

USDA National Nutrient Database for Standard Reference Release 28

Nutrients: Sodium, Na (mg)

Food Subset: Abridged List

Ordered by: Food Name

Measured by: Household

Report Run at: October 29, 2015 09:50 EDT

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure
14007	Alcoholic beverage, beer, light, BUD LIGHT	29.5	1.0 fl oz	1
14009	Alcoholic beverage, daiquiri, canned	30.5	1.0 fl oz	12
14534	Alcoholic beverage, liqueur, coffee, 63 proof	34.8	1.0 fl oz	3
14015	Alcoholic beverage, pina colada, canned	32.6	1.0 fl oz	23
14019	Alcoholic beverage, tequila sunrise, canned	31.1	1.0 fl oz	18
14027	Alcoholic beverage, whiskey sour, canned	30.8	1.0 fl oz	14
14106	Alcoholic beverage, wine, table, white	29.4	1.0 fl oz	1
14160	Alcoholic beverage, wine, table, white, Chardonnay	29.3	1.0 fl oz	1
11004	Amaranth leaves, cooked, boiled, drained, without salt	132.0	1.0 cup	28
09014	Apples, frozen, unsweetened, unheated	173.0	1.0 cup slices	5
09004	Apples, raw, without skin	110.0	1.0 cup slices	0
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	5
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	10
09357	Apricots, canned, heavy syrup, drained	219.0	1.0 cup, halves	9
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	119.0	1.0 cup	15
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	10
18527	ARCHWAY Home Style Cookies, Date Filled Oatmeal	25.0	1.0 serving	83
18532	ARCHWAY Home Style Cookies, Iced Molasses	28.0	1.0 serving	169
18533	ARCHWAY Home Style Cookies, Iced Oatmeal	28.0	1.0 serving	106
18535	ARCHWAY Home Style Cookies, Molasses	26.0	1.0 serving	150
18544	ARCHWAY Home Style Cookies, Raspberry Filled	25.0	1.0 serving	84
11006	Arrowhead, cooked, boiled, drained, without salt	12.0	1.0 medium	2
18566	Artificial Blueberry Muffin Mix, dry	31.0	1.0 muffin	236
11959	Arugula, raw	2.0	1.0 leaf	1
11015	Asparagus, canned, drained solids	242.0	1.0 cup	695
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	346
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	13
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	5
18986	AUSTIN, Grilled Cheese on Wafer Crackers, sandwich-type	39.0	1.0 package	355

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure
18989	AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type, reduced fat	36.0	1.0 package	233
07921	Bacon and beef sticks	28.0	1.0 oz	398
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	153
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	99.0	1.0 bagel	418
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	24.0	1.0 mini bagel (2-1/2" dia)	110
19146	Baking chocolate, MARS SNACKFOOD US, M&M's Milk Chocolate Mini Baking Bits	14.0	1.0 serving 0.5 oz, about 1 tbsp	10
19139	Baking chocolate, MARS SNACKFOOD US, M&M's Semisweet Chocolate Mini Baking Bits	14.0	1.0 serving 0.5 oz, about 1 tbsp	0
11024	Balsam-pear (bitter melon), pods, raw	93.0	1.0 cup (1/2" pieces)	5
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	6
07001	Barbecue loaf, pork, beef	28.35	1.0 oz	378
20130	Barley flour or meal	148.0	1.0 cup	6
16001	Beans, adzuki, mature seeds, raw	197.0	1.0 cup	10
16009	Beans, baked, canned, with pork	253.0	1.0 cup	1047
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	922
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	6
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	10
11029	Beans, kidney, mature seeds, sprouted, raw	184.0	1.0 cup	11
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	17
11048	Beans, pinto, immature seeds, frozen, unprepared	94.0	0.333 package (10 oz)	86
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	1
18993	BEAR NAKED, Double Chocolate Cookies	30.0	1.0 cookie	60
18994	BEAR NAKED, Fruit & Nut Cookies	30.0	1.0 cookie	40
23302	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	71
23297	Beef, Australian, imported, grass-fed, seam fat, raw	28.35	1.0 oz	10
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	67
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	48
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	69
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	64
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	58
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	46
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	58
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	1.0 serving	47
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	44
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	49
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	54

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	48
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	75
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	64
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	66
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	38
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	34
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	52
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	85.0	3.0 oz	54
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	44
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	59
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	46
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	149.0	1.0 steak (yield from 1 raw steak weighing 149g)	74
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	76
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	46
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	54
07002	Beerwurst, beer salami, pork and beef	56.0	2.0 oz	493
07931	Beerwurst, pork and beef	56.0	1.0 serving 2 oz	410
11086	Beet greens, raw	38.0	1.0 cup	86
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	352
11080	Beets, raw	136.0	1.0 cup	106
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	170
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	240.0	8.0 fl oz	151
14121	Beverages, carbonated, club soda	29.6	1.0 fl oz	6
14416	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	29.6	1.0 fl oz	2
14151	Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine	29.6	1.0 fl oz	2
14149	Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	29.6	1.0 fl oz	1
14063	Beverages, chocolate powder, no sugar added	11.0	2.0 tbsp	70
14237	Beverages, coffee substitute, cereal grain beverage, prepared with water	30.1	1.0 fl oz	2
14218	Beverages, coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	0
14240	Beverages, cranberry-apricot juice drink, bottled	30.6	1.0 fl oz	1
14241	Beverages, cranberry-grape juice drink, bottled	30.6	1.0 fl oz	1
14628	Beverages, Energy drink, AMP, sugar free	240.0	8.0 fl oz	74
14630	Beverages, Energy drink, ROCKSTAR, sugar free	240.0	8.0 fl oz	125
14632	Beverages, Meal supplement drink, canned, peanut flavor	158.0	1.0 cup	85
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	9
14462	Beverages, Propel Zero, fruit-flavored, non-carbonated	29.6	1.0 fl oz	10

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure
14067	Beverages, Protein powder soy based	45.0	1.0 scoop	330
14366	Beverages, tea, instant, unsweetened, powder	0.7	1.0 serving 1 tsp	1
14065	Beverages, The COCA-COLA company, Hi-C Flashin' Fruit Punch	200.0	6.75 fl oz	16
14030	Beverages, THE COCA-COLA COMPANY, NOS energy drink, Original, grape, loaded cherry, charged citrus, fortified with vitamins B6 and B12	480.0	16.0 fl oz	408
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	295.0	1.0 bottle	201
14610	Beverages, V8 SPLASH Juice Drinks, Diet Tropical Blend	238.0	1.0 serving 8 oz	36
14614	Beverages, V8 SPLASH Juice Drinks, Mango Peach	243.0	1.0 serving 8 oz	39
14086	Beverages, V8 SPLASH Smoothies, Peach Mango	245.0	1.0 serving 8 oz	71
14087	Beverages, V8 SPLASH Smoothies, Strawberry Banana	245.0	1.0 serving 8 oz	71
14620	Beverages, V8 V-FUSION Juices, Peach Mango	246.0	1.0 serving 8 oz	69
14437	Beverages, water, bottled, non-carbonated, CALISTOGA	29.6	1.0 fl oz	0
14559	Beverages, water, bottled, non-carbonated, EVIAN	29.6	1.0 fl oz	0
14058	Beverages, Whey protein powder isolate	86.0	3.0 scoop	320
14028	Beverages, Whiskey sour mix, bottled	32.3	1.0 fl oz	33
18017	Biscuits, mixed grain, refrigerated dough	28.35	1.0 oz	190
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	1531
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	267
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	567
09048	Blackberries, frozen, unsweetened	151.0	1.0 cup, unthawed	2
09043	Blackberry juice, canned	250.0	1.0 cup	2
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	2
09353	Blueberries, wild, canned, heavy syrup, drained	319.0	1.0 cup	3
07952	Bologna, chicken, turkey, pork	28.0	1.0 serving	258
07971	Bologna, meat and poultry	33.0	1.0 slice	455
07936	Bologna, pork and turkey, lite	56.0	1.0 serving 2 oz	401
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	299
09056	Boysenberries, canned, heavy syrup	256.0	1.0 cup	8
09057	Boysenberries, frozen, unsweetened	132.0	1.0 cup, unthawed	1
07924	Bratwurst, pork, beef and turkey, lite, smoked	66.0	1.0 serving 2.33 oz	648
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	277
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	398
18084	Bread stuffing, cornbread, dry mix	28.35	1.0 oz	405
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	149
18972	Bread, cheese	48.0	1.0 slice	360
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	305

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	187
18025	Bread, cracked-wheat	28.35	1.0 oz	153
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	204
18032	Bread, irish soda, prepared from recipe	28.35	1.0 oz	113
18037	Bread, oat bran	28.35	1.0 oz	100
18040	Bread, oatmeal, toasted	28.35	1.0 oz	138
18955	Bread, pan dulce, sweet yeast bread	63.0	1.0 slice (average weight of 1 slice)	144
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	322
18954	Bread, pound cake type, pan de torta salvadoran	55.0	1.0 serving	214
18043	Bread, protein (includes gluten)	28.35	1.0 oz	115
18051	Bread, reduced-calorie, oatmeal	28.35	1.0 oz	110
18055	Bread, reduced-calorie, wheat	28.35	1.0 oz	94
18057	Bread, reduced-calorie, white	28.35	1.0 oz	136
18060	Bread, rye	28.35	1.0 oz	171
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	280
18064	Bread, wheat	28.35	1.0 oz	144
18066	Bread, wheat bran	28.35	1.0 oz	138
18385	Bread, wheat germ, toasted	28.35	1.0 oz	176
18967	Bread, white wheat	28.0	1.0 slice	134
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	152
18075	Bread, whole-wheat, commercially prepared	32.0	1.0 slice	146
09059	Breadfruit, raw	220.0	1.0 cup	4
11096	Broccoli raab, raw	40.0	1.0 cup chopped	13
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	20
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	37
11098	Brussels sprouts, raw	88.0	1.0 cup	22
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	5
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	32
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	459
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	58
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	7
18086	Cake, angelfood, commercially prepared	28.0	1.0 piece (1/12 of 12 oz cake)	210
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	256
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	46
18101	Cake, chocolate, prepared from recipe without frosting	95.0	1.0 piece (1/12 of 9" dia)	299
18112	Cake, pudding-type, german chocolate, dry mix	43.0	1.0 serving	362

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure
18126	Cake, shortcake, biscuit-type, prepared from recipe	28.35	1.0 oz	143
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	133
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	177
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	28.35	1.0 oz	74
18146	Cake, yellow, prepared from recipe without frosting	68.0	1.0 piece (1/12 of 8" dia)	233
06393	CAMPBELL'S CHUNKY Soups, Chicken Corn Chowder	245.0	1.0 cup	860
06395	CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	243.0	1.0 cup	790
06041	CAMPBELL'S Red and White, Chicken and Dumplings Soup, condensed	126.0	1.0 serving 1/2 cup	760
06333	CAMPBELL'S Red and White, Cream of Broccoli Soup, condensed	124.0	1.0 serving 1/2 cup	750
06340	CAMPBELL'S Red and White, Cream of Onion Soup, condensed	124.0	1.0 serving 1/2 cup	800
06353	CAMPBELL'S Red and White, Fiesta Nacho Cheese Soup, condensed	124.0	1.0 serving 1/2 cup	790
06365	CAMPBELL'S Red and White, Mega Noodle in Chicken Broth, condensed	126.0	1.0 serving 1/2 cup	480
06337	CAMPBELL'S, Cream of Chicken with Herbs Soup, condensed	124.0	0.5 cup condensed	800
19098	Candies, 5TH AVENUE Candy Bar	56.0	1.0 bar 2 oz	126
19076	Candies, caramels, chocolate-flavor roll	6.6	1.0 piece	3
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	28.35	1.0 oz	7
19086	Candies, confectioner's coating, peanut butter	168.0	1.0 cup chips	420
19268	Candies, dark chocolate coated coffee beans	40.0	1.0 serving 28 pieces	10
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	28.35	1.0 oz	11
19248	Candies, HERSHEY'S, ALMOND JOY BITES	40.0	18.0 pieces	16
19250	Candies, HERSHEY, KIT KAT BIG KAT Bar	55.0	1.0 bar 1.94 oz	35
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	60.0	1.0 serving 2.13 oz bar	116
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	48.0	1.0 package (1.69 oz)	29
19306	Candies, MARS SNACKFOOD US, POP'ABLES SNICKERS Brand Bite Size Candies	39.0	1.0 serving 13 pieces	87
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	40.0	1.0 serving fun size (8 chews)	1
19142	Candies, MOUNDS Candy Bar	19.0	1.0 bar snack size	28
19144	Candies, NESTLE, 100 GRAND Bar	43.0	1.0 bar (1.5 oz)	87
19069	Candies, NESTLE, BUTTERFINGER Bar	60.0	1.0 serving 2.1 oz bar	138
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	8
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44.0	1.0 bar 1.55 oz	66
19138	Candies, truffles, prepared-from-recipe	12.0	1.0 piece	8
19067	Candies, TWIZZLERS CHERRY BITES	40.0	18.0 pieces	104
19181	Candies, YORK BITES	39.0	15.0 pieces	18
19091	Candies, YORK Peppermint Pattie	43.0	1.0 patty 1.5 oz	12
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	3

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure
11122	Cardoon, raw	178.0	1.0 cup, shredded	303
09061	Carissa, (natal-plum), raw	150.0	1.0 cup slices	4
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	42
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	353
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	44
11124	Carrots, raw	128.0	1.0 cup chopped	88
11965	Cauliflower, green, raw	64.0	1.0 cup	15
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	136
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	27.0	0.75 cup (1 NLEA serving)	190
08635	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar	30.0	1.0 cup (1 NLEA serving)	158
08669	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Chocolate Squares	30.0	0.75 cup (1 NLEA serving)	120
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	33.0	1.25 cup (1 NLEA serving)	192
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	27.0	0.75 cup (1 NLEA serving)	175
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	27.0	1.0 cup (1 NLEA serving)	218
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	32
08649	Cereals ready-to-eat, KASHI GOLEAN CRISP Cinnamon Crumble	51.0	0.75 cup (1 NLEA serving)	125
08610	Cereals ready-to-eat, KASHI Honey Sunshine	30.0	0.75 cup (1 NLEA serving)	134
08660	Cereals ready-to-eat, KELLOGG'S APPLE JACKS with marshmallows	28.0	1.0 cup (1 NLEA serving)	107
08617	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS Bite Size Blueberry Muffin	55.0	25.0 biscuits (1 NLEA serving)	3
08677	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS Touch of Fruit in the Middle, Raspberry	55.0	24.0 biscuits (1 NLEA serving)	9
08658	Cereals ready-to-eat, KELLOGG'S KRAVE double chocolate cereal	30.0	0.75 cup (1 NLEA serving)	96
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	30.0	0.75 cup (1 NLEA serving)	137
08665	Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	30.0	0.75 cup (1 NLEA serving)	139
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	29.0	0.75 cup (1 NLEA serving)	172
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	56.0	1.0 cup (1 NLEA serving)	150
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	32.0	1.5 cup (1 NLEA serving)	177
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	47.0	2.0 biscuits (1 NLEA serving)	1
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	49.0	1.0 cup (1 NLEA serving)	1
08632	Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	56.0	1.0 cup (1 NLEA serving)	194
08628	Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	32.0	0.75 cup (1 NLEA serving)	153
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	27.0	0.75 cup (1 NLEA serving)	205
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32.0	0.75 cup (1 NLEA serving)	160
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	15.0	1.0 cup (1 NLEA serving)	1
08156	Cereals ready-to-eat, rice, puffed, fortified	14.0	1.0 cup	0
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	573
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	5

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	5
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	422
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	3
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	66
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	246
08177	Cereals, MALT-O-MEAL, chocolate, dry	35.0	3.0 tbsp (1 NLEA serving)	4
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	240.0	1.0 cup	266
08640	Cereals, QUAKER, Instant Oatmeal Organic, Regular	41.0	1.0 packet	2
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	40.0	0.5 cup (1 NLEA serving)	3
08673	Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	1
08143	Cereals, WHEATENA, cooked with water	243.0	1.0 cup	5
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	1451
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	2275
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	774
01061	Cheese, American, nonfat or fat free	19.0	1.0 serving	250
01004	Cheese, blue	28.35	1.0 oz	325
01007	Cheese, camembert	28.35	1.0 oz	239
01009	Cheese, cheddar	132.0	1.0 cup, diced	862
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	411
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	389
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	459
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	348
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	539
01017	Cheese, cream	14.5	1.0 tbsp	46
01019	Cheese, feta	150.0	1.0 cup, crumbled	1376
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	814
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	879
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	702
01030	Cheese, muenster	132.0	1.0 cup, diced	829
01031	Cheese, neufchatel	28.35	1.0 oz	95
01032	Cheese, parmesan, grated	100.0	1.0 cup	1804
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	474
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	1918
01035	Cheese, provolone	132.0	1.0 cup, diced	1156
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	123
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	104

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure
01040	Cheese, swiss	132.0	1.0 cup, diced	247
18147	Cheesecake commercially prepared	28.35	1.0 oz	124
09065	Cherries, sour, red, canned, light syrup pack, solids and liquids	252.0	1.0 cup	18
09068	Cherries, sour, red, frozen, unsweetened	155.0	1.0 cup, unthawed	2
09071	Cherries, sweet, canned, water pack, solids and liquids	248.0	1.0 cup, pitted	2
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	0
07933	Chicken breast, oven-roasted, fat-free, sliced	42.0	1.0 serving 2 slices	457
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	479
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	38
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	25
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	77
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	140.0	1.0 cup	136
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	106
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	24
05020	Chicken, broilers or fryers, giblets, raw	23.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	18
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	83
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	56.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	54
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	60
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	85.0	3.0 oz	241
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	71
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	4
05105	Chicken, broilers or fryers, wing, meat only, raw	17.0	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	14
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	133
05024	Chicken, gizzard, all classes, cooked, simmered	145.0	1.0 cup chopped or dice	81
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	14
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	57
11154	Chicory roots, raw	60.0	1.0 root	30
11151	Chicory, witloof, raw	53.0	1.0 head	1
19903	Chocolate, dark, 60-69% cacao solids	28.35	1.0 oz	3
19125	Chocolate-flavored hazelnut spread	37.0	1.0 serving 2 TBSP	15
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	169
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	119
18105	Coffeecake, creme-filled with chocolate frosting	28.35	1.0 oz	92
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	46
18610	CONTINENTAL MILLS, KRUSTEAZ Almond Poppyseed Muffin Mix, Artificially Flavored, dry	40.0	1.0 serving	236

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure
18196	Cookies, brownies, dry mix, sugar free	28.35	1.0 oz	24
18154	Cookies, brownies, prepared from recipe	28.35	1.0 oz	97
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	40
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	142
18163	Cookies, chocolate chip, refrigerated dough	33.0	1.0 serving	106
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	140
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	97
18168	Cookies, chocolate sandwich, with extra creme filling	28.35	1.0 oz	100
18157	Cookies, chocolate wafers	28.35	1.0 oz	164
18170	Cookies, fig bars	28.35	1.0 oz	99
18177	Cookies, molasses	28.35	1.0 oz	130
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	109
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	77
18184	Cookies, oatmeal, prepared from recipe, with raisins	28.35	1.0 oz	153
18182	Cookies, oatmeal, refrigerated dough	28.35	1.0 oz	83
18183	Cookies, oatmeal, refrigerated dough, baked	28.35	1.0 oz	93
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	104
18201	Cookies, peanut butter sandwich, special dietary	28.35	1.0 oz	117
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	131
18186	Cookies, peanut butter, commercially prepared, soft-type	28.35	1.0 oz	95
18193	Cookies, shortbread, commercially prepared, pecan	28.35	1.0 oz	80
18192	Cookies, shortbread, commercially prepared, plain	28.35	1.0 oz	100
18202	Cookies, sugar wafer, with creme filling, sugar free	28.35	1.0 oz	20
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	37
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	109
18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	99
20317	Corn flour, yellow, masa, enriched	114.0	1.0 cup	6
20314	Corn grain, white	166.0	1.0 cup	58
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	499
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	150.0	1.0 cup drained, rinsed	244
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	571
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	2
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	4
20324	Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	2242
20325	Cornmeal, white, self-rising, degermed, enriched	138.0	1.0 cup	1860
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	43

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	7
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	8
11191	Cowpeas (blackeyes), immature seeds, raw	145.0	1.0 cup	6
11201	Cowpeas, leafy tips, raw	36.0	1.0 cup, chopped	3
18236	Cracker meal	28.35	1.0 oz	5
18214	Crackers, cheese, regular	14.2	0.5 oz	138
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	342
18961	Crackers, cream, GAMESA SABROSAS	31.0	11.0 crackers (1 NLEA serving)	356
18221	Crackers, melba toast, rye (includes pumpernickel)	14.2	0.5 oz	128
18224	Crackers, rusk toast	14.2	0.5 oz	36
18227	Crackers, rye, wafers, seasoned	14.2	0.5 oz	126
18966	Crackers, saltines, whole wheat (includes multi-grain)	14.0	1.0 serving	170
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	116
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	139
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	114
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	238
18233	Crackers, wheat, sandwich, with cheese filling	14.2	0.5 oz	119
18234	Crackers, wheat, sandwich, with peanut butter filling	14.2	0.5 oz	115
09081	Cranberry sauce, canned, sweetened	277.0	1.0 cup	14
18969	Cream puff, eclair, custard or cream filled, iced	113.0	4.0 oz	299
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	15.0	1.0 container, individual	12
01049	Cream, fluid, half and half	30.2	1.0 fl oz	18
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	32
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	22
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	41
01056	Cream, sour, cultured	12.0	1.0 tbsp	4
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	13
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	5
11203	Cress, garden, raw	50.0	1.0 cup	7
18240	Croissants, apple	28.35	1.0 oz	78
18239	Croissants, butter	28.35	1.0 oz	132
18241	Croissants, cheese	28.35	1.0 oz	102
18242	Croutons, plain	14.2	0.5 oz	99
18243	Croutons, seasoned	14.2	0.5 oz	155
15227	Crustaceans, crab, queen, cooked, moist heat	85.0	3.0 oz	587
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	85.0	3.0 oz	193

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure
09083	Currants, european black, raw	112.0	1.0 cup	2
09084	Currants, red and white, raw	112.0	1.0 cup	1
09085	Currants, zante, dried	144.0	1.0 cup	12
18245	Danish pastry, cheese	28.35	1.0 oz	118
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	117
01070	Dessert topping, powdered	43.0	1.5 oz	52
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	53
01072	Dessert topping, pressurized	70.0	1.0 cup	43
19182	Desserts, mousse, chocolate, prepared-from-recipe	808.0	1.0 recipe yield	307
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	183.0	1.0 slice 1/4 of pie	1274
02045	Dill weed, fresh	1.0	5.0 sprigs	1
11620	Drumstick pods, raw	100.0	1.0 cup slices	42
11211	Edamame, frozen, unprepared	118.0	1.0 cup	7
01144	Egg substitute, powder	9.9	0.35 oz	79
01124	Egg, white, raw, fresh	33.0	1.0 large	55
01128	Egg, whole, cooked, fried	46.0	1.0 large	95
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	23
01131	Egg, whole, cooked, poached	50.0	1.0 large	148
01123	Egg, whole, raw, fresh	50.0	1.0 large	71
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	20
01057	Eggnog	254.0	1.0 cup	137
11213	Endive, raw	25.0	0.5 cup, chopped	6
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	84
21006	Fast foods, biscuit with egg and steak	148.0	1.0 biscuit	888
21002	Fast foods, biscuit, with egg	136.0	1.0 biscuit	891
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	1266
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	1089
21013	Fast foods, croissant, with egg, cheese, and ham	155.0	1.0 item	1102
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	987
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	126.0	1.0 sandwich	777
21023	Fast foods, french toast with butter	135.0	2.0 slices	513
21110	Fast foods, hamburger; double, regular, patty; plain	120.0	1.0 item	497
04001	Fat, beef tallow	12.8	1.0 tbsp	0
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	2
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	1
15189	Fish, bluefish, cooked, dry heat	117.0	1.0 fillet	90

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure
15005	Fish, bluefish, raw	150.0	1.0 fillet	90
15190	Fish, burbot, cooked, dry heat	90.0	1.0 fillet	112
15013	Fish, cisco, raw	79.0	1.0 fillet	43
15014	Fish, cisco, smoked	28.35	1.0 oz	136
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	185
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	351
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	461
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	84
15032	Fish, grouper, mixed species, cooked, dry heat	85.0	3.0 oz	45
15031	Fish, grouper, mixed species, raw	85.0	3.0 oz	45
15033	Fish, haddock, raw	85.0	3.0 oz	181
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	1218
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	26
15043	Fish, herring, Pacific, raw	85.0	3.0 oz	63
15199	Fish, lingcod, cooked, dry heat	85.0	3.0 oz	65
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	107
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	50
15194	Fish, mahimahi, cooked, dry heat	85.0	3.0 oz	96
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	174
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	81
15063	Fish, pike, northern, cooked, dry heat	85.0	3.0 oz	42
15267	Fish, pollock, Alaska, cooked (not previously frozen)	85.0	3.0 oz	141
15207	Fish, roe, mixed species, cooked, dry heat	28.35	1.0 oz	33
15211	Fish, salmon, chum, cooked, dry heat	85.0	3.0 oz	54
15082	Fish, salmon, coho, wild, cooked, moist heat	85.0	3.0 oz	45
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	324
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	85.0	3.0 oz	64
15213	Fish, scup, cooked, dry heat	50.0	1.0 fillet	27
15214	Fish, seatrout, mixed species, cooked, dry heat	85.0	3.0 oz	63
15111	Fish, swordfish, cooked, dry heat	85.0	3.0 oz	82
15261	Fish, tilapia, raw	116.0	1.0 fillet	60
15219	Fish, trout, mixed species, cooked, dry heat	62.0	1.0 fillet	42
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	43
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	85.0	3.0 oz	40
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	337
15134	Fish, wolffish, Atlantic, raw	85.0	3.0 oz	72

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure
15225	Fish, yellowtail, mixed species, cooked, dry heat	146.0	0.5 fillet	73
19187	Flan, caramel custard, dry mix	85.0	1.0 package (3 oz)	367
18973	Focaccia, Italian flatbread, plain	57.0	1.0 piece	320
07950	Frankfurter, meat	52.0	1.0 serving (1 hot dog)	567
07939	Frankfurter, pork	76.0	1.0 link	620
19227	Frostings, coconut-nut, ready-to-eat	38.0	0.083 package	61
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	33.0	2.0 tablespoon	44
19873	Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops	55.0	1.0 serving 1.75 fl oz pop	6
19874	Frozen novelties, KLONDIKE, SLIM-A-BEAR Fudge Bar, 98% fat free, no sugar added	74.0	1.0 serving 3.5 fl oz bar	89
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	84.0	1.0 serving	81
09098	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	123.0	0.5 cup	5
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248.0	1.0 cup	15
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	255.0	1.0 cup	15
09102	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	245.0	1.0 cup	7
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	45
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	48
17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty (yield from 112.7 g raw meat)	64
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	44
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	35
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	14
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	31
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	102.0	1.0 steak (yield from 134.9 g raw meat)	46
17339	Game meat, elk, ground, cooked, pan-broiled	95.0	1.0 patty (yield from 104.1 g raw meat)	81
17341	Game meat, elk, round, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	43
18963	Garlic bread, frozen	43.0	1.0 slice presliced	234
11215	Garlic, raw	136.0	1.0 cup	23
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	85.0	1.0 package (3 oz)	417
18603	GEORGE WESTON BAKERIES, Brownberry Sage and Onion Stuffing Mix, dry	67.0	1.0 serving	1126
11216	Ginger root, raw	2.0	1.0 tsp	0
09107	Gooseberries, raw	150.0	1.0 cup	2
11218	Gourd, white-flowered (calabash), raw	58.0	0.5 cup (1" pieces)	1
09124	Grapefruit juice, white, canned, sweetened	250.0	1.0 cup	5
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207.0	1.0 can (6 fl oz)	6
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	0
09118	Grapefruit, raw, white, Florida	230.0	1.0 cup sections, with juice	0

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	17
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	5
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	2
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	15
09129	Grapes, muscadine, raw	6.0	1.0 grape	0
06116	Gravy, beef, canned, ready-to-serve	233.0	1.0 cup	1305
06957	Gravy, brown instant, dry	6.7	1.0 serving	339
06997	Gravy, CAMPBELL'S, beef	59.0	0.25 cup	270
06322	Gravy, CAMPBELL'S, mushroom	59.0	0.25 cup	280
06326	Gravy, CAMPBELL'S, turkey	59.0	0.25 cup	270
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	76
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	50
05152	Guinea hen, meat only, raw	85.0	3.0 oz	59
07938	Ham, honey, smoked, cooked	55.0	1.94 oz (1 serving)	495
06991	HEALTHY REQUEST, Tomato Soup, condensed	124.0	1.0 serving 1/2 cup	410
06992	HEALTHY REQUEST, Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	410
18640	HEINZ, WEIGHT WATCHER, Chocolate Eclair, frozen	59.0	1.0 eclair, frozen	177
07278	HORMEL Pillow Pak Sliced Turkey Pepperoni	30.0	1.0 serving	557
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	87.0	1.0 cup	2
19893	Ice creams, BREYERS, All Natural Light French Chocolate	68.0	1.0 serving 1/2 cup	51
19879	Ice creams, BREYERS, All Natural Light Mint Chocolate Chip	68.0	1.0 serving 1/2 cup	46
19875	Ice creams, BREYERS, All Natural Light Vanilla	68.0	1.0 serving 1/2 cup	48
19260	Ice creams, vanilla, light, no sugar added	68.0	1.0 serving 1/2 cup	65
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	30.4	1.0 fl oz	9
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	9.5	1.0 scoop	15
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	30.4	1.0 fl oz	6
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	153.0	5.0 fl oz	31
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	30.4	1.0 fl oz	5
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	30.4	1.0 fl oz	8
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	5
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLELEASE, Toddler, ready-to-feed	152.0	5.0 fl oz	40
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	30.4	1.0 fl oz	12
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	10
11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	14
11233	Kale, raw	16.0	1.0 cup 1" pieces, loosely packed	6

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure
11237	Kanpyo, (dried gourd strips)	6.3	1.0 strip	1
18982	KASHI, H2H Woven Wheat Cracker, Roasted Garlic	30.0	7.0 cracker	72
18974	KASHI, TLC, Honey Sesame Crackers	30.0	15.0 cracker	141
18975	KASHI, TLC, Original 7-Grain Crackers	30.0	15.0 crackers	159
18608	KEEBLER, KEEBLER Chocolate Graham SELECTS	31.0	1.0 serving	111
18609	KEEBLER, Vanilla Wafers	30.0	8.0 cookies	121
18956	Keikitos (muffins), Latino bakery item	42.0	1.0 piece	216
18507	KELLOGG'S EGGO Lowfat Blueberry Nutri-Grain Waffles	35.0	1.0 waffle, round (4" dia) (include frozen)	207
18992	KELLOGG'S, BEANATURAL, Original 3-Bean Chips	28.0	12.0 chips	222
18995	KELLOGG'S, EGGO, Biscuit Scramblers, Bacon, Egg & Cheese	105.0	1.0 bscuit	640
18997	KELLOGG'S, EGGO, French Toaster Sticks, Cinnamon	90.0	2.0 pieces	495
18999	KELLOGG'S, EGGO, Mini Muffin Tops, Blueberry	46.0	1.0 set	270
18506	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat	70.0	2.0 waffles 1 serving	391
18505	KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat	70.0	2.0 waffles 1 serving	275
07934	Kielbasa, Polish, turkey and beef, smoked	56.0	1.0 serving 2 oz	672
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	5
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	68
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	24
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	79
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	27
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	85
17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	30
17306	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	17
17309	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	56
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	18
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	59
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	23
17303	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	54
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	23
17293	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	61
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	23

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	21
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	67
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	81
17284	Lamb, Australian, imported, fresh, separable fat, raw	28.35	1.0 oz	9
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	80
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	62
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	22
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	26
17318	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	22
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	54
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	65
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	63
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	66
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	64
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	57
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	18
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	40
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	13
17259	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	37
17258	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	12
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	42
17265	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	44
17264	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	12
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	12
09152	Lemon juice, raw	244.0	1.0 cup	2
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	29
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	52
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	85
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	93

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure
09160	Lime juice, raw	242.0	1.0 cup	5
09164	Litchis, raw	190.0	1.0 cup	2
07911	Liverwurst spread	55.0	0.25 cup	385
09167	Loganberries, frozen	147.0	1.0 cup, unthawed	1
16509	LOMA LINDA Linketts, canned, unprepared	35.0	1.0 link	140
16505	LOMA LINDA Swiss Stake with Gravy, canned, unprepared	92.0	1.0 piece	433
09173	Longans, dried	1.7	1.0 fruit	1
07906	Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	56.0	2.0 oz 1 NLEA serving	580
20106	Macaroni, vegetable, enriched, cooked	134.0	1.0 cup spiral shaped	8
20105	Macaroni, vegetable, enriched, dry	84.0	1.0 cup spiral shaped	36
09176	Mangos, raw	165.0	1.0 cup pieces	2
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.1	1.0 tbsp	101
18615	MARTHA WHITE FOODS, Martha White's Buttermilk Biscuit Mix, dry	41.0	1.0 serving	531
18614	MARTHA WHITE FOODS, Martha White's Chewy Fudge Brownie Mix, dry	28.0	1.0 serving	128
21403	McDONALD'S, Premium Crispy Chicken Classic Sandwich	230.0	1.0 item	989
21404	McDONALD'S, Premium Grilled Chicken Club Sandwich	223.0	1.0 item 7.9 oz	1030
18612	MCKEE BAKING, LITTLE DEBBIE NUTTY BARS, Wafers with Peanut Butter, Chocolate Covered	57.0	1.0 serving	127
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	32
01076	Milk substitutes, fluid, with lauric acid oil	244.0	1.0 cup	190
01094	Milk, buttermilk, dried	30.0	0.25 cup	155
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	49
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	37
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	33
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	165
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	150
01093	Milk, dry, nonfat, calcium reduced	28.35	1.0 oz	646
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup	160
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	143
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	246.0	1.0 cup	145
01078	Milk, producer, fluid, 3.7% milkfat	244.0	1.0 cup	120
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	145
01109	Milk, sheep, fluid	245.0	1.0 cup	108
18616	MISSION FOODS, MISSION Flour Tortillas, Soft Taco, 8 inch	51.0	1.0 serving	458
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	429
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	196

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85.0	3.0 oz	354
15245	Mollusks, oyster, eastern, farmed, raw	85.0	3.0 oz	151
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	112
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	141
15171	Mollusks, oyster, Pacific, raw	50.0	1.0 medium	53
16162	MORI-NU, Tofu, silken, firm	84.0	1.0 slice	30
16607	MORNINGSTAR FARMS Buffalo Chik Patties, frozen, unprepared	71.0	1.0 patty	537
11259	Mountain yam, hawaii, cooked, steamed, without salt	145.0	1.0 cup, cubes	17
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	9
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	293
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	12
11239	Mushrooms, Chanterelle, raw	54.0	1.0 cup	5
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	13
18617	NABISCO, NABISCO GRAHAMS Crackers	28.0	1.0 serving	185
18619	NABISCO, NABISCO OREO CRUNCHIES, Cookie Crumb Topping	11.0	1.0 serving	58
18621	NABISCO, NABISCO RITZ Crackers	3.3	1.0 cracker	29
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	8
20112	Noodles, egg, spinach, enriched, cooked	160.0	1.0 cup	19
20410	Noodles, egg, unenriched, cooked, without added salt	160.0	1.0 cup	8
20117	Noodles, japanese, somen, cooked	176.0	1.0 cup	283
20116	Noodles, japanese, somen, dry	57.0	2.0 oz	1049
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	36
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	4
12084	Nuts, butternuts, dried	120.0	1.0 cup	1
12095	Nuts, chestnuts, chinese, boiled and steamed	28.35	1.0 oz	1
12097	Nuts, chestnuts, european, raw, unpeeled	145.0	1.0 cup	4
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	7
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	15.0	1.0 tbsp	1
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	10
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	242
12114	Nuts, coconut meat, dried (desiccated), toasted	28.35	1.0 oz	10
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	0
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	46
20132	Oat flour, partially debranned	104.0	1.0 cup	20
04582	Oil, canola	14.0	1.0 tbsp	0
04501	Oil, cocoa butter	13.6	1.0 tablespoon	0

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure
04583	Oil, mustard	14.0	1.0 tbsp	0
04053	Oil, olive, salad or cooking	13.5	1.0 tablespoon	0
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	13.6	1.0 tbsp	0
04058	Oil, sesame, salad or cooking	13.6	1.0 tablespoon	0
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1.0 tablespoon	0
04584	Oil, sunflower, high oleic (70% and over)	14.0	1.0 tbsp	0
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	3
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	3
09195	Olives, pickled, canned or bottled, green	2.7	1.0 olive	42
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	62
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	1
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	2
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	11
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	17
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	10
11282	Onions, raw	160.0	1.0 cup, chopped	6
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	12
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	5
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	5
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	18
09216	Orange peel, raw	6.0	1.0 tbsp	0
09201	Oranges, raw, California, valencias	180.0	1.0 cup sections, without membranes	0
09205	Oranges, raw, with peel	170.0	1.0 cup	3
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	194
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	28.35	1.0 oz	160
09228	Papaya, canned, heavy syrup, drained	39.0	1.0 piece	4
09226	Papayas, raw	145.0	1.0 cup 1" pieces	12
01185	Parmesan cheese topping, fat free	5.0	1.0 tablespoon	58
09231	Passion-fruit, (granadilla), purple, raw	236.0	1.0 cup	66
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	5
20420	Pasta, dry, unenriched	91.0	1.0 cup spaghetti	5
20093	Pasta, fresh-refrigerated, plain, as purchased	128.0	4.5 oz	33
20095	Pasta, fresh-refrigerated, spinach, as purchased	128.0	4.5 oz	35
20124	Pasta, whole-wheat, dry	91.0	1.0 cup spaghetti	5
07925	Pastrami, beef, 98% fat-free	57.0	1.0 serving 6 slices	576
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	262.0	1.0 cup, halves or slices	21

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	13
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	7
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	242.0	1.0 cup	10
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	9
16394	Peanuts, valencia, oil-roasted, without salt	144.0	1.0 cup	9
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	13
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	8
09252	Pears, raw	140.0	1.0 cup, slices	1
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	189
11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	6
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	4
11304	Peas, green, raw	145.0	1.0 cup	7
11316	Peas, mature seeds, sprouted, raw	120.0	1.0 cup	24
11982	Peppers, pasilla, dried	7.0	1.0 pepper	6
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	1
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	2
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	915
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	202.0	1.0 pie crust (average weight)	794
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	225.0	1.0 pie crust (average weight)	794
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	68
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	81
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	70
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	262
18319	Pie, fried pies, fruit	28.35	1.0 oz	94
18629	PILLSBURY, Buttermilk Biscuits, Artificial Flavor, refrigerated dough	64.0	1.0 biscuit	547
18630	PILLSBURY, Chocolate Chip Cookies, refrigerated dough	38.0	1.0 serving 2 cookies	124
18635	PILLSBURY, Cinnamon Rolls with Icing, refrigerated dough	44.0	1.0 serving 1 roll with icing	343
18631	PILLSBURY, Crusty French Loaf, refrigerated dough	52.0	1.0 serving	299
09278	Plantains, cooked	200.0	1.0 cup, mashed	10
09277	Plantains, raw	148.0	1.0 cup, sliced	6
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	165.0	1.0 cup	30
09442	Pomegranate juice, bottled	249.0	1.0 cup	22
19436	Popcorn, sugar syrup/caramel, fat-free	28.35	1.0 oz	81
21415	POPEYES, biscuit	60.0	1.0 biscuit	447
21416	POPEYES, Coleslaw	120.0	1.0 package	262
21417	POPEYES, Mild Chicken Strips, analyzed 2006	54.0	1.0 strip	498

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	53.0	1.0 strip	528
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	499
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	186
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	494
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	1889
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	1417
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	614
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	209
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	231
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	240
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	207
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	28.35	1.0 oz	13
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	86
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	54
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	55
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	49
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	57
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	81
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	99
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	102
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	48
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	85.0	3.0 oz	203
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	40
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	53
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	85.0	3.0 oz	128
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, raw	85.0	3.0 oz	132
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	57
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	63
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	92
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	77
10102	Pork, fresh, variety meats and by-products, feet, raw	28.35	1.0 oz	37
10115	Pork, fresh, variety meats and by-products, pancreas, raw	28.35	1.0 oz	12
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	71
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	76
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	42

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure
11364	Potatoes, baked, skin, without salt	58.0	1.0 skin	12
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	188
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	4
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	4
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	65.0	10.0 strips	21
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	46
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	344
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	361
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	540
11361	Potatoes, roasted, salt added in processing, frozen, unprepared	85.0	3.0 oz	253
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	42
11372	Potatoes, scalloped, home-prepared with butter	245.0	1.0 cup	821
06229	PREGO Pasta, Mushroom and Garlic Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	471
19706	Puddings, banana, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	693
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	142.0	0.5 cup	139
19183	Puddings, chocolate, ready-to-eat	28.35	1.0 oz	43
19235	Puddings, chocolate, ready-to-eat, fat free	113.0	1.0 serving 4 oz	174
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	85.0	1.0 package (3 oz)	722
19193	Puddings, rice, ready-to-eat	113.0	1.0 serving 4 oz pudding cup	110
19709	Puddings, tapioca, dry mix, with no added salt	92.0	1.0 package (3.5 oz)	7
19234	Puddings, tapioca, ready-to-eat, fat free	112.0	1.0 container refrigerated 4 oz	209
19710	Puddings, vanilla, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	664
11428	Purslane, cooked, boiled, drained, without salt	115.0	1.0 cup	51
11427	Purslane, raw	43.0	1.0 cup	19
11429	Radishes, raw	116.0	1.0 cup slices	45
20090	Rice flour, brown	158.0	1.0 cup	13
20134	Rice noodles, cooked	176.0	1.0 cup	33
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	604
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	9
20451	Rice, white, medium-grain, cooked, unenriched	186.0	1.0 cup	0
09428	Rowal, raw	114.0	0.5 cup	5
04133	Salad dressing, french, home recipe	14.0	1.0 tablespoon	92
04013	Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	16.0	1.0 tbsp	120
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	96
04028	Salad dressing, mayonnaise, imitation, milk cream	15.0	1.0 tablespoon	76
04027	Salad dressing, mayonnaise, imitation, soybean	15.0	1.0 tbsp	75

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	88
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13.8	1.0 tablespoon	78
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	139
04016	Salad dressing, sesame seed dressing, regular	15.0	1.0 tablespoon	150
04023	Salad dressing, thousand island dressing, reduced fat	15.0	1.0 tablespoon	143
07926	Salami, Italian, pork	28.0	1.0 oz	529
07913	Salami, pork, beef, less sodium	100.0	3.527 oz	623
06930	Sauce, cheese, ready-to-serve	63.0	0.25 cup	522
07928	Sausage, chicken, beef, pork, skinless, smoked	84.0	1.0 link	869
07914	Sausage, Italian, sweet, links	84.0	1.0 link 3 oz	479
07917	Sausage, pork and beef, with cheddar cheese, smoked	77.0	12.0 oz serving 2.7 oz	653
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	513
12013	Seeds, lotus seeds, dried	32.0	1.0 cup	2
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	302
12022	Seeds, safflower seed meal, partially defatted	28.35	1.0 oz	1
12033	Seeds, sesame flour, low-fat	28.35	1.0 oz	11
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	4
12039	Seeds, sunflower seed kernels, toasted, without salt	134.0	1.0 cup	4
11447	Sesbania flower, raw	3.0	1.0 flower	0
04546	Shortening bread, soybean (hydrogenated) and cottonseed	12.8	1.0 tablespoon	0
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	269
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz	267
19010	Snacks, crisped rice bar, chocolate chip	28.0	1.0 bar (1 oz)	78
19014	Snacks, fruit leather, rolls	21.0	1.0 large	67
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1.0 oz	197
19021	Snacks, granola bars, soft, uncoated, peanut butter	28.0	1.0 bar (1 oz)	115
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22.0	1.0 serving	77
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	117
19408	Snacks, pork skins, barbecue-flavor	28.35	1.0 oz	756
19042	Snacks, potato chips, barbecue-flavor	28.35	1.0 oz	155
19437	Snacks, potato chips, fat free, salted	28.35	1.0 oz	182
19423	Snacks, potato chips, fat-free, made with olestra	28.35	1.0 oz	157
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	28.35	1.0 oz	170
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	28.35	1.0 oz	122
19415	Snacks, potato sticks	28.35	1.0 oz	179
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	28.35	1.0 oz	58

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure
19052	Snacks, rice cakes, brown rice, buckwheat	9.0	1.0 cake	10
19413	Snacks, rice cakes, brown rice, corn	9.0	1.0 cake	15
19414	Snacks, rice cakes, brown rice, multigrain	9.0	1.0 cake	23
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	28.35	1.0 oz	200
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1.0 oz	284
19058	Snacks, tortilla chips, ranch-flavor	28.35	1.0 oz	147
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	146.0	1.0 cup	39
20648	Sorghum flour, whole-grain	121.0	1.0 cup	4
06731	Soup, bean with bacon, condensed, single brand	128.0	1.0 serving 1/2 cup	860
06749	Soup, beef and vegetables, canned, ready-to-serve	250.0	1.0 cup	815
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	636
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	816
06002	Soup, black bean, canned, condensed	257.0	1.0 cup (8 fl oz)	2493
06080	Soup, chicken broth or bouillon, dry	4.0	1.0 cube	955
06017	Soup, chicken gumbo, canned, condensed	126.0	0.5 cup (4 fl oz)	873
06726	Soup, chicken mushroom chowder, chunky, ready-to-serve, single brand	240.0	1.0 serving	814
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	2696
06023	Soup, chicken with rice, canned, condensed	126.0	0.5 cup	813
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	867
06410	Soup, cream of celery, canned, prepared with equal volume water	248.0	1.0 cup	630
06955	Soup, cream of chicken, canned, condensed, reduced sodium	124.0	0.5 cup	443
06736	Soup, cream of chicken, canned, condensed, single brand	126.0	1.0 serving	993
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	871
06456	Soup, cream of shrimp, canned, prepared with equal volume water	244.0	1.0 cup	954
06045	Soup, onion, canned, condensed	123.0	0.5 cup (4 fl oz)	635
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	870
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	722
06956	Soup, tomato, canned, condensed, reduced sodium	121.0	1.0 serving 1/2 cup	27
06742	Soup, vegetable beef, microwavable, ready-to-serve, single brand	292.0	1.0 serving	1098
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	6
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	25
11450	Soybeans, green, raw	256.0	1.0 cup	38
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	9
02002	Spices, anise seed	2.1	1.0 tsp, whole	0
02004	Spices, bay leaf	0.6	1.0 tsp, crumbled	0
02005	Spices, caraway seed	2.1	1.0 tsp	0

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure
02010	Spices, cinnamon, ground	2.6	1.0 tsp	0
02015	Spices, curry powder	2.0	1.0 tsp	1
02021	Spices, ginger, ground	1.8	1.0 tsp	0
02022	Spices, mace, ground	1.7	1.0 tsp	1
02023	Spices, marjoram, dried	0.6	1.0 tsp	0
02024	Spices, mustard seed, ground	2.0	1.0 tsp	0
02025	Spices, nutmeg, ground	2.2	1.0 tsp	0
02039	Spices, savory, ground	1.4	1.0 tsp	0
02041	Spices, tarragon, dried	0.6	1.0 tsp, leaves	0
02042	Spices, thyme, dried	1.0	1.0 tsp, leaves	1
02043	Spices, turmeric, ground	3.0	1.0 tsp	1
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	746
11457	Spinach, raw	30.0	1.0 cup	24
05160	Squab, (pigeon), meat and skin, raw	85.0	3.0 oz	46
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	12
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	5
11481	Squash, summer, zucchini, italian style, canned	227.0	1.0 cup	849
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	586
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	7
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	8
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240.0	1.0 cup, mashed	5
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	500
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	569
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	12
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	98.0	1.0 cup, chopped	351
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	76
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	280
19918	Sweetener, herbal extract powder from Stevia leaf	1.0	1.0 package	0
19906	Sweeteners, for baking, brown, contains sugar and sucralose	12.9	1.0 tbsp	1
19129	Syrups, table blends, pancake	314.0	1.0 cup	257
19720	Syrups, table blends, pancake, with 2% maple, with added potassium	315.0	1.0 cup	192
09437	Tamarind nectar, canned	251.0	1.0 cup	18
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	4
11526	Taro, tahitian, cooked, without salt	137.0	1.0 cup slices	74
20143	Teff, cooked	252.0	1.0 cup	20
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	51.0	1.0 pastry	181

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure
16426	Tofu, raw, firm, prepared with calcium sulfate	126.0	0.5 cup	18
11540	Tomato juice, canned, with salt added	243.0	1.0 cup	615
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	24
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	505
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	70
11553	Tomato products, canned, sauce, with onions	245.0	1.0 cup	1350
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	920
11559	Tomato products, canned, sauce, with tomato tidbits	244.0	1.0 cup	37
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	276
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	564
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	364
11563	Tree fern, cooked, without salt	71.0	0.5 cup, chopped	4
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	202
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	338
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	102
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	55
05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	84
07943	Turkey, breast, smoked, lemon pepper flavor, 97% fat-free	28.0	1.0 slice	325
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	89
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	96
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	86
07944	Turkey, white, rotisserie, deli cut	48.0	1.69 oz (1 serving)	576
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	416
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	42
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	206
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	25
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	10
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	56
07907	USDA Commodity, pork sausage, bulk/links/patties, frozen, raw	28.0	1.0 link	142
02050	Vanilla extract	4.2	1.0 tsp	0
17351	Veal, Australian, shank, hind, bone-in, separable lean only, raw	85.0	3.0 oz	83
17270	Veal, breast, separable fat, cooked	28.35	1.0 oz	14
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	55
17271	Veal, breast, whole, boneless, separable lean and fat, raw	28.35	1.0 oz	20
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	85.0	3.0 oz	58
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	85.0	3.0 oz	79

NDB_No	Description	Weight(g)	Measure	Sodium, Na(mg) Per Measure
17276	Veal, shank (fore and hind), separable lean and fat, raw	28.35	1.0 oz	24
17278	Veal, shank (fore and hind), separable lean only, raw	28.35	1.0 oz	24
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	428
14439	Water, bottled, non-carbonated, NAYA	29.6	1.0 fl oz	0
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	125.0	1.0 cup	2
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	2
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	3
01115	Whey, sweet, dried	145.0	1.0 cup	1565
14530	Whiskey sour mix, bottled, with added potassium and sodium	32.3	1.0 fl oz	11
11200	Yardlong bean, cooked, boiled, drained, without salt	104.0	1.0 cup slices	4
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	110
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	90
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	119
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	78