# USDA National Nutrient Database for Standard ReferenceRelease 28

**Nutrients: Vitamin D3 (cholecalciferol) (µg)**

Food Groups: Beef Products ; Beverages ; Cereal Grains and Pasta ; Dairy and Egg Products ; Fruits and Fruit Juices ; Lamb, Veal, and Game Products ; Legumes and Legume Products ; Nut and Seed Products ; Pork Products ; Poultry Products ; Sausages and Luncheon Meats ; Spices and Herbs ; Vegetables and Vegetable Products
Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: 100 g
Report Run at: May 15, 2016 16:54 EDT

| NDB_No | Description | Vitamin D3 (cholecalciferol)(µg) Value Per |
|---|---|---|
| 14654 | Beverages, nutritional shake mix, high protein, powder | 12.50 |
| 01092 | Milk, dry, nonfat, instant, with added vitamin A and vitamin D | 11.00 |
| 01154 | Milk, dry, nonfat, regular, with added vitamin A and vitamin D | 11.00 |
| 01090 | Milk, dry, whole, with added vitamin D | 10.50 |
| 01137 | Egg, yolk, dried | 10.40 |
| 14055 | Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan, | 9.60 |
| 14080 | Beverages, rich chocolate, powder | 9.10 |
| 14309 | Beverages, OVALTINE, Classic Malt powder | 9.10 |
| 14315 | Beverages, OVALTINE, chocolate malt powder | 9.10 |
| 01133 | Egg, whole, dried | 8.30 |
| 01042 | Cheese, pasteurized process, American, fortified with vitamin D | 7.50 |
| 01210 | Egg Mix, USDA Commodity | 7.40 |
| 01224 | Protein supplement, milk based, Muscle Milk Light, powder | 7.00 |
| 01252 | Cheese product, pasteurized process, American, vitamin D fortified | 6.50 |
| 01126 | Egg, yolk, raw, frozen, pasteurized | 6.00 |
| 01125 | Egg, yolk, raw, fresh | 5.40 |
| 01215 | Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D | 5.30 |
| 01223 | Protein supplement, milk based, Muscle Milk, powder | 5.00 |
| 05047 | Chicken, broilers or fryers, separable fat, raw | 3.30 |
| 01127 | Egg, yolk, raw, frozen, sugared, pasteurized | 3.10 |
| 01160 | Egg, yolk, raw, frozen, salted, pasteurized | 3.10 |
| 10004 | Pork, fresh, backfat, raw | 3.10 |
| 01228 | Cheese, fresh, queso fresco | 2.70 |
| 01171 | Egg, whole, raw, frozen, pasteurized | 2.60 |
| 10089 | Pork, fresh, spareribs, separable lean and fat, cooked, braised | 2.60 |
| 01046 | Cheese food, pasteurized process, American, vitamin D fortified | 2.50 |
| 01254 | Cheese food, pasteurized process, American, without added vitamin D | 2.50 |

| NDB_No | Description | Vitamin D3 (cholecalciferol)(µg) Value Per |
|---|---|---|
| 14163 | Beverages, chocolate drink, milk and soy based, ready to drink, fortified | 2.50 |
| 10088 | Pork, fresh, spareribs, separable lean and fat, raw | 2.30 |
| 10137 | Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated | 2.30 |
| 14041 | Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink | 2.30 |
| 01128 | Egg, whole, cooked, fried | 2.20 |
| 01129 | Egg, whole, cooked, hard-boiled | 2.20 |
| 10940 | Pork, fresh, spareribs, separable lean and fat, cooked, roasted | 2.20 |
| 01096 | Milk, canned, evaporated, with added vitamin D and without added vitamin A | 2.00 |
| 01097 | Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D | 2.00 |
| 01123 | Egg, whole, raw, fresh | 2.00 |
| 01131 | Egg, whole, cooked, poached | 2.00 |
| 42173 | Turkey and pork sausage, fresh, bulk, patty or link, cooked | 2.00 |
| 10894 | Pork, cured, ham, separable fat, boneless, heated | 1.90 |
| 01132 | Egg, whole, cooked, scrambled | 1.80 |
| 01227 | Cheese, dry white, queso seco | 1.80 |
| 10007 | Pork, fresh, separable fat, cooked | 1.80 |
| 10206 | Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted | 1.80 |
| 43285 | Eggs, scrambled, frozen mixture | 1.80 |
| 01130 | Egg, whole, cooked, omelet | 1.70 |
| 01138 | Egg, duck, whole, fresh, raw | 1.70 |
| 01139 | Egg, goose, whole, fresh, raw | 1.70 |
| 10006 | Pork, fresh, separable fat, raw | 1.70 |
| 10070 | Pork, fresh, shoulder, whole, separable lean and fat, raw | 1.70 |
| 17104 | Veal, loin, separable lean and fat, raw | 1.70 |
| 01053 | Cream, fluid, heavy whipping | 1.60 |
| 01226 | Egg substitute, liquid or frozen, fat free | 1.60 |
| 10082 | Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled | 1.60 |
| 01255 | Egg, whole, raw, frozen, salted, pasteurized | 1.50 |
| 10000 | Pork, fresh, composite of separable fat, with added solution, cooked | 1.50 |
| 10071 | Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted | 1.50 |
| 14083 | Beverages, chocolate malt, powder, prepared with fat free milk | 1.50 |
| 17128 | Veal, shoulder, blade chop, separable lean and fat, raw | 1.50 |
| 01140 | Egg, quail, whole, fresh, raw | 1.40 |
| 05170 | Turkey, skin from whole (light and dark), roasted | 1.40 |
| 05699 | Turkey, skin from whole, (light and dark), with added solution, roasted | 1.40 |

| NDB_No | Description | Vitamin D3 (cholecalciferol)(µg) Value Per |
|---|---|---|
| 07063 | Pork sausage, link/patty, unprepared | 1.40 |
| 07064 | Pork sausage, link/patty, cooked, pan-fried | 1.40 |
| 07966 | Pork sausage, link/patty, reduced fat, cooked, pan-fried | 1.40 |
| 10194 | Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw | 1.40 |
| 17424 | Veal, ground, cooked, pan-fried | 1.40 |
| 01077 | Milk, whole, 3.25% milkfat, with added vitamin D | 1.30 |
| 01089 | Milk, low sodium, fluid | 1.30 |
| 01102 | Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D | 1.30 |
| 01106 | Milk, goat, fluid, with added vitamin D | 1.30 |
| 01216 | Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D | 1.30 |
| 01217 | Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D | 1.30 |
| 01218 | Yogurt, fruit variety, nonfat, fortified with vitamin D | 1.30 |
| 01219 | Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D | 1.30 |
| 01230 | Milk, buttermilk, fluid, whole | 1.30 |
| 05177 | Turkey, liver, all classes, raw | 1.30 |
| 10022 | Pork, fresh, loin, whole, separable lean and fat, cooked, broiled | 1.30 |
| 10083 | Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted | 1.30 |
| 10205 | Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised | 1.30 |
| 17142 | Veal, ground, raw | 1.30 |
| 17438 | Veal, shoulder, blade chop, separable lean and fat, cooked, grilled | 1.30 |
| 01057 | Eggnog | 1.20 |
| 01079 | Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D | 1.20 |
| 01082 | Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D | 1.20 |
| 01085 | Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim) | 1.20 |
| 01086 | Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim) | 1.20 |
| 01103 | Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D | 1.20 |
| 01111 | Milk shakes, thick vanilla | 1.20 |
| 01220 | Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D | 1.20 |
| 01221 | Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D | 1.20 |
| 01222 | Yogurt, chocolate, nonfat milk, fortified with vitamin D | 1.20 |
| 07967 | Pork sausage, link/patty, fully cooked, unheated | 1.20 |
| 07973 | Turkey bacon, microwaved | 1.20 |
| 10021 | Pork, fresh, loin, whole, separable lean and fat, cooked, braised | 1.20 |
| 10081 | Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised | 1.20 |
| 10086 | Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled | 1.20 |

| NDB_No | Description | Vitamin D3 (cholecalciferol)(µg) Value Per |
|---|---|---|
| 10193 | Pork, fresh, backribs, separable lean and fat, cooked, roasted | 1.20 |
| 10208 | Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised | 1.20 |
| 10895 | Pork, cured, ham, separable fat, boneless, unheated | 1.20 |
| 10981 | Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only | 1.20 |
| 10991 | Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled | 1.20 |
| 10992 | Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled | 1.20 |
| 13325 | Beef, variety meats and by-products, liver, raw | 1.20 |
| 13326 | Beef, variety meats and by-products, liver, cooked, braised | 1.20 |
| 13327 | Beef, variety meats and by-products, liver, cooked, pan-fried | 1.20 |
| 17107 | Veal, loin, separable lean only, raw | 1.20 |
| 17131 | Veal, shoulder, blade chop, separable lean only, raw | 1.20 |
| 42290 | Milk, fluid, nonfat, calcium fortified (fat free or skim) | 1.20 |
| 01050 | Cream, fluid, light (coffee cream or table cream) | 1.10 |
| 01104 | Milk, chocolate, lowfat, with added vitamin A and vitamin D | 1.10 |
| 01105 | Milk, chocolate beverage, hot cocoa, homemade | 1.10 |
| 01250 | Nutritional supplement for people with diabetes, liquid | 1.10 |
| 05169 | Turkey, skin from whole, (light and dark), raw | 1.10 |
| 05698 | Turkey, skin from whole (light and dark), with added solution, raw | 1.10 |
| 10075 | Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised | 1.10 |
| 10085 | Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised | 1.10 |
| 10192 | Pork, fresh, backribs, separable lean and fat, raw | 1.10 |
| 10198 | Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted | 1.10 |
| 10209 | Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted | 1.10 |
| 10899 | Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil | 1.10 |
| 10954 | Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised | 1.10 |
| 10985 | Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled | 1.10 |
| 10986 | Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled | 1.10 |
| 13323 | Beef, variety meats and by-products, kidneys, raw | 1.10 |
| 13324 | Beef, variety meats and by-products, kidneys, cooked, simmered | 1.10 |
| 14044 | Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan | 1.10 |
| 17436 | Veal, foreshank, osso buco, separable lean and fat, cooked, braised | 1.10 |
| 17437 | Veal, loin, chop, separable lean and fat, cooked, grilled | 1.10 |
| 01110 | Milk shakes, thick chocolate | 1.00 |
| 01164 | Cheese sauce, prepared from recipe | 1.00 |
| 01270 | Cheese, cheddar, sharp, sliced | 1.00 |

| NDB_No | Description | Vitamin D3 (cholecalciferol)(µg) Value Per |
|---|---|---|
| 01280 | Yogurt, Greek, nonfat, strawberry, DANNON OIKOS | 1.00 |
| 01285 | Yogurt, Greek, strawberry, nonfat | 1.00 |
| 07953 | Pork sausage, link/patty, fully cooked, microwaved | 1.00 |
| 09210 | Orange juice, chilled, includes from concentrate, with added calcium and vitamin D | 1.00 |
| 10023 | Pork, fresh, loin, whole, separable lean and fat, cooked, roasted | 1.00 |
| 10029 | Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised | 1.00 |
| 10030 | Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled | 1.00 |
| 10054 | Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled | 1.00 |
| 10058 | Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled | 1.00 |
| 10063 | Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised | 1.00 |
| 10073 | Pork, fresh, shoulder, whole, separable lean only, cooked, roasted | 1.00 |
| 10078 | Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised | 1.00 |
| 10087 | Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted | 1.00 |
| 10935 | Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted | 1.00 |
| 10937 | Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil | 1.00 |
| 10945 | Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised | 1.00 |
| 14091 | Beverages, almond milk, unsweetened, shelf stable | 1.00 |
| 17430 | Veal, shoulder, blade chop, separable lean only, cooked, grilled | 1.00 |
| 43378 | Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium | 1.00 |
| 01071 | Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk | 0.90 |
| 01278 | Yogurt, Greek, nonfat, vanilla, DANNON OIKOS | 0.90 |
| 01286 | Yogurt, Greek, vanilla, nonfat | 0.90 |
| 07034 | Headcheese, pork | 0.90 |
| 07072 | Salami, dry or hard, pork, beef | 0.90 |
| 07968 | Kielbasa, fully cooked, grilled | 0.90 |
| 07969 | Kielbasa, fully cooked, pan-fried | 0.90 |
| 10011 | Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted | 0.90 |
| 10026 | Pork, fresh, loin, whole, separable lean only, cooked, broiled | 0.90 |
| 10031 | Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted | 0.90 |
| 10033 | Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised | 0.90 |
| 10034 | Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled | 0.90 |
| 10045 | Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised | 0.90 |
| 10046 | Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled | 0.90 |
| 10067 | Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised | 0.90 |
| 10079 | Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted | 0.90 |

| NDB_No | Description | Vitamin D3 (cholecalciferol)(µg) Value Per |
|---|---|---|
| 10141 | Pork, cured, ham, center slice, country-style, separable lean only, raw | 0.90 |
| 10153 | Pork, cured, ham, whole, separable lean only, roasted | 0.90 |
| 10169 | Pork, cured, shoulder, arm picnic, separable lean only, roasted | 0.90 |
| 10188 | Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked | 0.90 |
| 10197 | Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried | 0.90 |
| 10200 | Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised | 0.90 |
| 10227 | Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked | 0.90 |
| 10870 | Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil | 0.90 |
| 10878 | Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil | 0.90 |
| 10882 | Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil | 0.90 |
| 10916 | Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil | 0.90 |
| 10921 | Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil | 0.90 |
| 10926 | Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil | 0.90 |
| 10933 | Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted | 0.90 |
| 10980 | Pork loin, fresh, backribs, bone-in, raw, lean only | 0.90 |
| 10993 | Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted | 0.90 |
| 42190 | Pork sausage rice links, brown and serve, cooked | 0.90 |
| 05171 | Turkey, whole, giblets, raw | 0.80 |
| 05715 | Turkey, skin, from retail parts, from dark meat, cooked, roasted | 0.80 |
| 05735 | Turkey, retail parts, wing, meat and skin, cooked, roasted | 0.80 |
| 10009 | Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted | 0.80 |
| 10025 | Pork, fresh, loin, whole, separable lean only, cooked, braised | 0.80 |
| 10035 | Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted | 0.80 |
| 10037 | Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised | 0.80 |
| 10038 | Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled | 0.80 |
| 10049 | Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised | 0.80 |
| 10050 | Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled | 0.80 |
| 10074 | Pork, fresh, shoulder, arm picnic, separable lean and fat, raw | 0.80 |
| 10093 | Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked | 0.80 |
| 10134 | Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted | 0.80 |
| 10136 | Pork, cured, ham, boneless, regular (approximately 11% fat), roasted | 0.80 |
| 10183 | Pork, cured, ham, boneless, extra lean and regular, roasted | 0.80 |
| 10876 | Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted | 0.80 |
| 10883 | Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted | 0.80 |
| 10927 | Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted | 0.80 |

| NDB_No | Description | Vitamin D3 (cholecalciferol)(µg) Value Per |
|---|---|---|
| 10928 | Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted | 0.80 |
| 10929 | Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted | 0.80 |
| 10974 | Pork, ground, 72% lean / 28% fat, cooked, crumbles | 0.80 |
| 10977 | Pork, ground, 72% lean / 28% fat, cooked, pan-broiled | 0.80 |
| 11658 | Spinach souffle | 0.80 |
| 17427 | Veal, loin, chop, separable lean only, cooked, grilled | 0.80 |
| 17429 | Veal, foreshank, osso buco, separable lean only, cooked, braised | 0.80 |
| 17435 | Veal, shank, separable lean and fat, raw | 0.80 |
| 23421 | Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled | 0.80 |
| 43325 | Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted | 0.80 |
| 43326 | Pork, cured, ham, low sodium, lean and fat, cooked | 0.80 |
| 43327 | Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted | 0.80 |
| 01156 | Cheese, goat, hard type | 0.70 |
| 01229 | Cheese, white, queso blanco | 0.70 |
| 01236 | Ice cream, soft serve, chocolate | 0.70 |
| 05713 | Turkey, retail parts, wing, meat only, cooked, roasted | 0.70 |
| 05714 | Turkey, skin, from retail parts, from dark meat, raw | 0.70 |
| 07027 | Ham, chopped, not canned | 0.70 |
| 07028 | Ham, sliced, packaged (96% fat free, water added) | 0.70 |
| 07029 | Ham, sliced, regular (approximately 11% fat) | 0.70 |
| 07030 | Ham, minced | 0.70 |
| 07031 | Ham salad spread | 0.70 |
| 07962 | Frankfurter, meat and poultry, unheated | 0.70 |
| 07964 | Frankfurter, meat and poultry, cooked, grilled | 0.70 |
| 07970 | Kielbasa, fully cooked, unheated | 0.70 |
| 10003 | Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw | 0.70 |
| 10027 | Pork, fresh, loin, whole, separable lean only, cooked, roasted | 0.70 |
| 10028 | Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw | 0.70 |
| 10041 | Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised | 0.70 |
| 10042 | Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled | 0.70 |
| 10044 | Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw | 0.70 |
| 10047 | Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted | 0.70 |
| 10055 | Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted | 0.70 |
| 10059 | Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted | 0.70 |
| 10080 | Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw | 0.70 |

| NDB_No | Description | Vitamin D3 (cholecalciferol)(µg) Value Per |
|--------|-------------|-------------------------------------------|
| 10152 | Pork, cured, ham, whole, separable lean only, unheated | 0.70 |
| 10163 | Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled | 0.70 |
| 10168 | Pork, cured, shoulder, arm picnic, separable lean and fat, roasted | 0.70 |
| 10178 | Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried | 0.70 |
| 10180 | Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried | 0.70 |
| 10185 | Pork, cured, ham, extra lean and regular, canned, roasted | 0.70 |
| 10203 | Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted | 0.70 |
| 10204 | Pork, fresh, loin, country-style ribs, separable lean and fat, raw | 0.70 |
| 10212 | Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled | 0.70 |
| 10871 | Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted | 0.70 |
| 10879 | Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted | 0.70 |
| 10901 | Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated | 0.70 |
| 10917 | Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted | 0.70 |
| 10922 | Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted | 0.70 |
| 10987 | Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted | 0.70 |
| 10988 | Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled | 0.70 |
| 13148 | Beef, rib, shortribs, separable lean and fat, choice, cooked, braised | 0.70 |
| 17428 | Veal, shank, separable lean only, raw | 0.70 |
| 01009 | Cheese, cheddar | 0.60 |
| 01011 | Cheese, colby | 0.60 |
| 01020 | Cheese, fontina | 0.60 |
| 01023 | Cheese, gruyere | 0.60 |
| 01025 | Cheese, monterey | 0.60 |
| 01030 | Cheese, muenster | 0.60 |
| 01052 | Cream, fluid, light whipping | 0.60 |
| 01169 | Cheese, low-sodium, cheddar or colby | 0.60 |
| 01253 | Cheese, pasteurized process, American, without added vitamin D | 0.60 |
| 01263 | Ice cream, light, soft serve, chocolate | 0.60 |
| 05744 | Turkey, back, from whole bird, meat and skin, with added solution, raw | 0.60 |
| 07011 | Bologna, turkey | 0.60 |
| 07026 | Ham, chopped, canned | 0.60 |
| 07906 | Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium | 0.60 |
| 07908 | Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel) | 0.60 |
| 07909 | Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite | 0.60 |
| 07954 | Beef sausage, pre-cooked | 0.60 |

| NDB_No | Description | Vitamin D3 (cholecalciferol)(µg) Value Per |
|---|---|---|
| 07963 | Frankfurter, meat and poultry, cooked, boiled | 0.60 |
| 10010 | Pork, fresh, leg (ham), whole, separable lean only, raw | 0.60 |
| 10017 | Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted | 0.60 |
| 10032 | Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw | 0.60 |
| 10039 | Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted | 0.60 |
| 10051 | Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted | 0.60 |
| 10053 | Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised | 0.60 |
| 10068 | Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled | 0.60 |
| 10077 | Pork, fresh, shoulder, arm picnic, separable lean only, raw | 0.60 |
| 10084 | Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw | 0.60 |
| 10094 | Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw | 0.60 |
| 10120 | Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried | 0.60 |
| 10179 | Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried | 0.60 |
| 10182 | Pork, cured, ham, boneless, extra lean and regular, unheated | 0.60 |
| 10184 | Pork, cured, ham, extra lean and regular, canned, unheated | 0.60 |
| 10186 | Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried | 0.60 |
| 10199 | Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw | 0.60 |
| 10202 | Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried | 0.60 |
| 10213 | Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted | 0.60 |
| 10216 | Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled | 0.60 |
| 10217 | Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted | 0.60 |
| 10872 | Pork, cured, ham and water product, whole, boneless, separable lean only, unheated | 0.60 |
| 10880 | Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated | 0.60 |
| 10884 | Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated | 0.60 |
| 10893 | Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated | 0.60 |
| 10900 | Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated | 0.60 |
| 10905 | Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated | 0.60 |
| 10909 | Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated | 0.60 |
| 10947 | Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled | 0.60 |
| 10950 | Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled | 0.60 |
| 10984 | Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled | 0.60 |
| 14036 | Beverages, CYTOSPORT, Muscle Milk, ready-to-drink | 0.60 |
| 17425 | Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled | 0.60 |
| 17426 | Veal, leg, top round, cap off, cutlet, boneless, raw | 0.60 |
| 23437 | Beef, New Zealand, imported, sweetbread, cooked, boiled | 0.60 |

| NDB_No | Description | Vitamin D3 (cholecalciferol)(µg) Value Per |
|---|---|---|
| 23438 | Beef, New Zealand, imported, sweetbread, raw | 0.60 |
| 43340 | Cheese, parmesan, low sodium | 0.60 |
| 43398 | Cheese, pasteurized process, cheddar or American, low sodium | 0.60 |
| 01004 | Cheese, blue | 0.50 |
| 01005 | Cheese, brick | 0.50 |
| 01006 | Cheese, brie | 0.50 |
| 01018 | Cheese, edam | 0.50 |
| 01022 | Cheese, gouda | 0.50 |
| 01024 | Cheese, limburger | 0.50 |
| 01027 | Cheese, mozzarella, whole milk, low moisture | 0.50 |
| 01032 | Cheese, parmesan, grated | 0.50 |
| 01033 | Cheese, parmesan, hard | 0.50 |
| 01034 | Cheese, port de salut | 0.50 |
| 01035 | Cheese, provolone | 0.50 |
| 01038 | Cheese, romano | 0.50 |
| 01043 | Cheese, pasteurized process, pimento | 0.50 |
| 01044 | Cheese, pasteurized process, swiss | 0.50 |
| 01094 | Milk, buttermilk, dried | 0.50 |
| 01146 | Cheese, parmesan, shredded | 0.50 |
| 01157 | Cheese, goat, semisoft type | 0.50 |
| 01165 | Cheese, mexican, queso anejo | 0.50 |
| 01166 | Cheese, mexican, queso asadero | 0.50 |
| 01167 | Cheese, mexican, queso chihuahua | 0.50 |
| 01212 | Milk, dry, whole, without added vitamin D | 0.50 |
| 01251 | Cheese, Mexican blend | 0.50 |
| 05173 | Turkey, gizzard, all classes, raw | 0.50 |
| 05183 | Turkey, dark meat, meat and skin, raw | 0.50 |
| 05700 | Turkey, dark meat from whole, meat and skin, with added solution, raw | 0.50 |
| 05717 | Turkey, retail parts, thigh, meat only, raw | 0.50 |
| 05734 | Turkey, retail parts, wing, meat and skin, raw | 0.50 |
| 05736 | Turkey, retail parts, drumstick, meat and skin, raw | 0.50 |
| 05742 | Turkey, retail parts, thigh, meat and skin, raw | 0.50 |
| 05745 | Turkey, back, from whole bird, meat and skin, with added solution, roasted | 0.50 |
| 07045 | Luncheon meat, pork, canned | 0.50 |
| 07956 | Beef sausage, fresh, cooked | 0.50 |

| NDB_No | Description | Vitamin D3 (cholecalciferol)(µg) Value Per |
|---|---|---|
| 10002 | Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw | 0.50 |
| 10008 | Pork, fresh, leg (ham), whole, separable lean and fat, raw | 0.50 |
| 10012 | Pork, fresh, leg (ham), rump half, separable lean and fat, raw | 0.50 |
| 10016 | Pork, fresh, leg (ham), shank half, separable lean and fat, raw | 0.50 |
| 10020 | Pork, fresh, loin, whole, separable lean and fat, raw | 0.50 |
| 10024 | Pork, fresh, loin, whole, separable lean only, raw | 0.50 |
| 10036 | Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw | 0.50 |
| 10043 | Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted | 0.50 |
| 10048 | Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw | 0.50 |
| 10052 | Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw | 0.50 |
| 10065 | Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted | 0.50 |
| 10176 | Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried | 0.50 |
| 10177 | Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried | 0.50 |
| 10181 | Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried | 0.50 |
| 10207 | Pork, fresh, loin, country-style ribs, separable lean only, raw | 0.50 |
| 10220 | Pork, fresh, ground, cooked | 0.50 |
| 10224 | Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw | 0.50 |
| 10226 | Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw | 0.50 |
| 10946 | Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw | 0.50 |
| 10953 | Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw | 0.50 |
| 10975 | Pork, ground, 84% lean / 16% fat, cooked, crumbles | 0.50 |
| 10978 | Pork, ground, 84% lean / 16% fat, cooked, pan-broiled | 0.50 |
| 10983 | Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted | 0.50 |
| 10989 | Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw | 0.50 |
| 10990 | Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted | 0.50 |
| 11656 | Corn pudding, home prepared | 0.50 |
| 13829 | Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted | 0.50 |
| 13840 | Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted | 0.50 |
| 43276 | Cheese spread, cream cheese base | 0.50 |
| 43405 | Cheese, swiss, low sodium | 0.50 |
| 01007 | Cheese, camembert | 0.40 |
| 01019 | Cheese, feta | 0.40 |
| 01026 | Cheese, mozzarella, whole milk | 0.40 |
| 01029 | Cheese, mozzarella, low moisture, part-skim | 0.40 |
| 01048 | Cheese spread, pasteurized process, American | 0.40 |

| NDB_No | Description | Vitamin D3 (cholecalciferol)(µg) Value Per |
|---|---|---|
| 01054 | Cream, whipped, cream topping, pressurized | 0.40 |
| 01159 | Cheese, goat, soft type | 0.40 |
| 01204 | Cheese, parmesan, dry grated, reduced fat | 0.40 |
| 01209 | Cheese, Mexican, blend, reduced fat | 0.40 |
| 01271 | Cheese, mozzarella, low moisture, part-skim, shredded | 0.40 |
| 05166 | Turkey, whole, meat and skin, cooked, roasted | 0.40 |
| 05175 | Turkey, heart, all classes, raw | 0.40 |
| 05182 | Turkey from whole, light meat, meat and skin, cooked, roasted | 0.40 |
| 05184 | Turkey, dark meat from whole, meat and skin, cooked, roasted | 0.40 |
| 05685 | Chicken, skin (drumsticks and thighs), with added solution, raw | 0.40 |
| 05701 | Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted | 0.40 |
| 05703 | Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted | 0.40 |
| 05706 | Turkey, whole, meat and skin, with added solution, raw | 0.40 |
| 05707 | Turkey, whole, meat and skin, with added solution, roasted | 0.40 |
| 05716 | Turkey, retail parts, drumstick, meat only, raw | 0.40 |
| 07066 | Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage) | 0.40 |
| 07919 | Sausage, turkey, breakfast links, mild | 0.40 |
| 07965 | Pork sausage, link/patty, reduced fat, unprepared | 0.40 |
| 10013 | Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted | 0.40 |
| 10019 | Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted | 0.40 |
| 10040 | Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw | 0.40 |
| 10056 | Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw | 0.40 |
| 10057 | Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised | 0.40 |
| 10062 | Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw | 0.40 |
| 10069 | Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted | 0.40 |
| 10123 | Pork, cured, bacon, unprepared | 0.40 |
| 10132 | Pork, cured, feet, pickled | 0.40 |
| 10210 | Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw | 0.40 |
| 10211 | Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised | 0.40 |
| 10214 | Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw | 0.40 |
| 10215 | Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised | 0.40 |
| 10225 | Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw | 0.40 |
| 10862 | Pork, cured, bacon, pre-sliced, cooked, pan-fried | 0.40 |
| 10972 | Pork, ground, 84% lean / 16% fat, raw | 0.40 |
| 10982 | Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw | 0.40 |

| NDB_No | Description | Vitamin D3 (cholecalciferol)(µg) Value Per |
|---|---|---|
| 13020 | Beef, retail cuts, separable fat, cooked | 0.40 |
| 13340 | Beef, variety meats and by-products, tongue, cooked, simmered | 0.40 |
| 13342 | Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw | 0.40 |
| 13379 | Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised | 0.40 |
| 13804 | Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised | 0.40 |
| 13816 | Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised | 0.40 |
| 13818 | Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised | 0.40 |
| 13928 | Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted | 0.40 |
| 23406 | Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted | 0.40 |
| 23419 | Beef, New Zealand, imported, intermuscular fat, cooked | 0.40 |
| 23454 | Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted | 0.40 |
| 42155 | Cheese, monterey, low fat | 0.40 |
| 01028 | Cheese, mozzarella, part skim milk | 0.30 |
| 01178 | Sour cream, reduced fat | 0.30 |
| 01182 | USDA Commodity, cheese, cheddar, reduced fat | 0.30 |
| 01208 | Cheese, provolone, reduced fat | 0.30 |
| 05165 | Turkey, whole, meat and skin, raw | 0.30 |
| 05168 | Turkey, whole, meat only, cooked, roasted | 0.30 |
| 05179 | Turkey from whole, neck, meat only, raw | 0.30 |
| 05180 | Turkey from whole, neck, meat only, cooked, simmered | 0.30 |
| 05181 | Turkey from whole, light meat, meat and skin, raw | 0.30 |
| 05186 | Turkey, all classes, light meat, cooked, roasted | 0.30 |
| 05187 | Turkey from whole, dark meat, meat only, raw | 0.30 |
| 05188 | Turkey, from whole, dark meat, cooked, roasted | 0.30 |
| 05215 | Turkey, back from whole bird, meat only, raw | 0.30 |
| 05216 | Turkey, back, from whole bird, meat only, roasted | 0.30 |
| 05220 | Turkey, breast, from whole bird, meat only, roasted | 0.30 |
| 05228 | Turkey, wing, from whole bird, meat only, roasted | 0.30 |
| 05284 | Turkey, canned, meat only, with broth | 0.30 |
| 05672 | Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised | 0.30 |
| 05677 | Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised | 0.30 |
| 05681 | Chicken, dark meat, thigh, meat only, with added solution, cooked, braised | 0.30 |
| 05683 | Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted | 0.30 |
| 05690 | Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised | 0.30 |
| 05692 | Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted | 0.30 |

| NDB_No | Description | Vitamin D3 (cholecalciferol)(µg) Value Per |
|---|---|---|
| 05694 | Turkey, dark meat from whole, meat only, with added solution, raw | 0.30 |
| 05695 | Turkey, dark meat, meat only, with added solution, cooked, roasted | 0.30 |
| 05697 | Turkey from whole, light meat, meat only, with added solution, cooked, roasted | 0.30 |
| 05702 | Turkey from whole, light meat, meat and skin, with added solution, raw | 0.30 |
| 05705 | Turkey, whole, meat only, with added solution, roasted | 0.30 |
| 05718 | Turkey, breast, from whole bird, meat only, with added solution, roasted | 0.30 |
| 05719 | Turkey, back, from whole bird, meat only, with added solution, raw | 0.30 |
| 05720 | Turkey, back, from whole bird, meat only, with added solution, roasted | 0.30 |
| 05722 | Turkey, retail parts, thigh, meat only, cooked, roasted | 0.30 |
| 05723 | Turkey, retail parts, drumstick, meat only, cooked, roasted | 0.30 |
| 05724 | Turkey, drumstick, from whole bird, meat only, with added solution, raw | 0.30 |
| 05725 | Turkey, drumstick, from whole bird, meat only, with added solution, roasted | 0.30 |
| 05726 | Turkey, thigh, from whole bird, meat only, with added solution, raw | 0.30 |
| 05727 | Turkey, retail parts, breast, meat and skin, with added solution, raw | 0.30 |
| 05728 | Turkey, thigh, from whole bird, meat only, with added solution, roasted | 0.30 |
| 05730 | Turkey, wing, from whole bird, meat only, with added solution, roasted | 0.30 |
| 05732 | Turkey, retail parts, breast, meat and skin, raw | 0.30 |
| 05733 | Turkey, retail parts, breast, meat and skin, cooked, roasted | 0.30 |
| 05737 | Turkey, retail parts, drumstick, meat and skin, cooked, roasted | 0.30 |
| 05739 | Turkey, drumstick, from whole bird, meat only, roasted | 0.30 |
| 05740 | Turkey, thigh, from whole bird, meat only, raw | 0.30 |
| 05741 | Turkey, thigh, from whole bird, meat only, roasted | 0.30 |
| 05743 | Turkey, retail parts, thigh, meat and skin, cooked, roasted | 0.30 |
| 07951 | Scrapple, pork | 0.30 |
| 10014 | Pork, fresh, leg (ham), rump half, separable lean only, raw | 0.30 |
| 10015 | Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted | 0.30 |
| 10018 | Pork, fresh, leg (ham), shank half, separable lean only, raw | 0.30 |
| 10066 | Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw | 0.30 |
| 10164 | Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw | 0.30 |
| 10189 | Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled | 0.30 |
| 10218 | Pork, fresh, loin, tenderloin, separable lean and fat, raw | 0.30 |
| 10222 | Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted | 0.30 |
| 10948 | Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw | 0.30 |
| 10949 | Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw | 0.30 |
| 11379 | Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added | 0.30 |

| NDB_No | Description | Vitamin D3 (cholecalciferol)(µg) Value Per |
|--------|-------------|-------------------------------------------|
| 11383 | Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added | 0.30 |
| 11672 | Potato pancakes | 0.30 |
| 13019 | Beef, retail cuts, separable fat, raw | 0.30 |
| 13055 | Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised | 0.30 |
| 13150 | Beef, rib, shortribs, separable lean only, choice, cooked, braised | 0.30 |
| 13367 | Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised | 0.30 |
| 13810 | Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised | 0.30 |
| 13812 | Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised | 0.30 |
| 13814 | Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised | 0.30 |
| 13851 | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled | 0.30 |
| 13910 | Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled | 0.30 |
| 13918 | Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled | 0.30 |
| 13933 | Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried | 0.30 |
| 17378 | Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered | 0.30 |
| 23410 | Beef, New Zealand, imported, flank, separable lean only, cooked, braised | 0.30 |
| 23418 | Beef, New Zealand, imported, inside, raw | 0.30 |
| 23420 | Beef, New Zealand, imported, intermuscular fat, raw | 0.30 |
| 23430 | Beef, New Zealand, imported, ribs prepared, cooked, fast roasted | 0.30 |
| 23433 | Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried | 0.30 |
| 23435 | Beef, New Zealand, imported, subcutaneous fat, cooked | 0.30 |
| 23436 | Beef, New Zealand, imported, subcutaneous fat, raw | 0.30 |
| 23442 | Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled | 0.30 |
| 23443 | Beef, New Zealand, imported, variety meats and by-products, tongue, raw | 0.30 |
| 23444 | Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled | 0.30 |
| 23448 | Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised | 0.30 |
| 23458 | Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised | 0.30 |
| 23468 | Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried | 0.30 |
| 42258 | Cheese product, pasteurized process, cheddar, reduced fat | 0.30 |
| 42303 | Cheese, muenster, low fat | 0.30 |
| 43274 | Cheese, cream, low fat | 0.30 |
| 43597 | Cheese, mozzarella, low sodium | 0.30 |
| 01036 | Cheese, ricotta, whole milk | 0.20 |
| 01055 | Cream, sour, reduced fat, cultured | 0.20 |
| 01095 | Milk, canned, condensed, sweetened | 0.20 |
| 01179 | Sour cream, light | 0.20 |

| NDB_No | Description | Vitamin D3 (cholecalciferol)(µg) Value Per |
|--------|-------------|-------------------------------------------|
| 01225 | Dulce de Leche | 0.20 |
| 01237 | Ice cream, bar or stick, chocolate covered | 0.20 |
| 05007 | Chicken, broilers or fryers, meat and skin, cooked, fried, batter | 0.20 |
| 05016 | Chicken, broilers or fryers, skin only, cooked, fried, batter | 0.20 |
| 05018 | Chicken, broilers or fryers, skin only, cooked, roasted | 0.20 |
| 05019 | Chicken, broilers or fryers, skin only, cooked, stewed | 0.20 |
| 05094 | Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted | 0.20 |
| 05097 | Chicken, broilers or fryers, thigh, meat only, cooked, fried | 0.20 |
| 05098 | Chicken, broilers or fryers, thigh, meat only, cooked, roasted | 0.20 |
| 05103 | Chicken, broilers or fryers, wing, meat and skin, cooked, roasted | 0.20 |
| 05167 | Turkey, whole, meat only, raw | 0.20 |
| 05306 | Ground turkey, cooked | 0.20 |
| 05335 | Chicken, feet, boiled | 0.20 |
| 05663 | Ground turkey, fat free, pan-broiled crumbles | 0.20 |
| 05664 | Ground turkey, fat free, patties, broiled | 0.20 |
| 05666 | Ground turkey, 93% lean, 7% fat, pan-broiled crumbles | 0.20 |
| 05667 | Ground turkey, 93% lean, 7% fat, patties, broiled | 0.20 |
| 05669 | Ground turkey, 85% lean, 15% fat, pan-broiled crumbles | 0.20 |
| 05670 | Ground turkey, 85% lean, 15% fat, patties, broiled | 0.20 |
| 05674 | Chicken, skin (drumsticks and thighs), raw | 0.20 |
| 05675 | Chicken, skin (drumsticks and thighs), cooked, roasted | 0.20 |
| 05678 | Chicken, dark meat, drumstick, meat only, with added solution, raw | 0.20 |
| 05688 | Chicken, dark meat, drumstick, meat and skin, with added solution, raw | 0.20 |
| 05689 | Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted | 0.20 |
| 05691 | Chicken, dark meat, thigh, meat and skin, with added solution, raw | 0.20 |
| 05704 | Turkey, whole, meat only, with added solution, raw | 0.20 |
| 05708 | Turkey, retail parts, breast, meat only, with added solution, raw | 0.20 |
| 05710 | Turkey, retail parts, breast, meat only, raw | 0.20 |
| 05711 | Turkey, retail parts, breast, meat only, cooked, roasted | 0.20 |
| 05712 | Turkey, retail parts, wing, meat only, raw | 0.20 |
| 07052 | Pastrami, turkey | 0.20 |
| 07067 | Poultry salad sandwich spread | 0.20 |
| 07929 | Sausage, turkey, hot, smoked | 0.20 |
| 07974 | Bacon, turkey, low sodium | 0.20 |
| 10060 | Pork, fresh, loin, tenderloin, separable lean only, raw | 0.20 |

| NDB_No | Description | Vitamin D3 (cholecalciferol)(µg) Value Per |
|---|---|---|
| 10061 | Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted | 0.20 |
| 10165 | Pork, cured, salt pork, raw | 0.20 |
| 10166 | Pork, cured, separable fat (from ham and arm picnic), unheated | 0.20 |
| 10943 | Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted | 0.20 |
| 10944 | Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw | 0.20 |
| 10951 | Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw | 0.20 |
| 10952 | Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted | 0.20 |
| 10976 | Pork, ground, 96% lean / 4% fat, cooked, crumbles | 0.20 |
| 10979 | Pork, ground, 96% lean / 4% fat, cooked, pan-broiled | 0.20 |
| 10998 | Canadian bacon, cooked, pan-fried | 0.20 |
| 11371 | Potatoes, mashed, home-prepared, whole milk and margarine added | 0.20 |
| 11657 | Potatoes, mashed, home-prepared, whole milk added | 0.20 |
| 13069 | Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised | 0.20 |
| 13317 | Beef, ground, patties, frozen, cooked, broiled | 0.20 |
| 13345 | Beef, cured, breakfast strips, cooked | 0.20 |
| 13348 | Beef, cured, corned beef, canned | 0.20 |
| 13368 | Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised | 0.20 |
| 13373 | Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised | 0.20 |
| 13380 | Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised | 0.20 |
| 13382 | Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised | 0.20 |
| 13388 | Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted | 0.20 |
| 13391 | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled | 0.20 |
| 13398 | Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised | 0.20 |
| 13421 | Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted | 0.20 |
| 13451 | Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled | 0.20 |
| 13796 | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked | 0.20 |
| 13864 | Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw | 0.20 |
| 13865 | Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled | 0.20 |
| 13869 | Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised | 0.20 |
| 13878 | Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted | 0.20 |
| 13884 | Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted | 0.20 |
| 13886 | Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted | 0.20 |
| 13888 | Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted | 0.20 |
| 13892 | Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised | 0.20 |
| 13897 | Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried | 0.20 |

| NDB_No | Description | Vitamin D3 (cholecalciferol)(µg) Value Per |
|---|---|---|
| 13930 | Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled | 0.20 |
| 13980 | Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised | 0.20 |
| 17084 | Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw | 0.20 |
| 17086 | Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw | 0.20 |
| 17364 | Lamb, New Zealand, imported, kidney, cooked, soaked and fried | 0.20 |
| 17374 | Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered | 0.20 |
| 17382 | Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised | 0.20 |
| 17415 | Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised | 0.20 |
| 23069 | Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised | 0.20 |
| 23096 | Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised | 0.20 |
| 23117 | Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised | 0.20 |
| 23126 | Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised | 0.20 |
| 23135 | Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised | 0.20 |
| 23168 | Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled | 0.20 |
| 23169 | Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw | 0.20 |
| 23170 | Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled | 0.20 |
| 23171 | Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw | 0.20 |
| 23172 | Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled | 0.20 |
| 23173 | Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw | 0.20 |
| 23180 | Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised | 0.20 |
| 23182 | Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised | 0.20 |
| 23183 | Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw | 0.20 |
| 23186 | Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled | 0.20 |
| 23187 | Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled | 0.20 |
| 23188 | Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled | 0.20 |
| 23189 | Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted | 0.20 |
| 23191 | Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted | 0.20 |
| 23192 | Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 0.20 |
| 23193 | Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw | 0.20 |
| 23195 | Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled | 0.20 |
| 23197 | Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled | 0.20 |
| 23198 | Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted | 0.20 |
| 23199 | Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted | 0.20 |
| 23202 | Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw | 0.20 |
| 23220 | Beef, ground, unspecified fat content, cooked | 0.20 |

| NDB_No | Description | Vitamin D3 (cholecalciferol)(µg) Value Per |
|---|---|---|
| 23221 | Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 0.20 |
| 23222 | Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled | 0.20 |
| 23228 | Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled | 0.20 |
| 23233 | Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised | 0.20 |
| 23234 | Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised | 0.20 |
| 23235 | Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised | 0.20 |
| 23236 | Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw | 0.20 |
| 23238 | Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw | 0.20 |
| 23278 | Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled | 0.20 |
| 23279 | Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled | 0.20 |
| 23284 | Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled | 0.20 |
| 23285 | Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled | 0.20 |
| 23287 | Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted | 0.20 |
| 23288 | Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted | 0.20 |
| 23397 | Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted | 0.20 |
| 23399 | Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised | 0.20 |
| 23401 | Beef, New Zealand, imported, brisket navel end, separable lean only, raw | 0.20 |
| 23402 | Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised | 0.20 |
| 23405 | Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised | 0.20 |
| 23407 | Beef, New Zealand, imported, cube roll, separable lean only, raw | 0.20 |
| 23414 | Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled | 0.20 |
| 23415 | Beef, New Zealand, imported, variety meats and by-products, heart, raw | 0.20 |
| 23416 | Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised | 0.20 |
| 23423 | Beef, New Zealand, imported, variety meats and by-products, kidney, raw | 0.20 |
| 23428 | Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised | 0.20 |
| 23429 | Beef, New Zealand, imported, oyster blade, separable lean only, raw | 0.20 |
| 23431 | Beef, New Zealand, imported, ribs prepared, raw | 0.20 |
| 23432 | Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried | 0.20 |
| 23434 | Beef, New Zealand, imported, striploin, separable lean only, raw | 0.20 |
| 23439 | Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried | 0.20 |
| 23440 | Beef, New Zealand, imported, oyster blade, separable lean and fat, raw | 0.20 |
| 23445 | Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw | 0.20 |
| 23446 | Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted | 0.20 |
| 23449 | Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw | 0.20 |
| 23450 | Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised | 0.20 |

| NDB_No | Description | Vitamin D3 (cholecalciferol)(µg) Value Per |
|---|---|---|
| 23452 | Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised | 0.20 |
| 23453 | Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw | 0.20 |
| 23455 | Beef, New Zealand, imported, cube roll, separable lean and fat, raw | 0.20 |
| 23462 | Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised | 0.20 |
| 23464 | Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised | 0.20 |
| 23465 | Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried | 0.20 |
| 23469 | Beef, New Zealand, imported, striploin, separable lean and fat, raw | 0.20 |
| 23470 | Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried | 0.20 |
| 23528 | Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted | 0.20 |
| 43282 | Quail, cooked, total edible | 0.20 |
| 43283 | Pheasant, cooked, total edible | 0.20 |
| 43287 | Dove, cooked (includes squab) | 0.20 |
| 01012 | Cheese, cottage, creamed, large or small curd | 0.10 |
| 01037 | Cheese, ricotta, part skim milk | 0.10 |
| 01107 | Milk, human, mature, fluid | 0.10 |
| 01116 | Yogurt, plain, whole milk, 8 grams protein per 8 ounce | 0.10 |
| 01168 | Cheese, low fat, cheddar or colby | 0.10 |
| 01211 | Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D | 0.10 |
| 01214 | Milk, canned, evaporated, without added vitamin A and vitamin D | 0.10 |
| 01240 | Ice cream cone, chocolate covered, with nuts, flavors other than chocolate | 0.10 |
| 01264 | Ice cream bar, stick or nugget, with crunch coating | 0.10 |
| 05008 | Chicken, broilers or fryers, meat and skin, cooked, fried, flour | 0.10 |
| 05011 | Chicken, broilers or fryers, meat only, raw | 0.10 |
| 05012 | Chicken, broilers or fryers, meat only, cooked, fried | 0.10 |
| 05013 | Chicken, broilers or fryers, meat only, roasted | 0.10 |
| 05014 | Chicken, broilers or fryers, meat only, stewed | 0.10 |
| 05031 | Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour | 0.10 |
| 05041 | Chicken, broilers or fryers, light meat, meat only, cooked, roasted | 0.10 |
| 05042 | Chicken, broilers or fryers, light meat, meat only, cooked, stewed | 0.10 |
| 05045 | Chicken, broilers or fryers, dark meat, meat only, cooked, roasted | 0.10 |
| 05046 | Chicken, broilers or fryers, dark meat, meat only, cooked, stewed | 0.10 |
| 05051 | Chicken, broilers or fryers, back, meat and skin, cooked, roasted | 0.10 |
| 05052 | Chicken, broilers or fryers, back, meat and skin, cooked, stewed | 0.10 |
| 05055 | Chicken, broilers or fryers, back, meat only, cooked, roasted | 0.10 |
| 05056 | Chicken, broilers or fryers, back, meat only, cooked, stewed | 0.10 |

| NDB_No | Description | Vitamin D3 (cholecalciferol)(µg) Value Per |
|---|---|---|
| 05058 | Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter | 0.10 |
| 05060 | Chicken, broilers or fryers, breast, meat and skin, cooked, roasted | 0.10 |
| 05061 | Chicken, broilers or fryers, breast, meat and skin, cooked, stewed | 0.10 |
| 05063 | Chicken, broilers or fryers, breast, meat only, cooked, fried | 0.10 |
| 05064 | Chicken, broilers or fryers, breast, meat only, cooked, roasted | 0.10 |
| 05065 | Chicken, broilers or fryers, breast, meat only, cooked, stewed | 0.10 |
| 05066 | Chicken, broilers or fryers, drumstick, meat and skin, raw | 0.10 |
| 05069 | Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted | 0.10 |
| 05070 | Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed | 0.10 |
| 05074 | Chicken, broilers or fryers, drumstick, meat only, cooked, stewed | 0.10 |
| 05075 | Chicken, broilers or fryers, leg, meat and skin, raw | 0.10 |
| 05078 | Chicken, broilers or fryers, leg, meat and skin, cooked, roasted | 0.10 |
| 05079 | Chicken, broilers or fryers, leg, meat and skin, cooked, stewed | 0.10 |
| 05082 | Chicken, broilers or fryers, leg, meat only, cooked, roasted | 0.10 |
| 05083 | Chicken, broilers or fryers, leg, meat only, cooked, stewed | 0.10 |
| 05087 | Chicken, broilers or fryers, neck, meat and skin, cooked simmered | 0.10 |
| 05090 | Chicken, broilers or fryers, neck, meat only, cooked, simmered | 0.10 |
| 05091 | Chicken, broilers or fryers, thigh, meat and skin, raw | 0.10 |
| 05095 | Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed | 0.10 |
| 05099 | Chicken, broilers or fryers, thigh, meat only, cooked, stewed | 0.10 |
| 05100 | Chicken, broilers or fryers, wing, meat and skin, raw | 0.10 |
| 05104 | Chicken, broilers or fryers, wing, meat and skin, cooked, stewed | 0.10 |
| 05105 | Chicken, broilers or fryers, wing, meat only, raw | 0.10 |
| 05106 | Chicken, broilers or fryers, wing, meat only, cooked, fried | 0.10 |
| 05107 | Chicken, broilers or fryers, wing, meat only, cooked, roasted | 0.10 |
| 05108 | Chicken, broilers or fryers, wing, meat only, cooked, stewed | 0.10 |
| 05118 | Chicken, roasting, light meat, meat only, cooked, roasted | 0.10 |
| 05140 | Duck, domesticated, meat and skin, cooked, roasted | 0.10 |
| 05141 | Duck, domesticated, meat only, raw | 0.10 |
| 05142 | Duck, domesticated, meat only, cooked, roasted | 0.10 |
| 05147 | Goose, domesticated, meat and skin, cooked, roasted | 0.10 |
| 05185 | Turkey from whole, light meat, raw | 0.10 |
| 05194 | Turkey, all classes, leg, meat and skin, cooked, roasted | 0.10 |
| 05196 | Turkey, all classes, wing, meat and skin, cooked, roasted | 0.10 |
| 05219 | Turkey, breast, from whole bird, meat only, raw | 0.10 |

| NDB_No | Description | Vitamin D3 (cholecalciferol)(µg) Value Per |
|---|---|---|
| 05227 | Turkey, wing, from whole bird, meat only, raw | 0.10 |
| 05277 | Chicken, canned, meat only, with broth | 0.10 |
| 05308 | Chicken, cornish game hens, meat and skin, cooked, roasted | 0.10 |
| 05310 | Chicken, cornish game hens, meat only, cooked, roasted | 0.10 |
| 05311 | Chicken, canned, no broth | 0.10 |
| 05642 | Ostrich, ground, cooked, pan-broiled | 0.10 |
| 05671 | Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised | 0.10 |
| 05673 | Chicken, skin (drumsticks and thighs), cooked, braised | 0.10 |
| 05676 | Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised | 0.10 |
| 05679 | Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted | 0.10 |
| 05680 | Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised | 0.10 |
| 05682 | Chicken, dark meat, thigh, meat only, with added solution, raw | 0.10 |
| 05684 | Chicken, skin (drumsticks and thighs), with added solution, cooked, braised | 0.10 |
| 05686 | Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted | 0.10 |
| 05687 | Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised | 0.10 |
| 05696 | Turkey from whole, light meat, meat only, with added solution, raw | 0.10 |
| 05709 | Turkey, retail parts, breast, meat only, with added solution, cooked, roasted | 0.10 |
| 05721 | Turkey, breast, from whole bird, meat only, with added solution, raw | 0.10 |
| 05729 | Turkey, wing, from whole bird, meat only, with added solution, raw | 0.10 |
| 05738 | Turkey, drumstick, from whole bird, meat only, raw | 0.10 |
| 07046 | Turkey breast, low salt, prepackaged or deli, luncheon meat | 0.10 |
| 07081 | Turkey breast, sliced, prepackaged | 0.10 |
| 07972 | Meatballs, frozen, Italian style | 0.10 |
| 07979 | Sausage, pork, turkey, and beef, reduced sodium | 0.10 |
| 10064 | Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled | 0.10 |
| 10130 | Canadian bacon, unprepared | 0.10 |
| 10973 | Pork, ground, 96% lean / 4% fat, raw | 0.10 |
| 11659 | Sweet potato, cooked, candied, home-prepared | 0.10 |
| 13065 | Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw | 0.10 |
| 13068 | Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw | 0.10 |
| 13156 | Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled | 0.10 |
| 13231 | Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw | 0.10 |
| 13232 | Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled | 0.10 |
| 13235 | Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw | 0.10 |
| 13236 | Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled | 0.10 |

| NDB_No | Description | Vitamin D3 (cholecalciferol)(µg) Value Per |
|---|---|---|
| 13285 | Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised | 0.10 |
| 13293 | Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw | 0.10 |
| 13294 | Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw | 0.10 |
| 13322 | Beef, variety meats and by-products, heart, cooked, simmered | 0.10 |
| 13347 | Beef, cured, corned beef, brisket, cooked | 0.10 |
| 13349 | Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw | 0.10 |
| 13351 | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled | 0.10 |
| 13352 | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled | 0.10 |
| 13354 | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled | 0.10 |
| 13355 | Beef, cured, pastrami | |
| 13356 | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw | 0.10 |
| 13359 | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw | 0.10 |
| 13361 | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked | 0.10 |
| 13362 | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked | 0.10 |
| 13363 | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked | 0.10 |
| 13364 | Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked | 0.10 |
| 13365 | Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked | 0.10 |
| 13366 | Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked | 0.10 |
| 13381 | Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised | 0.10 |
| 13383 | Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised | 0.10 |
| 13384 | Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised | 0.10 |
| 13394 | Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled | 0.10 |
| 13407 | Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised | 0.10 |
| 13424 | Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted | 0.10 |
| 13428 | Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised | 0.10 |
| 13439 | Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 0.10 |
| 13440 | Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled | 0.10 |
| 13441 | Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 0.10 |
| 13442 | Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled | 0.10 |
| 13443 | Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled | 0.10 |
| 13444 | Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled | 0.10 |
| 13445 | Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 0.10 |
| 13446 | Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled | 0.10 |
| 13447 | Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 0.10 |
| 13448 | Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled | 0.10 |

| NDB_No | Description | Vitamin D3 (cholecalciferol)(µg) Value Per |
|---|---|---|
| 13449 | Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled | 0.10 |
| 13450 | Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled | 0.10 |
| 13454 | Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled | 0.10 |
| 13464 | Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw | 0.10 |
| 13465 | Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled | 0.10 |
| 13469 | Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled | 0.10 |
| 13478 | Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw | 0.10 |
| 13479 | Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled | 0.10 |
| 13483 | Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled | 0.10 |
| 13498 | Beef, ground, 70% lean meat / 30% fat, raw | 0.10 |
| 13499 | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw | 0.10 |
| 13500 | Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled | 0.10 |
| 13501 | Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled | 0.10 |
| 13502 | Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled | 0.10 |
| 13519 | Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw | 0.10 |
| 13520 | Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw | 0.10 |
| 13523 | Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw | 0.10 |
| 13595 | Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw | 0.10 |
| 13596 | Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw | 0.10 |
| 13597 | Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw | 0.10 |
| 13598 | Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 0.10 |
| 13650 | Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled | 0.10 |
| 13786 | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw | 0.10 |
| 13788 | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw | 0.10 |
| 13791 | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw | 0.10 |
| 13795 | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 0.10 |
| 13797 | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw | 0.10 |
| 13798 | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked | 0.10 |
| 13800 | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked | 0.10 |
| 13821 | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted | 0.10 |
| 13822 | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted | 0.10 |
| 13823 | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted | 0.10 |
| 13862 | Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 0.10 |
| 13863 | Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw | 0.10 |
| 13889 | Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw | 0.10 |

| NDB_No | Description | Vitamin D3 (cholecalciferol)(µg) Value Per |
|---|---|---|
| 13890 | Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried | 0.10 |
| 13893 | Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled | 0.10 |
| 13903 | Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw | 0.10 |
| 13904 | Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw | 0.10 |
| 13905 | Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw | 0.10 |
| 13906 | Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled | 0.10 |
| 13907 | Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw | 0.10 |
| 13908 | Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled | 0.10 |
| 13937 | Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted | 0.10 |
| 13940 | Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted | 0.10 |
| 13943 | Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled | 0.10 |
| 13946 | Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled | 0.10 |
| 13972 | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw | 0.10 |
| 13973 | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw | 0.10 |
| 13974 | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw | 0.10 |
| 13975 | Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw | 0.10 |
| 13981 | Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised | 0.10 |
| 13982 | Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised | 0.10 |
| 13983 | Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw | 0.10 |
| 17002 | Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked | 0.10 |
| 17006 | Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked | 0.10 |
| 17008 | Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised | 0.10 |
| 17012 | Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted | 0.10 |
| 17014 | Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted | 0.10 |
| 17024 | Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled | 0.10 |
| 17025 | Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted | 0.10 |
| 17027 | Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled | 0.10 |
| 17030 | Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled | 0.10 |
| 17033 | Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled | 0.10 |
| 17035 | Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw | 0.10 |
| 17038 | Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted | 0.10 |
| 17039 | Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw | 0.10 |
| 17041 | Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled | 0.10 |
| 17042 | Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted | 0.10 |
| 17053 | Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled | 0.10 |

| NDB_No | Description | Vitamin D3 (cholecalciferol)(µg) Value Per |
|---|---|---|
| 17060 | Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised | 0.10 |
| 17069 | Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised | 0.10 |
| 17076 | Lamb, New Zealand, imported, loin chop, separable lean and fat, raw | 0.10 |
| 17077 | Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled | 0.10 |
| 17224 | Lamb, ground, raw | 0.10 |
| 17225 | Lamb, ground, cooked, broiled | 0.10 |
| 17367 | Lamb, New Zealand, imported, kidney, raw | 0.10 |
| 17372 | Lamb, New Zealand, imported, heart, cooked, soaked and simmered | 0.10 |
| 17375 | Lamb, New Zealand, imported, sweetbread, raw | 0.10 |
| 17379 | Lamb, New Zealand, imported, tongue - swiss cut, raw | 0.10 |
| 17383 | Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw | 0.10 |
| 17394 | Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted | 0.10 |
| 17396 | Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted | 0.10 |
| 17397 | Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw | 0.10 |
| 17398 | Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried | 0.10 |
| 17399 | Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted | 0.10 |
| 17401 | Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised | 0.10 |
| 17402 | Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw | 0.10 |
| 17403 | Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised | 0.10 |
| 17404 | Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw | 0.10 |
| 17406 | Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried | 0.10 |
| 17407 | Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted | 0.10 |
| 17408 | Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw | 0.10 |
| 17411 | Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised | 0.10 |
| 17413 | Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted | 0.10 |
| 17414 | Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw | 0.10 |
| 17416 | Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw | 0.10 |
| 17417 | Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted | 0.10 |
| 17419 | Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted | 0.10 |
| 17420 | Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw | 0.10 |
| 23001 | Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 0.10 |
| 23002 | Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled | 0.10 |
| 23003 | Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw | 0.10 |
| 23004 | Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled | 0.10 |
| 23005 | Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 0.10 |

| NDB_No | Description | Vitamin D3 (cholecalciferol)(μg) Value Per |
|---|---|---|
| 23006 | Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled | 0.10 |
| 23007 | Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw | 0.10 |
| 23008 | Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled | 0.10 |
| 23066 | Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw | 0.10 |
| 23067 | Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw | 0.10 |
| 23068 | Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw | 0.10 |
| 23070 | Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised | 0.10 |
| 23071 | Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised | 0.10 |
| 23072 | Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw | 0.10 |
| 23073 | Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw | 0.10 |
| 23074 | Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw | 0.10 |
| 23075 | Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled | 0.10 |
| 23076 | Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled | 0.10 |
| 23077 | Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled | 0.10 |
| 23078 | Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw | 0.10 |
| 23079 | Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw | 0.10 |
| 23080 | Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw | 0.10 |
| 23081 | Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised | 0.10 |
| 23082 | Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised | 0.10 |
| 23083 | Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised | 0.10 |
| 23084 | Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised | 0.10 |
| 23085 | Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised | 0.10 |
| 23086 | Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised | 0.10 |
| 23087 | Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw | 0.10 |
| 23088 | Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw | 0.10 |
| 23089 | Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw | 0.10 |
| 23090 | Beef, chuck for stew, separable lean and fat, all grades, cooked, braised | 0.10 |
| 23091 | Beef, chuck for stew, separable lean and fat, select, cooked, braised | 0.10 |
| 23092 | Beef, chuck for stew, separable lean and fat, choice, cooked, braised | 0.10 |
| 23093 | Beef, chuck for stew, separable lean and fat, all grades, raw | 0.10 |
| 23094 | Beef, chuck for stew, separable lean and fat, select, raw | 0.10 |
| 23095 | Beef, chuck for stew, separable lean and fat, choice, raw | 0.10 |
| 23097 | Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised | 0.10 |
| 23098 | Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised | 0.10 |
| 23099 | Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised | 0.10 |

| NDB_No | Description | Vitamin D3 (cholecalciferol)(µg) Value Per |
|---|---|---|
| 23100 | Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled | 0.10 |
| 23101 | Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted | 0.10 |
| 23102 | Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw | 0.10 |
| 23103 | Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw | 0.10 |
| 23104 | Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw | 0.10 |
| 23105 | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 0.10 |
| 23106 | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled | 0.10 |
| 23107 | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 0.10 |
| 23108 | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw | 0.10 |
| 23109 | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw | 0.10 |
| 23110 | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw | 0.10 |
| 23113 | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted | 0.10 |
| 23114 | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted | 0.10 |
| 23115 | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted | 0.10 |
| 23116 | Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised | 0.10 |
| 23118 | Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised | 0.10 |
| 23119 | Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised | 0.10 |
| 23120 | Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised | 0.10 |
| 23121 | Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised | 0.10 |
| 23122 | Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw | 0.10 |
| 23123 | Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw | 0.10 |
| 23124 | Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw | 0.10 |
| 23125 | Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised | 0.10 |
| 23127 | Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised | 0.10 |
| 23128 | Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw | 0.10 |
| 23129 | Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw | 0.10 |
| 23130 | Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw | 0.10 |
| 23131 | Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised | 0.10 |
| 23132 | Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised | 0.10 |
| 23133 | Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised | 0.10 |
| 23134 | Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised | 0.10 |
| 23136 | Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised | 0.10 |
| 23137 | Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw | 0.10 |
| 23138 | Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw | 0.10 |
| 23139 | Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw | 0.10 |

| NDB_No | Description | Vitamin D3 (cholecalciferol)(µg) Value Per |
|---|---|---|
| 23140 | Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 0.10 |
| 23141 | Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled | 0.10 |
| 23142 | Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 0.10 |
| 23143 | Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw | 0.10 |
| 23144 | Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw | 0.10 |
| 23145 | Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw | 0.10 |
| 23146 | Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted | 0.10 |
| 23147 | Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted | 0.10 |
| 23148 | Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled | 0.10 |
| 23149 | Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled | 0.10 |
| 23150 | Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw | 0.10 |
| 23151 | Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw | 0.10 |
| 23152 | Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw | 0.10 |
| 23153 | Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw | 0.10 |
| 23154 | Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw | 0.10 |
| 23155 | Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw | 0.10 |
| 23156 | Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled | 0.10 |
| 23157 | Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled | 0.10 |
| 23158 | Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled | 0.10 |
| 23159 | Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted | 0.10 |
| 23160 | Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted | 0.10 |
| 23161 | Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted | 0.10 |
| 23162 | Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled | 0.10 |
| 23163 | Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw | 0.10 |
| 23164 | Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled | 0.10 |
| 23165 | Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw | 0.10 |
| 23166 | Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled | 0.10 |
| 23167 | Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw | 0.10 |
| 23174 | Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled | 0.10 |
| 23175 | Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw | 0.10 |
| 23176 | Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled | 0.10 |
| 23177 | Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw | 0.10 |
| 23178 | Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled | 0.10 |
| 23179 | Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw | 0.10 |
| 23184 | Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised | 0.10 |

| NDB_No | Description | Vitamin D3 (cholecalciferol)(µg) Value Per |
|---|---|---|
| 23185 | Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw | 0.10 |
| 23194 | Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw | 0.10 |
| 23196 | Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled | 0.10 |
| 23200 | Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted | 0.10 |
| 23201 | Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 0.10 |
| 23213 | Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw | 0.10 |
| 23214 | Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 0.10 |
| 23216 | Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 0.10 |
| 23217 | Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw | 0.10 |
| 23218 | Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw | 0.10 |
| 23219 | Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw | 0.10 |
| 23223 | Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 0.10 |
| 23224 | Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw | 0.10 |
| 23225 | Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw | 0.10 |
| 23226 | Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw | 0.10 |
| 23227 | Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 0.10 |
| 23229 | Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 0.10 |
| 23230 | Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw | 0.10 |
| 23231 | Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw | 0.10 |
| 23232 | Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw | 0.10 |
| 23239 | Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted | 0.10 |
| 23240 | Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw | 0.10 |
| 23241 | Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled | 0.10 |
| 23242 | Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled | 0.10 |
| 23243 | Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled | 0.10 |
| 23244 | Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw | 0.10 |
| 23245 | Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw | 0.10 |
| 23246 | Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw | 0.10 |
| 23247 | Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled | 0.10 |
| 23248 | Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled | 0.10 |
| 23249 | Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled | 0.10 |
| 23250 | Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted | 0.10 |
| 23251 | Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted | 0.10 |
| 23252 | Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted | 0.10 |
| 23253 | Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw | 0.10 |

| NDB_No | Description | Vitamin D3 (cholecalciferol)(µg) Value Per |
|---|---|---|
| 23254 | Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw | 0.10 |
| 23255 | Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw | 0.10 |
| 23256 | Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled | 0.10 |
| 23257 | Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled | 0.10 |
| 23258 | Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled | 0.10 |
| 23259 | Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted | 0.10 |
| 23260 | Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted | 0.10 |
| 23261 | Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw | 0.10 |
| 23262 | Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw | 0.10 |
| 23263 | Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw | 0.10 |
| 23264 | Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw | 0.10 |
| 23265 | Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw | 0.10 |
| 23266 | Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled | 0.10 |
| 23267 | Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled | 0.10 |
| 23268 | Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled | 0.10 |
| 23269 | Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw | 0.10 |
| 23270 | Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw | 0.10 |
| 23271 | Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw | 0.10 |
| 23272 | Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled | 0.10 |
| 23273 | Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled | 0.10 |
| 23274 | Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled | 0.10 |
| 23275 | Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted | 0.10 |
| 23276 | Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted | 0.10 |
| 23277 | Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted | 0.10 |
| 23280 | Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled | 0.10 |
| 23281 | Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 0.10 |
| 23282 | Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw | 0.10 |
| 23283 | Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw | 0.10 |
| 23286 | Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled | 0.10 |
| 23289 | Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted | 0.10 |
| 23290 | Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 0.10 |
| 23291 | Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw | 0.10 |
| 23292 | Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw | 0.10 |
| 23336 | Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw | 0.10 |
| 23337 | Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw | 0.10 |

| NDB_No | Description | Vitamin D3 (cholecalciferol)(µg) Value Per |
|---|---|---|
| 23338 | Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw | 0.10 |
| 23339 | Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw | 0.10 |
| 23340 | Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw | 0.10 |
| 23341 | Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw | 0.10 |
| 23342 | Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw | 0.10 |
| 23343 | Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw | 0.10 |
| 23345 | Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted | 0.10 |
| 23346 | Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted | 0.10 |
| 23347 | Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted | 0.10 |
| 23366 | Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw | 0.10 |
| 23367 | Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw | 0.10 |
| 23368 | Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw | 0.10 |
| 23369 | Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw | 0.10 |
| 23370 | Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw | 0.10 |
| 23371 | Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw | 0.10 |
| 23372 | Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw | 0.10 |
| 23373 | Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw | 0.10 |
| 23374 | Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw | 0.10 |
| 23375 | Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted | 0.10 |
| 23376 | Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted | 0.10 |
| 23377 | Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted | 0.10 |
| 23384 | Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw | 0.10 |
| 23385 | Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw | 0.10 |
| 23386 | Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw | 0.10 |
| 23387 | Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw | 0.10 |
| 23388 | Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 0.10 |
| 23389 | Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled | 0.10 |
| 23390 | Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled | 0.10 |
| 23391 | Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled | 0.10 |
| 23392 | Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled | 0.10 |
| 23393 | Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled | 0.10 |
| 23394 | Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled | 0.10 |
| 23395 | Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw | 0.10 |
| 23398 | Beef, New Zealand, imported, bolar blade, separable lean only, raw | 0.10 |
| 23403 | Beef, New Zealand, imported, brisket point end, separable lean only, raw | 0.10 |

| NDB_No | Description | Vitamin D3 (cholecalciferol)(µg) Value Per |
|---|---|---|
| 23408 | Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted | 0.10 |
| 23409 | Beef, New Zealand, imported, eye round, separable lean only, raw | 0.10 |
| 23411 | Beef, New Zealand, imported, flank, separable lean only, raw | 0.10 |
| 23422 | Beef, New Zealand, imported, knuckle, cooked, fast fried | 0.10 |
| 23424 | Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled | 0.10 |
| 23426 | Beef, New Zealand, imported, manufacturing beef, cooked, boiled | 0.10 |
| 23427 | Beef, New Zealand, imported, manufacturing beef, raw | 0.10 |
| 23441 | Beef, New Zealand, imported, tenderloin, separable lean only, raw | 0.10 |
| 23447 | Beef, New Zealand, imported, bolar blade, separable lean and fat, raw | 0.10 |
| 23451 | Beef, New Zealand, imported, brisket point end, separable lean and fat, raw | 0.10 |
| 23456 | Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted | 0.10 |
| 23457 | Beef, New Zealand, imported, eye round, separable lean and fat, raw | 0.10 |
| 23459 | Beef, New Zealand, imported, flank, separable lean and fat, raw | 0.10 |
| 23466 | Beef, New Zealand, imported, rump centre, separable lean only, raw | 0.10 |
| 23467 | Beef, New Zealand, imported, rump centre, separable lean and fat, raw | 0.10 |
| 23471 | Beef, New Zealand, imported, tenderloin, separable lean and fat, raw | 0.10 |
| 23472 | Beef, ground, 93% lean meat / 7% fat, raw | 0.10 |
| 23477 | Beef, ground, 97% lean meat / 3% fat, raw | 0.10 |
| 23482 | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw | 0.10 |
| 23484 | Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked | 0.10 |
| 23485 | Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw | 0.10 |
| 23490 | Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw | 0.10 |
| 23491 | Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked | 0.10 |
| 23494 | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw | 0.10 |
| 23495 | Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw | 0.10 |
| 23496 | Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw | 0.10 |
| 23497 | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw | 0.10 |
| 23498 | Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked | 0.10 |
| 23516 | Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled | 0.10 |
| 23531 | Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted | 0.10 |
| 23536 | Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 0.10 |
| 23554 | Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 0.10 |
| 23557 | Beef, ground, 95% lean meat / 5% fat, raw | 0.10 |
| 23562 | Beef, ground, 90% lean meat / 10% fat, raw | 0.10 |
| 23567 | Beef, ground, 85% lean meat / 15% fat, raw | 0.10 |

| NDB_No | Description | Vitamin D3 (cholecalciferol)(µg) Value Per |
|---|---|---|
| 23572 | Beef, ground, 80% lean meat / 20% fat, raw | 0.10 |
| 23577 | Beef, ground, 75% lean meat / 25% fat, raw | 0.10 |
| 23588 | Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled | 0.10 |
| 23590 | Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted | 0.10 |
| 23598 | Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted | 0.10 |
| 23600 | Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled | 0.10 |
| 23602 | Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised | 0.10 |
| 23605 | Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised | 0.10 |
| 23606 | Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled | 0.10 |
| 23608 | Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled | 0.10 |
| 23610 | Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled | 0.10 |
| 23611 | Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw | 0.10 |
| 23612 | Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw | 0.10 |
| 23614 | Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised | 0.10 |
| 23617 | Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw | 0.10 |
| 23622 | Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised | 0.10 |
| 23625 | Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw | 0.10 |
| 23626 | Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled | 0.10 |
| 23629 | Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled | 0.10 |
| 23633 | Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised | 0.10 |
| 23638 | Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled | 0.10 |
| 43275 | Cheese, pasteurized process, American, low fat | 0.10 |
| 43366 | Turkey, wing, smoked, cooked, with skin, bone removed | 0.10 |
| 43367 | Turkey, drumstick, smoked, cooked, with skin, bone removed | 0.10 |
| 43379 | Cheese, pasteurized process, swiss, low fat | 0.10 |
| 43391 | Turkey, light or dark meat, smoked, cooked, skin and bone removed | 0.10 |
| 43589 | Cheese, swiss, low fat | 0.10 |
| 01001 | Butter, salted | 0.00 |
| 01002 | Butter, whipped, with salt | 0.00 |
| 01003 | Butter oil, anhydrous | 0.00 |
| 01017 | Cheese, cream | 0.00 |
| 01040 | Cheese, swiss | 0.00 |
| 01049 | Cream, fluid, half and half | 0.00 |
| 01056 | Cream, sour, cultured | 0.00 |
| 01070 | Dessert topping, powdered | 0.00 |

| NDB_No | Description | Vitamin D3 (cholecalciferol)(µg) Value Per |
|---|---|---|
| 01088 | Milk, buttermilk, fluid, cultured, lowfat | 0.00 |
| 01091 | Milk, dry, nonfat, regular, without added vitamin A and vitamin D | 0.00 |
| 01117 | Yogurt, plain, low fat, 12 grams protein per 8 ounce | 0.00 |
| 01119 | Yogurt, vanilla, low fat, 11 grams protein per 8 ounce | 0.00 |
| 01120 | Yogurt, fruit, low fat, 9 grams protein per 8 ounce | 0.00 |
| 01121 | Yogurt, fruit, low fat, 10 grams protein per 8 ounce | 0.00 |
| 01145 | Butter, without salt | 0.00 |
| 01151 | Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim) | 0.00 |
| 01155 | Milk, dry, nonfat, instant, without added vitamin A and vitamin D | 0.00 |
| 01172 | Egg, white, raw, frozen, pasteurized | 0.00 |
| 01174 | Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D | 0.00 |
| 01175 | Milk, fluid, 1% fat, without added vitamin A and vitamin D | 0.00 |
| 01203 | Yogurt, fruit, lowfat, with low calorie sweetener | 0.00 |
| 01205 | Cream substitute, flavored, liquid | 0.00 |
| 01206 | Cream substitute, flavored, powdered | 0.00 |
| 01231 | Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener | 0.00 |
| 01256 | Yogurt, Greek, plain, nonfat | 0.00 |
| 01258 | Egg, white, dried, stabilized, glucose reduced | 0.00 |
| 01276 | Yogurt, Greek, strawberry, DANNON OIKOS | 0.00 |
| 01284 | Yogurt, Greek, strawberry, lowfat | 0.00 |
| 05004 | Chicken, broilers or fryers, meat and skin and giblets and neck, roasted | 0.00 |
| 05009 | Chicken, broilers or fryers, meat and skin, cooked, roasted | 0.00 |
| 05010 | Chicken, broilers or fryers, meat and skin, cooked, stewed | 0.00 |
| 05022 | Chicken, broilers or fryers, giblets, cooked, simmered | 0.00 |
| 05024 | Chicken, gizzard, all classes, cooked, simmered | 0.00 |
| 05027 | Chicken, liver, all classes, raw | 0.00 |
| 05028 | Chicken, liver, all classes, cooked, simmered | 0.00 |
| 05062 | Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw | 0.00 |
| 05071 | Chicken, broilers or fryers, dark meat, drumstick, meat only, raw | 0.00 |
| 05073 | Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted | 0.00 |
| 05080 | Chicken, broilers or fryers, leg, meat only, raw | 0.00 |
| 05096 | Chicken, broilers or fryers, dark meat, thigh, meat only, raw | 0.00 |
| 05122 | Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed | 0.00 |
| 05172 | Turkey, whole, giblets, cooked, simmered | 0.00 |
| 05174 | Turkey, gizzard, all classes, cooked, simmered | 0.00 |

| NDB_No | Description | Vitamin D3 (cholecalciferol)(µg) Value Per |
|---|---|---|
| 05176 | Turkey, heart, all classes, cooked, simmered | 0.00 |
| 05190 | Turkey, all classes, back, meat and skin, cooked, roasted | 0.00 |
| 05200 | Turkey, fryer-roasters, meat and skin, cooked, roasted | 0.00 |
| 05314 | Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw | 0.00 |
| 05342 | Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning | 0.00 |
| 05746 | Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised | 0.00 |
| 05747 | Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled | 0.00 |
| 05748 | Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised | 0.00 |
| 05749 | Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled | 0.00 |
| 07043 | Roast beef, deli style, prepackaged, sliced | 0.00 |
| 09520 | Kiwifruit, ZESPRI SunGold, raw | 0.00 |
| 10099 | Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered | 0.00 |
| 10119 | Pork, fresh, variety meats and by-products, stomach, raw | 0.00 |
| 10173 | Pork, fresh, variety meats and by-products, feet, cooked, simmered | 0.00 |
| 11056 | Beans, snap, green, canned, regular pack, drained solids | 0.00 |
| 11238 | Mushrooms, shiitake, raw | 0.00 |
| 11239 | Mushrooms, Chanterelle, raw | 0.00 |
| 11240 | Mushrooms, morel, raw | 0.00 |
| 11243 | Mushrooms, portabella, grilled | 0.00 |
| 11260 | Mushrooms, white, raw | 0.00 |
| 11261 | Mushrooms, white, cooked, boiled, drained, without salt | 0.00 |
| 11263 | Mushrooms, white, stir-fried | 0.00 |
| 11264 | Mushrooms, canned, drained solids | 0.00 |
| 11265 | Mushrooms, portabella, raw | 0.00 |
| 11266 | Mushrooms, brown, italian, or crimini, raw | 0.00 |
| 11267 | Mushrooms, shiitake, stir-fried | 0.00 |
| 11268 | Mushrooms, shiitake, dried | 0.00 |
| 11269 | Mushrooms, shiitake, cooked, without salt | 0.00 |
| 11391 | Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil | 0.00 |
| 11797 | Mushrooms, white, cooked, boiled, drained, with salt | 0.00 |
| 11798 | Mushrooms, shiitake, cooked, with salt | 0.00 |
| 11938 | Mushroom, white, exposed to ultraviolet light, raw | 0.00 |
| 11939 | Mushrooms, portabella, exposed to ultraviolet light, grilled | 0.00 |
| 11950 | Mushrooms, enoki, raw | 0.00 |
| 11987 | Mushrooms, oyster, raw | 0.00 |

| NDB_No | Description | Vitamin D3 (cholecalciferol)(µg) Value Per |
|---|---|---|
| 11993 | Mushrooms, maitake, raw | 0.00 |
| 11998 | Mushrooms, portabella, exposed to ultraviolet light, raw | 0.00 |
| 13320 | Beef, variety meats and by-products, brain, cooked, simmered | 0.00 |
| 13341 | Beef, variety meats and by-products, tripe, raw | 0.00 |
| 13350 | Beef, cured, dried | 0.00 |
| 13415 | Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted | 0.00 |
| 13416 | Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted | 0.00 |
| 13417 | Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted | 0.00 |
| 13418 | Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted | 0.00 |
| 13419 | Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted | 0.00 |
| 13420 | Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted | 0.00 |
| 13468 | Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw | 0.00 |
| 13482 | Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw | 0.00 |
| 13491 | Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled | 0.00 |
| 13492 | Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled | 0.00 |
| 13493 | Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled | 0.00 |
| 13494 | Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned | 0.00 |
| 13495 | Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked | 0.00 |
| 13496 | Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled | 0.00 |
| 13497 | Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled | 0.00 |
| 13647 | Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw | 0.00 |
| 13648 | Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw | 0.00 |
| 13649 | Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw | 0.00 |
| 13799 | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw | 0.00 |
| 13959 | Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 0.00 |
| 13968 | Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled | 0.00 |
| 13969 | Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 0.00 |
| 14173 | Beverages, coffee, ready to drink, vanilla, light, milk based, sweetened | 0.00 |
| 16538 | MORNINGSTAR FARMS Breakfast Pattie with Organic Soy, frozen, unprepared | 0.00 |
| 16588 | MORNINGSTAR FARMS Chik'n Grill Veggie Patties, frozen, unprepared | 0.00 |
| 16606 | MORNINGSTAR FARMS Mediterranean Chickpea, frozen, unprepared | 0.00 |
| 17068 | Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw | 0.00 |
| 17070 | Lamb, New Zealand, imported, fore-shank, separable lean only, raw | 0.00 |
| 17071 | Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised | 0.00 |
| 17072 | Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw | 0.00 |

| NDB_No | Description | Vitamin D3 (cholecalciferol)(µg) Value Per |
|---|---|---|
| 17074 | Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw | 0.00 |
| 17078 | Lamb, New Zealand, imported, loin chop, separable lean only, raw | 0.00 |
| 17080 | Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw | 0.00 |
| 17081 | Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted | 0.00 |
| 17082 | Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw | 0.00 |
| 17083 | Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted | 0.00 |
| 17089 | Veal, composite of trimmed retail cuts, separable lean and fat, cooked | 0.00 |
| 17091 | Veal, composite of trimmed retail cuts, separable lean only, cooked | 0.00 |
| 17094 | Veal, leg (top round), separable lean and fat, raw | 0.00 |
| 17095 | Veal, leg (top round), separable lean and fat, cooked, braised | 0.00 |
| 17096 | Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded | 0.00 |
| 17097 | Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded | 0.00 |
| 17098 | Veal, leg (top round), separable lean and fat, cooked, roasted | 0.00 |
| 17101 | Veal, leg (top round), separable lean only, cooked, pan-fried, breaded | 0.00 |
| 17102 | Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded | 0.00 |
| 17105 | Veal, loin, separable lean and fat, cooked, braised | 0.00 |
| 17106 | Veal, loin, separable lean and fat, cooked, roasted | 0.00 |
| 17108 | Veal, loin, separable lean only, cooked, braised | 0.00 |
| 17109 | Veal, loin, separable lean only, cooked, roasted | 0.00 |
| 17111 | Veal, rib, separable lean and fat, cooked, braised | 0.00 |
| 17114 | Veal, rib, separable lean only, cooked, braised | 0.00 |
| 17116 | Veal, shoulder, whole (arm and blade), separable lean and fat, raw | 0.00 |
| 17117 | Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised | 0.00 |
| 17122 | Veal, shoulder, arm, separable lean and fat, raw | 0.00 |
| 17129 | Veal, shoulder, blade, separable lean and fat, cooked, braised | 0.00 |
| 17132 | Veal, shoulder, blade, separable lean only, cooked, braised | 0.00 |
| 17134 | Veal, sirloin, separable lean and fat, raw | 0.00 |
| 17136 | Veal, sirloin, separable lean and fat, cooked, roasted | 0.00 |
| 17143 | Veal, ground, cooked, broiled | 0.00 |
| 17147 | Game meat, bear, cooked, simmered | 0.00 |
| 17148 | Bison, ground, grass-fed, cooked | 0.00 |
| 17149 | Bison, ground, grass-fed, raw | 0.00 |
| 17151 | Game meat, beaver, cooked, roasted | 0.00 |
| 17157 | Game meat, bison, separable lean only, cooked, roasted | 0.00 |
| 17159 | Game meat, boar, wild, cooked, roasted | 0.00 |

| NDB_No | Description | Vitamin D3 (cholecalciferol)(µg) Value Per |
|---|---|---|
| 17163 | Game meat, caribou, cooked, roasted | 0.00 |
| 17169 | Game meat, goat, cooked, roasted | 0.00 |
| 17173 | Game meat, moose, cooked, roasted | 0.00 |
| 17176 | Game meat, opossum, cooked, roasted | 0.00 |
| 17179 | Game meat, rabbit, domesticated, composite of cuts, cooked, stewed | 0.00 |
| 17181 | Game meat, rabbit, wild, cooked, stewed | 0.00 |
| 17182 | Game meat, raccoon, cooked, roasted | 0.00 |
| 17184 | Game meat, squirrel, cooked, roasted | 0.00 |
| 17219 | Veal, variety meats and by-products, thymus, cooked, braised | 0.00 |
| 17314 | Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw | 0.00 |
| 17315 | Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled | 0.00 |
| 17316 | Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw | 0.00 |
| 17317 | Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled | 0.00 |
| 17343 | Game meat, deer, ground, raw | 0.00 |
| 17344 | Game meat, deer, ground, cooked, pan-broiled | 0.00 |
| 17345 | Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled | 0.00 |
| 17346 | Game meat, deer, shoulder clod, separable lean only, cooked, braised | 0.00 |
| 17357 | Lamb, New Zealand, imported, brains, cooked, soaked and fried | 0.00 |
| 17358 | Lamb, New Zealand, imported, brains, raw | 0.00 |
| 17359 | Lamb, New Zealand, imported, breast, separable lean only, cooked, braised | 0.00 |
| 17360 | Lamb, New Zealand, imported, breast, separable lean only, raw | 0.00 |
| 17361 | Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted | 0.00 |
| 17363 | Lamb, New Zealand, imported, chump, boneless, separable lean only, raw | 0.00 |
| 17365 | Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised | 0.00 |
| 17366 | Lamb, New Zealand, imported, flap, boneless, separable lean only, raw | 0.00 |
| 17368 | Lamb, New Zealand, imported, liver, cooked, soaked and fried | 0.00 |
| 17369 | Lamb, New Zealand, imported, liver, raw | 0.00 |
| 17370 | Lamb, New Zealand, imported, ground lamb, cooked, braised | 0.00 |
| 17371 | Lamb, New Zealand, imported, ground lamb, raw | 0.00 |
| 17373 | Lamb, New Zealand, imported, heart, raw | 0.00 |
| 17376 | Lamb, New Zealand, imported, testes, cooked, soaked and fried | 0.00 |
| 17377 | Lamb, New Zealand, imported, testes, raw | 0.00 |
| 17380 | Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted | 0.00 |
| 17381 | Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw | 0.00 |
| 17384 | Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried | 0.00 |

| NDB_No | Description | Vitamin D3 (cholecalciferol)(µg) Value Per |
|---|---|---|
| 17385 | Lamb, New Zealand, imported, tenderloin, separable lean only, raw | 0.00 |
| 17386 | Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted | 0.00 |
| 17387 | Lamb, New Zealand, imported, loin saddle, separable lean only, raw | 0.00 |
| 17388 | Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted | 0.00 |
| 17389 | Lamb, New Zealand, imported, loin, boneless, separable lean only, raw | 0.00 |
| 17390 | Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised | 0.00 |
| 17391 | Lamb, New Zealand, imported, hind-shank, separable lean only, raw | 0.00 |
| 17392 | Lamb, New Zealand, imported, neck chops, separable lean only, raw | 0.00 |
| 17393 | Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised | 0.00 |
| 17395 | Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw | 0.00 |
| 17400 | Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried | 0.00 |
| 17405 | Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried | 0.00 |
| 17409 | Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted | 0.00 |
| 17410 | Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw | 0.00 |
| 17412 | Lamb, New Zealand, imported, neck chops, separable lean and fat, raw | 0.00 |
| 17418 | Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried | 0.00 |
| 17421 | Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted | 0.00 |
| 17422 | Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw | 0.00 |
| 17423 | Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw | 0.00 |
| 17439 | Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted | 0.00 |
| 17440 | Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised | 0.00 |
| 17441 | Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw | 0.00 |
| 17443 | Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw | 0.00 |
| 17444 | Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw | 0.00 |
| 17445 | Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted | 0.00 |
| 17446 | Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw | 0.00 |
| 17447 | Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted | 0.00 |
| 17448 | Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted | 0.00 |
| 17449 | Lamb, Australian, imported, fresh, external fat, cooked | 0.00 |
| 17453 | Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted | 0.00 |
| 17454 | Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw | 0.00 |
| 17455 | Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised | 0.00 |
| 17456 | Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw | 0.00 |
| 17457 | Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted | 0.00 |
| 17458 | Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw | 0.00 |

| NDB_No | Description | Vitamin D3 (cholecalciferol)(µg) Value Per |
|---|---|---|
| 17459 | Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted | 0.00 |
| 17460 | Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw | 0.00 |
| 17461 | Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled | 0.00 |
| 17462 | Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted | 0.00 |
| 17463 | Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted | 0.00 |
| 17464 | Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled | 0.00 |
| 23000 | Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw | 0.00 |
| 23111 | Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw | 0.00 |
| 23112 | Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw | 0.00 |
| 23324 | Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw | 0.00 |
| 23325 | Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw | 0.00 |
| 23326 | Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw | 0.00 |
| 23327 | Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw | 0.00 |
| 23328 | Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw | 0.00 |
| 23329 | Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw | 0.00 |
| 23330 | Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw | 0.00 |
| 23331 | Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw | 0.00 |
| 23332 | Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw | 0.00 |
| 23333 | Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw | 0.00 |
| 23334 | Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw | 0.00 |
| 23335 | Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw | 0.00 |
| 23344 | Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw | 0.00 |
| 23348 | Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted | 0.00 |
| 23349 | Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted | 0.00 |
| 23350 | Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted | 0.00 |
| 23351 | Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 0.00 |
| 23352 | Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled | 0.00 |
| 23353 | Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 0.00 |
| 23354 | Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw | 0.00 |
| 23355 | Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw | 0.00 |
| 23356 | Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw | 0.00 |
| 23357 | Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw | 0.00 |
| 23358 | Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw | 0.00 |
| 23359 | Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw | 0.00 |
| 23360 | Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw | 0.00 |

| NDB_No | Description | Vitamin D3 (cholecalciferol)(µg) Value Per |
|---|---|---|
| 23361 | Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw | 0.00 |
| 23362 | Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw | 0.00 |
| 23363 | Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw | 0.00 |
| 23364 | Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw | 0.00 |
| 23365 | Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw | 0.00 |
| 23378 | Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted | 0.00 |
| 23379 | Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted | 0.00 |
| 23380 | Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted | 0.00 |
| 23381 | Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled | 0.00 |
| 23382 | Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled | 0.00 |
| 23383 | Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled | 0.00 |
| 23412 | Beef, New Zealand, imported, flat, separable lean only, cooked, braised | 0.00 |
| 23413 | Beef, New Zealand, imported, flat, separable lean only, raw | 0.00 |
| 23417 | Beef, New Zealand, imported, hind shin, separable lean only, raw | 0.00 |
| 23425 | Beef, New Zealand, imported, variety meats and by-products, liver, raw | 0.00 |
| 23460 | Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised | 0.00 |
| 23461 | Beef, New Zealand, imported, flat, separable lean and fat, raw | 0.00 |
| 23463 | Beef, New Zealand, imported, hind shin, separable lean and fat, raw | 0.00 |
| 23473 | Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled | 0.00 |
| 23474 | Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled | 0.00 |
| 23475 | Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked | 0.00 |
| 23476 | Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned | 0.00 |
| 23478 | Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled | 0.00 |
| 23479 | Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled | 0.00 |
| 23480 | Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked | 0.00 |
| 23481 | Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned | 0.00 |
| 23483 | Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw | 0.00 |
| 23499 | Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw | 0.00 |
| 23558 | Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled | 0.00 |
| 23559 | Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled | 0.00 |
| 23560 | Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned | 0.00 |
| 23561 | Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked | 0.00 |
| 23563 | Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled | 0.00 |
| 23564 | Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled | 0.00 |
| 23565 | Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned | 0.00 |

| NDB_No | Description | Vitamin D3 (cholecalciferol)(µg) Value Per |
|---|---|---|
| 23566 | Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked | 0.00 |
| 23568 | Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled | 0.00 |
| 23569 | Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled | 0.00 |
| 23570 | Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned | 0.00 |
| 23571 | Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked | 0.00 |
| 23574 | Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled | 0.00 |
| 23575 | Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned | 0.00 |
| 23576 | Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked | 0.00 |
| 23578 | Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled | 0.00 |
| 23579 | Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled | 0.00 |
| 23580 | Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned | 0.00 |
| 23581 | Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked | 0.00 |
| 23584 | Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw | 0.00 |
| 23616 | Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw | 0.00 |
| 23631 | Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw | 0.00 |
| 42128 | Turkey ham, sliced, extra lean, prepackaged or deli-sliced | 0.00 |
| 42189 | Milk, buttermilk, fluid, cultured, reduced fat | 0.00 |
| 42304 | Cheese, mozzarella, nonfat | 0.00 |
| 43205 | Beverage, instant breakfast powder, chocolate, not reconstituted | 0.00 |
| 43260 | Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted | 0.00 |
| 43390 | Turkey, light or dark meat, smoked, cooked, with skin, bone removed | 0.00 |