.7
06413	Soup, chicken broth, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	148.8
06725	Soup, chicken corn chowder, chunky, ready-to-serve, single brand	240.0	1.0 serving	316.8
06426	Soup, chili beef, canned, prepared with equal volume water	261.0	1.0 cup	94.7
06018	Soup, chunky chicken noodle, canned, ready-to-serve	530.0	1.0 can	288.8
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	90.3
06742	Soup, vegetable beef, microwavable, ready-to-serve, single brand	292.0	1.0 serving	124.7
02030	Spices, pepper, black	2.3	1.0 tsp, ground	0.8
11658	Spinach souffle	136.0	1.0 cup	6.4
11854	Spinach, cooked, boiled, drained, with salt	180.0	1.0 cup	68.0
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	68.0
09316	Strawberries, raw	152.0	1.0 cup, halves	6.7
19335	Sugars, granulated	2.8	1.0 serving packet	0.0
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	8.4
19924	Syrup, NESTLE, chocolate	20.0	1.0 tablespoon	5.1
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	35.0	2.0 tbsp	22.2
11540	Tomato juice, canned, with salt added	243.0	1.0 cup	16.8
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	16.8
11549	Tomato products, canned, sauce	245.0	1.0 cup	85.5
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	85.5
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	12.2

NDB_No	Description	Weight(g)	Measure	Fluoride, F(µg) Per Measure
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	12.2
11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	3.4
19364	Toppings, butterscotch or caramel	41.0	2.0 tbsp	9.2
25028	Tortilla chips, yellow, plain, salted	28.35	1.0 oz	0.0
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	9.8
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	85.0	3.0 oz	17.8
05338	USDA Commodity, Chicken, canned, meat only, with broth	135.0	1.0 cup drained	0.0
05337	USDA Commodity, Chicken, canned, meat only, with water	135.0	1.0 cup drained	21.3
16167	USDA Commodity, Peanut Butter, smooth	32.0	2.0 tbsp	1.0
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	85.0	3.0 oz	17.8
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	67.0	1.0 slice	3.4
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	182.0	1.0 cup	67.3
11581	Vegetables, mixed, canned, drained solids	163.0	1.0 cup	60.3
11579	Vegetables, mixed, canned, solids and liquids	245.0	1.0 cup	90.6
14439	Water, bottled, non-carbonated, NAYA	29.6	1.0 fl oz	4.3
14604	Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener	29.6	1.0 fl oz	30.9
09326	Watermelon, raw	154.0	1.0 cup, balls	2.3
01187	Yogurt, chocolate, nonfat milk	170.0	1.0 container (6 oz)	20.4
01222	Yogurt, chocolate, nonfat milk, fortified with vitamin D	170.0	1.0 container (6 oz)	20.4
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	170.0	1.0 container (6 oz)	15.3
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	15.3
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	15.3
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	15.3
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	15.3
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	20.4
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	170.0	1.0 container (6 oz)	20.4
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	20.4
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	170.0	1.0 container	20.4
01184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	170.0	1.0 container (6 oz)	20.4
01221	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	20.4
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	20.4
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	20.4
03217	Zwieback	28.35	1.0 oz	0.0