## USDA Food List Sorted By Cholesterol Content

is Brought To You By

<table>
<thead>
<tr>
<th>Product Name</th>
<th>Description</th>
<th>Visit</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AWESOME MUSCLES PODCAST SEMINAR</strong></td>
<td></td>
<td><a href="http://www.bodybuilding.com/fun/awesomemuscles.htm">http://www.bodybuilding.com/fun/awesomemuscles.htm</a></td>
</tr>
</tbody>
</table>

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USDA Nutrient Database for Standard Reference, Release 15

Cholesterol (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

<table>
<thead>
<tr>
<th>NDB_No</th>
<th>Description</th>
<th>Weight (g)</th>
<th>Common Measure</th>
<th>Content per Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td>05172</td>
<td>Turkey, all classes, giblets, cooked, simmered, some giblet fat</td>
<td>145</td>
<td>1 cup</td>
<td>606</td>
</tr>
<tr>
<td>05022</td>
<td>Chicken, broilers or fryers, giblets, cooked, simmered</td>
<td>145</td>
<td>1 cup</td>
<td>570</td>
</tr>
<tr>
<td>13327</td>
<td>Beef, variety meats and by-products, liver, cooked, pan-fried</td>
<td>85</td>
<td>3 oz</td>
<td>410</td>
</tr>
<tr>
<td>21005</td>
<td>Breakfast items, biscuit with egg and sausage</td>
<td>180</td>
<td>1 biscuit</td>
<td>302</td>
</tr>
<tr>
<td>01123</td>
<td>Egg, whole, raw, fresh</td>
<td>58</td>
<td>1 extra large</td>
<td>247</td>
</tr>
<tr>
<td>21021</td>
<td>Fast foods, english muffin, with egg, cheese, and canadian bacon</td>
<td>137</td>
<td>1 muffin</td>
<td>234</td>
</tr>
<tr>
<td>21012</td>
<td>Fast foods, croissant, with egg, cheese, and bacon</td>
<td>129</td>
<td>1 croissant</td>
<td>215</td>
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<tr>
<td>01132</td>
<td>Egg, whole, cooked, scrambled</td>
<td>61</td>
<td>1 large</td>
<td>215</td>
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<tr>
<td>01125</td>
<td>Egg, yolk, raw, fresh</td>
<td>16.6</td>
<td>1 large</td>
<td>213</td>
</tr>
<tr>
<td>01123</td>
<td>Egg, whole, raw, fresh</td>
<td>50</td>
<td>1 large</td>
<td>213</td>
</tr>
<tr>
<td>01129</td>
<td>Egg, whole, cooked, hard-boiled</td>
<td>50</td>
<td>1 large</td>
<td>212</td>
</tr>
<tr>
<td>01131</td>
<td>Egg, whole, cooked, poached</td>
<td>50</td>
<td>1 large</td>
<td>212</td>
</tr>
<tr>
<td>01128</td>
<td>Egg, whole, cooked, fried</td>
<td>46</td>
<td>1 large</td>
<td>211</td>
</tr>
<tr>
<td>21059</td>
<td>Fast foods, shrimp, breaded and fried</td>
<td>164</td>
<td>6-8 shrimp</td>
<td>200</td>
</tr>
<tr>
<td>05142</td>
<td>Duck, domesticated, meat only, cooked, roasted</td>
<td>221</td>
<td>1/2 duck</td>
<td>197</td>
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<tr>
<td>01123</td>
<td>Egg, whole, raw, fresh</td>
<td>44</td>
<td>1 medium</td>
<td>187</td>
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<tr>
<td>05180</td>
<td>Turkey, all classes, neck, meat only, cooked, simmered</td>
<td>152</td>
<td>1 neck</td>
<td>185</td>
</tr>
<tr>
<td>11658</td>
<td>Spinach souffle, home-prepared</td>
<td>136</td>
<td>1 cup</td>
<td>184</td>
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<tr>
<td>11414</td>
<td>Potato salad, home-prepared</td>
<td>250</td>
<td>1 cup</td>
<td>170</td>
</tr>
<tr>
<td>15150</td>
<td>Crustaceans, shrimp, mixed species, cooked, breaded and fried</td>
<td>85</td>
<td>3 oz</td>
<td>150</td>
</tr>
<tr>
<td>01057</td>
<td>Eggnog</td>
<td>254</td>
<td>1 cup</td>
<td>150</td>
</tr>
<tr>
<td>15152</td>
<td>Crustaceans, shrimp, mixed species, canned</td>
<td>85.05</td>
<td>3 oz</td>
<td>147</td>
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<tr>
<td>21129</td>
<td>Fast foods, hush puppies</td>
<td>78</td>
<td>5 pieces</td>
<td>135</td>
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<tr>
<td>15086</td>
<td>Finfish, salmon, sockeye, cooked, dry heat</td>
<td>155</td>
<td>1/2 fillet</td>
<td>135</td>
</tr>
<tr>
<td>21042</td>
<td>Fast foods, chili con carne</td>
<td>253</td>
<td>1 cup</td>
<td>134</td>
</tr>
<tr>
<td>18257</td>
<td>Eclairs, custard-filled with chocolate glaze, prepared from recipe</td>
<td>100</td>
<td>1 eclair</td>
<td>127</td>
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<tr>
<td>01036</td>
<td>Cheese, ricotta, whole milk</td>
<td>246</td>
<td>1 cup</td>
<td>125</td>
</tr>
<tr>
<td>05028</td>
<td>Chicken, liver, all classes, cooked, simmered</td>
<td>19.6</td>
<td>1 liver</td>
<td>124</td>
</tr>
<tr>
<td>21114</td>
<td>Fast foods, hamburger, large, double patty, with condiments and vegetables</td>
<td>226</td>
<td>1 sandwich</td>
<td>122</td>
</tr>
<tr>
<td>15088</td>
<td>Finfish, sardine, Atlantic, canned in oil, drained solids with bone</td>
<td>85.05</td>
<td>3 oz</td>
<td>121</td>
</tr>
<tr>
<td>15141</td>
<td>Crustaceans, crab, blue, canned</td>
<td>135</td>
<td>1 cup</td>
<td>120</td>
</tr>
<tr>
<td>05058</td>
<td>Chicken, broilers or fryers, breast, meat and skin, cooked, fried, butter</td>
<td>140</td>
<td>1/2 breast</td>
<td>119</td>
</tr>
<tr>
<td>05126</td>
<td>Chicken, stewing, meat only, cooked, stewed</td>
<td>140</td>
<td>1 cup</td>
<td>116</td>
</tr>
<tr>
<td>21023</td>
<td>Breakfast items, french toast with butter</td>
<td>135</td>
<td>2 slices</td>
<td>116</td>
</tr>
<tr>
<td>17095</td>
<td>Veal, leg (top round), separable lean and fat, cooked, braised</td>
<td>85</td>
<td>3 oz</td>
<td>114</td>
</tr>
<tr>
<td>21097</td>
<td>Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments</td>
<td>195</td>
<td>1 sandwich</td>
<td>111</td>
</tr>
<tr>
<td>15034</td>
<td>Finfish, haddock, cooked, dry heat</td>
<td>150</td>
<td>1 fillet</td>
<td>111</td>
</tr>
<tr>
<td>21092</td>
<td>Fast foods, cheeseburger, regular, double patty, plain</td>
<td>155</td>
<td>1 sandwich</td>
<td>110</td>
</tr>
<tr>
<td>18134</td>
<td>Cake, sponge, prepared from recipe</td>
<td>63</td>
<td>1 piece</td>
<td>107</td>
</tr>
<tr>
<td>05168</td>
<td>Turkey, all classes, meat only, cooked, roasted</td>
<td>140</td>
<td>1 cup</td>
<td>106</td>
</tr>
<tr>
<td>18325</td>
<td>Pie, pecan, prepared from recipe</td>
<td>122</td>
<td>1 piece</td>
<td>106</td>
</tr>
<tr>
<td>01095</td>
<td>Milk, canned, condensed, sweetened</td>
<td>306</td>
<td>1 cup</td>
<td>104</td>
</tr>
<tr>
<td>21111</td>
<td>Fast foods, hamburger, regular, double patty, with condiments</td>
<td>215</td>
<td>1 sandwich</td>
<td>103</td>
</tr>
<tr>
<td>NDB_No</td>
<td>Description</td>
<td>Weight (g)</td>
<td>Common Measure</td>
<td>Content per Measure</td>
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<tr>
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<td>------------------------------------------------------------------------------</td>
<td>------------</td>
<td>-------------------------</td>
<td>---------------------</td>
</tr>
<tr>
<td>10089</td>
<td>Pork, fresh, spareribs, separable lean and fat, cooked, braised</td>
<td>85</td>
<td>3 oz</td>
<td>103</td>
</tr>
<tr>
<td>17048</td>
<td>Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4&quot; fat, choice, cooked, braised</td>
<td>85</td>
<td>3 oz</td>
<td>103</td>
</tr>
<tr>
<td>17044</td>
<td>Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4&quot; fat, choice, cooked, braised</td>
<td>85</td>
<td>3 oz</td>
<td>102</td>
</tr>
<tr>
<td>10193</td>
<td>Pork, fresh, backribs, separable lean and fat, cooked, roasted</td>
<td>85</td>
<td>3 oz</td>
<td>100</td>
</tr>
<tr>
<td>21053</td>
<td>Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg</td>
<td>217</td>
<td>1-1/2 cups</td>
<td>98</td>
</tr>
<tr>
<td>10078</td>
<td>Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised</td>
<td>85</td>
<td>3 oz</td>
<td>97</td>
</tr>
<tr>
<td>17112</td>
<td>Veal, rib, separable lean and fat, cooked, roasted</td>
<td>85</td>
<td>3 oz</td>
<td>94</td>
</tr>
<tr>
<td>10075</td>
<td>Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised</td>
<td>85</td>
<td>3 oz</td>
<td>93</td>
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<tr>
<td>01164</td>
<td>Cheese sauce, prepared from recipe</td>
<td>243</td>
<td>1 cup</td>
<td>92</td>
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<tr>
<td>13058</td>
<td>Beef, chuck, blade roast, separable lean only, trimmed to 1/4&quot; fat, all grades, cooked, braised</td>
<td>85</td>
<td>3 oz</td>
<td>90</td>
</tr>
<tr>
<td>15142</td>
<td>Crustaceans, crab, blue, crab cakes</td>
<td>60</td>
<td>1 cake</td>
<td>90</td>
</tr>
<tr>
<td>07014</td>
<td>Braunschweiger (a liver sausage), pork</td>
<td>56.7</td>
<td>2 slices</td>
<td>88</td>
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<tr>
<td>13050</td>
<td>Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4&quot; fat, all grades, cooked, braised</td>
<td>85</td>
<td>3 oz</td>
<td>88</td>
</tr>
<tr>
<td>05277</td>
<td>Chicken, canned, meat only, with broth</td>
<td>142</td>
<td>5 oz</td>
<td>88</td>
</tr>
<tr>
<td>21098</td>
<td>Fast foods, cheeseburger, large, single patty, with condiments and vegetables</td>
<td>219</td>
<td>1 sandwich</td>
<td>88</td>
</tr>
<tr>
<td>21043</td>
<td>Fast foods, clams, breaded and fried</td>
<td>115</td>
<td>3/4 cup</td>
<td>87</td>
</tr>
<tr>
<td>06509</td>
<td>Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour</td>
<td>98</td>
<td>1/2 breast</td>
<td>87</td>
</tr>
<tr>
<td>21113</td>
<td>Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables</td>
<td>218</td>
<td>1 sandwich</td>
<td>87</td>
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<tr>
<td>21082</td>
<td>Fast foods, taco</td>
<td>263</td>
<td>1 large</td>
<td>87</td>
</tr>
<tr>
<td>15029</td>
<td>Finfish, flatfish (flounder and sole species), cooked, dry heat</td>
<td>127</td>
<td>1 fillet</td>
<td>86</td>
</tr>
<tr>
<td>15140</td>
<td>Crustaceans, crab, blue, cooked, moist heat</td>
<td>85</td>
<td>3 oz</td>
<td>85</td>
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<tr>
<td>17024</td>
<td>Lamb, domestic, loin, separable lean and fat, trimmed to 1/4&quot; fat, choice, cooked, broiled</td>
<td>85</td>
<td>3 oz</td>
<td>85</td>
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<tr>
<td>05306</td>
<td>Poultry food products, ground turkey, cooked</td>
<td>82</td>
<td>1 Patty</td>
<td>84</td>
</tr>
<tr>
<td>17031</td>
<td>Lamb, domestic, rib, separable lean and fat, trimmed to 1/4&quot; fat, choice, cooked, roasted</td>
<td>85</td>
<td>3 oz</td>
<td>82</td>
</tr>
<tr>
<td>13160</td>
<td>Beef, round, bottom round, separable lean and fat, choice, cooked, roasted</td>
<td>85</td>
<td>3 oz</td>
<td>82</td>
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<tr>
<td>15067</td>
<td>Finfish, pollock, walleye, cooked, dry heat</td>
<td>85</td>
<td>3 oz</td>
<td>82</td>
</tr>
<tr>
<td>13168</td>
<td>Beef, round, bottom round, separable lean only, trimmed to 1/4&quot; fat, all grades, cooked, braised</td>
<td>85</td>
<td>3 oz</td>
<td>82</td>
</tr>
<tr>
<td>18246</td>
<td>Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)</td>
<td>71</td>
<td>1 danish</td>
<td>81</td>
</tr>
<tr>
<td>17027</td>
<td>Lamb, domestic, loin, separable lean only, trimmed to 1/4&quot; fat, choice, cooked, broiled</td>
<td>85</td>
<td>3 oz</td>
<td>81</td>
</tr>
<tr>
<td>05044</td>
<td>Chicken, broilers or fryers, dark meat, meat only, cooked, fried</td>
<td>84</td>
<td>3 oz</td>
<td>81</td>
</tr>
<tr>
<td>21094</td>
<td>Fast foods, cheeseburger, regular, double patty and bun, plain</td>
<td>160</td>
<td>1 sandwich</td>
<td>80</td>
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<tr>
<td>05092</td>
<td>Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter</td>
<td>86</td>
<td>1 thigh</td>
<td>80</td>
</tr>
<tr>
<td>10011</td>
<td>Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted</td>
<td>85</td>
<td>3 oz</td>
<td>80</td>
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<tr>
<td>10009</td>
<td>Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted</td>
<td>85</td>
<td>3 oz</td>
<td>80</td>
</tr>
<tr>
<td>15150</td>
<td>Crustaceans, shrimp, mixed species, cooked, breaded and fried</td>
<td>45</td>
<td>6 large</td>
<td>80</td>
</tr>
<tr>
<td>17012</td>
<td>Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4&quot; fat, choice, cooked, roasted</td>
<td>85</td>
<td>3 oz</td>
<td>79</td>
</tr>
</tbody>
</table>
### USDA Nutrient Database for Standard Reference, Release 15

**Cholesterol (mg) Content of Selected Foods per Common Measure, sorted by nutrient content**

<table>
<thead>
<tr>
<th>NDB No</th>
<th>Description</th>
<th>Weight (g)</th>
<th>Common Measure</th>
<th>Content per Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td>21120</td>
<td>Fast foods, hotdog, with corn flour coating (corndog)</td>
<td>175</td>
<td>1 corn dog</td>
<td>79</td>
</tr>
<tr>
<td>19090</td>
<td>Ice creams, french vanilla, soft-serve</td>
<td>86</td>
<td>1/2 cup</td>
<td>78</td>
</tr>
<tr>
<td>10179</td>
<td>Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat,</td>
<td>85</td>
<td>3 oz</td>
<td>78</td>
</tr>
<tr>
<td></td>
<td>cooked, pan-fried</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10176</td>
<td>Pork, fresh, loin, center loin (chops), bone-in, separable lean only,</td>
<td>85</td>
<td>3 oz</td>
<td>78</td>
</tr>
<tr>
<td></td>
<td>cooked, pan-fried</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>23573</td>
<td>Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled</td>
<td>85</td>
<td>3 oz</td>
<td>77</td>
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<tr>
<td>13278</td>
<td>Beef, top sirloin, separable lean and fat, trimmed to 1/4&quot; fat, all</td>
<td>85</td>
<td>3 oz</td>
<td>77</td>
</tr>
<tr>
<td></td>
<td>grades, cooked, broiled</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>23568</td>
<td>Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled</td>
<td>85</td>
<td>3 oz</td>
<td>77</td>
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<tr>
<td>01037</td>
<td>Cheese, ricotta, part skim milk</td>
<td>246</td>
<td>1 cup</td>
<td>76</td>
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<tr>
<td>23578</td>
<td>Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled</td>
<td>85</td>
<td>3 oz</td>
<td>76</td>
</tr>
<tr>
<td>17014</td>
<td>Lamb, domestic, leg, whole (shank and sirloin), separable lean only,</td>
<td>85</td>
<td>3 oz</td>
<td>76</td>
</tr>
<tr>
<td></td>
<td>trimmed to 1/4&quot; fat, choice, cooked, roasted</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>13287</td>
<td>Beef, top sirloin, separable lean only, trimmed to 1/4&quot; fat, all grades,</td>
<td>85</td>
<td>3 oz</td>
<td>76</td>
</tr>
<tr>
<td></td>
<td>cooked, broiled</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>05040</td>
<td>Chicken, broilers or fryers, light meat, meat only, cooked, fried</td>
<td>84</td>
<td>3 oz</td>
<td>76</td>
</tr>
<tr>
<td>18269</td>
<td>French toast, prepared from recipe, made with low fat (2%) milk</td>
<td>65</td>
<td>1 slice</td>
<td>75</td>
</tr>
<tr>
<td>17034</td>
<td>Lamb, domestic, rib, separable lean only, trimmed to 1/4&quot; fat, choice,</td>
<td>85</td>
<td>3 oz</td>
<td>75</td>
</tr>
<tr>
<td></td>
<td>cooked, roasted</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>21024</td>
<td>Fast foods, french toast sticks</td>
<td>141</td>
<td>5 sticks</td>
<td>75</td>
</tr>
<tr>
<td>21086</td>
<td>Fast foods, tostada, with beans, beef, and cheese</td>
<td>225</td>
<td>1 tostada</td>
<td>74</td>
</tr>
<tr>
<td>10205</td>
<td>Pork, fresh, loin, country-style ribs, separable lean and fat, cooked,</td>
<td>85</td>
<td>3 oz</td>
<td>74</td>
</tr>
<tr>
<td></td>
<td>braised</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15086</td>
<td>Finfish, salmon, sockeye, cooked, dry heat</td>
<td>85</td>
<td>3 oz</td>
<td>74</td>
</tr>
<tr>
<td>21125</td>
<td>Fast foods, submarine sandwich, with roast beef</td>
<td>216</td>
<td>1 sandwich, 6&quot; roll</td>
<td>73</td>
</tr>
<tr>
<td>13348</td>
<td>Beef, cured, corned beef, canned</td>
<td>85.05</td>
<td>3 oz</td>
<td>73</td>
</tr>
<tr>
<td>05064</td>
<td>Chicken, broilers or fryers, breast, meat only, cooked, roasted</td>
<td>86</td>
<td>1/2 breast</td>
<td>73</td>
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<tr>
<td>01096</td>
<td>Milk, canned, evaporated, without added vitamin A</td>
<td>252</td>
<td>1 cup</td>
<td>73</td>
</tr>
<tr>
<td>11672</td>
<td>Potato pancakes, home-prepared</td>
<td>76</td>
<td>1 pancake</td>
<td>73</td>
</tr>
<tr>
<td>21054</td>
<td>Fast foods, salad, vegetable, tossed, without dressing, with chicken</td>
<td>218</td>
<td>1-1/2 cups</td>
<td>72</td>
</tr>
<tr>
<td>05188</td>
<td>Turkey, all classes, dark meat, cooked, roasted</td>
<td>84</td>
<td>3 oz</td>
<td>71</td>
</tr>
<tr>
<td>13073</td>
<td>Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4&quot; fat,</td>
<td>85</td>
<td>3 oz</td>
<td>71</td>
</tr>
<tr>
<td></td>
<td>all grades, cooked, roasted</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10038</td>
<td>Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat,</td>
<td>85</td>
<td>3 oz</td>
<td>70</td>
</tr>
<tr>
<td></td>
<td>cooked, broiled</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10042</td>
<td>Pork, fresh, loin, center loin (chops), bone-in, separable lean only,</td>
<td>85</td>
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<td>70</td>
</tr>
<tr>
<td></td>
<td>cooked, broiled</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15168</td>
<td>Mollusks, oyster, eastern, cooked, breaded and fried</td>
<td>85</td>
<td>3 oz</td>
<td>69</td>
</tr>
<tr>
<td>15011</td>
<td>Finfish, catfish, channel, cooked, breaded and fried</td>
<td>85</td>
<td>3 oz</td>
<td>69</td>
</tr>
<tr>
<td>19089</td>
<td>Ice creams, vanilla, rich</td>
<td>74</td>
<td>1/2 cup</td>
<td>68</td>
</tr>
<tr>
<td>13085</td>
<td>Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4&quot; fat,</td>
<td>85</td>
<td>3 oz</td>
<td>68</td>
</tr>
<tr>
<td></td>
<td>all grades, cooked, roasted</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>21106</td>
<td>Fast foods, fish sandwich, with tartar sauce and cheese</td>
<td>183</td>
<td>1 sandwich</td>
<td>68</td>
</tr>
<tr>
<td>18321</td>
<td>Pie, lemon meringue, prepared from recipe</td>
<td>127</td>
<td>1 piece</td>
<td>67</td>
</tr>
<tr>
<td>15071</td>
<td>Finfish, rockfish, Pacific, mixed species, cooked, dry heat</td>
<td>149</td>
<td>1 fillet</td>
<td>66</td>
</tr>
<tr>
<td>15037</td>
<td>Finfish, halibut, Atlantic and Pacific, cooked, dry heat</td>
<td>159</td>
<td>1/2 fillet</td>
<td>65</td>
</tr>
<tr>
<td>18327</td>
<td>Pie, pumpkin, prepared from recipe</td>
<td>155</td>
<td>1 piece</td>
<td>65</td>
</tr>
<tr>
<td>15027</td>
<td>Finfish, fish portions and sticks, frozen, preheated</td>
<td>57</td>
<td>1 portion (4&quot; x 2&quot; x 1/2&quot;)</td>
<td>64</td>
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</tbody>
</table>
## USDA Nutrient Database for Standard Reference, Release 15

### Cholesterol (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

<table>
<thead>
<tr>
<th>NDB No</th>
<th>Description</th>
<th>Weight (g)</th>
<th>Common Measure</th>
<th>Content per Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td>15034</td>
<td>Finfish, haddock, cooked, dry heat</td>
<td>85</td>
<td>3 oz</td>
<td>63</td>
</tr>
<tr>
<td>10047</td>
<td>Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted</td>
<td>85</td>
<td>3 oz</td>
<td>62</td>
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<tr>
<td>05067</td>
<td>Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, butter</td>
<td>72</td>
<td>1 drumstick</td>
<td>62</td>
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<tr>
<td>18120</td>
<td>Cake, pound, commercially prepared, butter</td>
<td>28</td>
<td>1 piece</td>
<td>62</td>
</tr>
<tr>
<td>21037</td>
<td>Fast foods, chicken, breaded and fried, boneless pieces, plain</td>
<td>106</td>
<td>6 pieces</td>
<td>61</td>
</tr>
<tr>
<td>13176</td>
<td>Beef, round, eye of round, separable lean and fat, trimmed to 1/4&quot; fat, all grades, cooked, roasted</td>
<td>85</td>
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<td>61</td>
</tr>
<tr>
<td>15148</td>
<td>Crustaceans, lobster, northern, cooked, moist heat</td>
<td>85</td>
<td>3 oz</td>
<td>61</td>
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<tr>
<td>10051</td>
<td>Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted</td>
<td>85</td>
<td>3 oz</td>
<td>60</td>
</tr>
<tr>
<td>21102</td>
<td>Fast foods, chicken fillet sandwich, plain</td>
<td>182</td>
<td>1 sandwich</td>
<td>60</td>
</tr>
<tr>
<td>21093</td>
<td>Fast foods, cheeseburger, regular, double patty, with condiments and vegetables</td>
<td>166</td>
<td>1 sandwich</td>
<td>60</td>
</tr>
<tr>
<td>13184</td>
<td>Beef, round, eye of round, separable lean only, trimmed to 1/4&quot; fat, all grades, cooked, roasted</td>
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<td>3 oz</td>
<td>59</td>
</tr>
<tr>
<td>21025</td>
<td>Fast foods, pancakes with butter and syrup</td>
<td>232</td>
<td>2 pancakes</td>
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</tr>
<tr>
<td>05186</td>
<td>Turkey, all classes, light meat, cooked, roasted</td>
<td>84</td>
<td>3 oz</td>
<td>58</td>
</tr>
<tr>
<td>15029</td>
<td>Finfish, flatfish (flounder and sole species), cooked, dry heat</td>
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<td>3 oz</td>
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</tr>
<tr>
<td>15241</td>
<td>Finfish, trout, rainbow, farmed, cooked, dry heat</td>
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<td>3 oz</td>
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<tr>
<td>15067</td>
<td>Finfish, pollock, walleye, cooked, dry heat</td>
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<td>1 fillet</td>
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</tr>
<tr>
<td>15160</td>
<td>Mollusks, clam, mixed species, canned, drained solids</td>
<td>85</td>
<td>3 oz</td>
<td>57</td>
</tr>
<tr>
<td>15173</td>
<td>Mollusks, scallop, mixed species, cooked, breaded and fried</td>
<td>93</td>
<td>6 large</td>
<td>57</td>
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<tr>
<td>21082</td>
<td>Fast foods, taco</td>
<td>171</td>
<td>1 small</td>
<td>56</td>
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<tr>
<td>11373</td>
<td>Potatoes, au gratin, home-prepared from recipe using butter</td>
<td>245</td>
<td>1 cup</td>
<td>56</td>
</tr>
<tr>
<td>18101</td>
<td>Cake, chocolate, prepared from recipe without frosting</td>
<td>95</td>
<td>1 piece</td>
<td>55</td>
</tr>
<tr>
<td>15111</td>
<td>Finfish, swordfish, cooked, dry heat</td>
<td>106</td>
<td>1 piece</td>
<td>53</td>
</tr>
<tr>
<td>20110</td>
<td>Noodles, egg, cooked, enriched</td>
<td>160</td>
<td>1 cup</td>
<td>53</td>
</tr>
<tr>
<td>20112</td>
<td>Noodles, egg, spinach, cooked, enriched</td>
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<td>1 cup</td>
<td>53</td>
</tr>
<tr>
<td>10151</td>
<td>Pork, cured, ham, whole, separable lean and fat, roasted</td>
<td>85</td>
<td>3 oz</td>
<td>53</td>
</tr>
<tr>
<td>18367</td>
<td>Waffles, plain, prepared from recipe</td>
<td>75</td>
<td>1 waffle</td>
<td>52</td>
</tr>
<tr>
<td>21121</td>
<td>Fast foods, roast beef sandwich, plain</td>
<td>139</td>
<td>1 sandwich</td>
<td>51</td>
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<tr>
<td>21119</td>
<td>Fast foods, hotdog, with chili</td>
<td>114</td>
<td>1 sandwich</td>
<td>51</td>
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<tr>
<td>18320</td>
<td>Pie, lemon meringue, commercially prepared</td>
<td>113</td>
<td>1 piece</td>
<td>51</td>
</tr>
<tr>
<td>21089</td>
<td>Sandwiches and burgers, cheeseburger, regular, single meat patty, plain</td>
<td>102</td>
<td>1 sandwich</td>
<td>50</td>
</tr>
<tr>
<td>05098</td>
<td>Chicken, broilers or fryers, thigh, meat only, cooked, roasted</td>
<td>52</td>
<td>1 thigh</td>
<td>49</td>
</tr>
<tr>
<td>15221</td>
<td>Finfish, tuna, yellowfin, fresh, cooked, dry heat</td>
<td>85</td>
<td>3 oz</td>
<td>49</td>
</tr>
<tr>
<td>21126</td>
<td>Fast foods, submarine sandwich, with tuna salad</td>
<td>256</td>
<td>1 sandwich, 6&quot; roll</td>
<td>49</td>
</tr>
<tr>
<td>18268</td>
<td>French toast, frozen, ready-to-heat</td>
<td>59</td>
<td>1 slice</td>
<td>48</td>
</tr>
<tr>
<td>10153</td>
<td>Pork, cured, ham, whole, separable lean only, roasted</td>
<td>85</td>
<td>3 oz</td>
<td>47</td>
</tr>
<tr>
<td>15017</td>
<td>Finfish, cod, Atlantic, canned, solids and liquid</td>
<td>85</td>
<td>3 oz</td>
<td>47</td>
</tr>
<tr>
<td>15084</td>
<td>Finfish, salmon, pink, canned, solids with bone and liquid</td>
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<td>3 oz</td>
<td>47</td>
</tr>
<tr>
<td>15058</td>
<td>Finfish, ocean perch, Atlantic, cooked, dry heat</td>
<td>85</td>
<td>3 oz</td>
<td>46</td>
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<tr>
<td>07024</td>
<td>Frankfurter, chicken</td>
<td>45</td>
<td>1 frank</td>
<td>45</td>
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<tr>
<td>05296</td>
<td>Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted</td>
<td>85.05</td>
<td>3 oz</td>
<td>45</td>
</tr>
<tr>
<td>NDB_No</td>
<td>Description</td>
<td>Weight (g)</td>
<td>Common Measure</td>
<td>Content per Measure</td>
</tr>
<tr>
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<td>-----------------------------------------------------------------------------</td>
<td>------------</td>
<td>----------------</td>
<td>---------------------</td>
</tr>
<tr>
<td>15137</td>
<td>Crustaceans, crab, alaska king, cooked, moist heat</td>
<td>85</td>
<td>3 oz</td>
<td>45</td>
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<tr>
<td>15167</td>
<td>Mollusks, oyster, eastern, wild, raw</td>
<td>84</td>
<td>6 medium</td>
<td>45</td>
</tr>
<tr>
<td>05068</td>
<td>Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour</td>
<td>49</td>
<td>1 drumstick</td>
<td>44</td>
</tr>
<tr>
<td>21118</td>
<td>Fast foods, hotdog, plain</td>
<td>98</td>
<td>1 sandwich</td>
<td>44</td>
</tr>
<tr>
<td>21074</td>
<td>Fast foods, enchilada, with cheese</td>
<td>163</td>
<td>1 enchilada</td>
<td>44</td>
</tr>
<tr>
<td>18147</td>
<td>Cheesecake commercially prepared</td>
<td>80</td>
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</tr>
<tr>
<td>21083</td>
<td>Fast foods, taco salad</td>
<td>198</td>
<td>1-1/2 cups</td>
<td>44</td>
</tr>
<tr>
<td>14346</td>
<td>Shake, fast food, chocolate</td>
<td>333</td>
<td>16 fl oz</td>
<td>43</td>
</tr>
<tr>
<td>15111</td>
<td>Finfish, swordfish, cooked, dry heat</td>
<td>85</td>
<td>3 oz</td>
<td>43</td>
</tr>
<tr>
<td>22906</td>
<td>Chicken pot pie, frozen entree</td>
<td>217</td>
<td>1 small pie</td>
<td>41</td>
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<tr>
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<td>Chicken, broilers or fryers, drumstick, meat only, cooked, roasted</td>
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<tr>
<td>15192</td>
<td>Finfish, cod, Pacific, cooked, dry heat</td>
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<td>3 oz</td>
<td>40</td>
</tr>
<tr>
<td>05292</td>
<td>Turkey patties, breaded, battered, fried</td>
<td>64</td>
<td>1 patty</td>
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<tr>
<td>18356</td>
<td>Sweet rolls, cinnamon, commercially prepared with raisins</td>
<td>60</td>
<td>1 roll</td>
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</tr>
<tr>
<td>05101</td>
<td>Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter</td>
<td>49</td>
<td>1 wing</td>
<td>39</td>
</tr>
<tr>
<td>18239</td>
<td>Croissants, butter</td>
<td>57</td>
<td>1 croissant</td>
<td>38</td>
</tr>
<tr>
<td>01111</td>
<td>Milk shakes, thick vanilla</td>
<td>313</td>
<td>11 fl oz</td>
<td>38</td>
</tr>
<tr>
<td>15071</td>
<td>Finfish, rockfish, Pacific, mixed species, cooked, dry heat</td>
<td>85</td>
<td>3 oz</td>
<td>37</td>
</tr>
<tr>
<td>21090</td>
<td>Fast foods, cheeseburger, regular, single patty, with condiments</td>
<td>113</td>
<td>1 sandwich</td>
<td>37</td>
</tr>
<tr>
<td>22905</td>
<td>Beef stew, canned entree</td>
<td>232</td>
<td>1 cup</td>
<td>37</td>
</tr>
<tr>
<td>14310</td>
<td>Malted drink mix, natural, with added nutrients, powder, prepared with whole milk</td>
<td>265</td>
<td>1 cup</td>
<td>37</td>
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<tr>
<td>07069</td>
<td>Salami, cooked, beef and pork</td>
<td>56.7</td>
<td>2 slices</td>
<td>37</td>
</tr>
<tr>
<td>11385</td>
<td>Potatoes, au gratin, dry mix, prepared with water, whole milk and butter</td>
<td>245</td>
<td>1 cup</td>
<td>37</td>
</tr>
<tr>
<td>21077</td>
<td>Fast foods, frijoles with cheese</td>
<td>167</td>
<td>1 cup</td>
<td>37</td>
</tr>
<tr>
<td>14347</td>
<td>Shake, fast food, vanilla</td>
<td>333</td>
<td>16 fl oz</td>
<td>37</td>
</tr>
<tr>
<td>18023</td>
<td>Bread, cornbread, dry mix, prepared</td>
<td>60</td>
<td>1 piece</td>
<td>37</td>
</tr>
<tr>
<td>21124</td>
<td>Fast foods, submarine sandwich, with cold cuts</td>
<td>228</td>
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<tr>
<td>18316</td>
<td>Pie, coconut custard, commercially prepared</td>
<td>104</td>
<td>1 piece</td>
<td>36</td>
</tr>
<tr>
<td>18324</td>
<td>Pie, pecan, commercially prepared</td>
<td>113</td>
<td>1 piece</td>
<td>36</td>
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<tr>
<td>15126</td>
<td>Finfish, tuna, white, canned in water, drained solids</td>
<td>85</td>
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<td>36</td>
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<tr>
<td>19087</td>
<td>Candies, confectioner's coating, white</td>
<td>170</td>
<td>1 cup</td>
<td>36</td>
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<tr>
<td>18141</td>
<td>Cake, yellow, commercially prepared, with vanilla frosting</td>
<td>64</td>
<td>1 piece</td>
<td>35</td>
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<tr>
<td>18140</td>
<td>Cake, yellow, commercially prepared, with chocolate frosting</td>
<td>64</td>
<td>1 piece</td>
<td>35</td>
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<tr>
<td>10185</td>
<td>Pork, cured, ham, extra lean and regular, canned, roasted</td>
<td>85</td>
<td>3 oz</td>
<td>35</td>
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<tr>
<td>15037</td>
<td>Finfish, halibut, Atlantic and Pacific, cooked, dry heat</td>
<td>85</td>
<td>3 oz</td>
<td>35</td>
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<tr>
<td>14316</td>
<td>Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk</td>
<td>265</td>
<td>1 cup</td>
<td>34</td>
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<tr>
<td>01077</td>
<td>Milk, fluid, 3.25% milkfat</td>
<td>244</td>
<td>1 cup</td>
<td>34</td>
</tr>
<tr>
<td>18090</td>
<td>Cake, boston cream pie, commercially prepared</td>
<td>92</td>
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<td>34</td>
</tr>
<tr>
<td>01110</td>
<td>Milk shakes, thick chocolate</td>
<td>300</td>
<td>10.6 fl oz</td>
<td>33</td>
</tr>
<tr>
<td>07029</td>
<td>Ham, sliced, regular (approximately 11% fat)</td>
<td>56.7</td>
<td>2 slices</td>
<td>32</td>
</tr>
<tr>
<td>14177</td>
<td>Chocolate-flavor beverage mix, powder, prepared with whole milk</td>
<td>266</td>
<td>1 cup</td>
<td>32</td>
</tr>
<tr>
<td>01012</td>
<td>Cheese, cottage, creamed, large or small curd</td>
<td>210</td>
<td>1 cup</td>
<td>32</td>
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<tr>
<td>NDB_No</td>
<td>Description</td>
<td>Weight (g)</td>
<td>Common Measure</td>
<td>Content per Measure</td>
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<td>------------</td>
<td>---------------------------------------------</td>
<td>---------------------</td>
</tr>
<tr>
<td>15027</td>
<td>Finfish, fish portions and sticks, frozen, preheated</td>
<td>28</td>
<td>1 stick (4&quot; x 1&quot; x 1/2&quot;)</td>
<td>31</td>
</tr>
<tr>
<td>07008</td>
<td>Bologna, pork and beef</td>
<td>56.7</td>
<td>2 slices</td>
<td>31</td>
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<tr>
<td>01145</td>
<td>Butter, without salt</td>
<td>14.2</td>
<td>1 tbsp</td>
<td>31</td>
</tr>
<tr>
<td>01001</td>
<td>Butter, with salt</td>
<td>14.2</td>
<td>1 tbsp</td>
<td>31</td>
</tr>
<tr>
<td>18280</td>
<td>Muffins, corn, dry mix, prepared</td>
<td>50</td>
<td>1 muffin</td>
<td>31</td>
</tr>
<tr>
<td>21047</td>
<td>Entrees, fish fillet, battered or breaded, and fried</td>
<td>91</td>
<td>1 fillet</td>
<td>31</td>
</tr>
<tr>
<td>18133</td>
<td>Cake, sponge, commercially prepared</td>
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<td>1 shortcake</td>
<td>31</td>
</tr>
<tr>
<td>01102</td>
<td>Milk, chocolate, fluid, commercial,</td>
<td>250</td>
<td>1 cup</td>
<td>30</td>
</tr>
<tr>
<td>01009</td>
<td>Cheese, cheddar</td>
<td>28.35</td>
<td>1 oz</td>
<td>30</td>
</tr>
<tr>
<td>21108</td>
<td>Fast foods, hamburger, regular, single patty, with condiments</td>
<td>106</td>
<td>1 sandwich</td>
<td>30</td>
</tr>
<tr>
<td>01116</td>
<td>Yogurt, plain, whole milk, 8 grams protein per 8 ounce</td>
<td>227</td>
<td>8-oz container</td>
<td>30</td>
</tr>
<tr>
<td>11379</td>
<td>Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added</td>
<td>210</td>
<td>1 cup</td>
<td>29</td>
</tr>
<tr>
<td>11372</td>
<td>Potatoes, scalloped, home-prepared with butter</td>
<td>245</td>
<td>1 cup</td>
<td>29</td>
</tr>
<tr>
<td>19095</td>
<td>Ice creams, vanilla</td>
<td>66</td>
<td>1/2 cup</td>
<td>29</td>
</tr>
<tr>
<td>15157</td>
<td>Mollusks, clam, mixed species, raw</td>
<td>85</td>
<td>3 oz</td>
<td>29</td>
</tr>
<tr>
<td>07017</td>
<td>Chicken roll, light meat</td>
<td>56.7</td>
<td>2 slices</td>
<td>28</td>
</tr>
<tr>
<td>21028</td>
<td>Fast foods, ice milk, vanilla, soft-serve, with cone</td>
<td>103</td>
<td>1 cone</td>
<td>28</td>
</tr>
<tr>
<td>01007</td>
<td>Cheese, camembert</td>
<td>38</td>
<td>1 wedge</td>
<td>27</td>
</tr>
<tr>
<td>06216</td>
<td>Soup, cream of chicken, prepared with equal volume milk, commercial</td>
<td>248</td>
<td>1 cup</td>
<td>27</td>
</tr>
<tr>
<td>01030</td>
<td>Cheese, maenster</td>
<td>28.35</td>
<td>1 oz</td>
<td>27</td>
</tr>
<tr>
<td>15058</td>
<td>Finfish, ocean perch, Atlantic, cooked, dry heat</td>
<td>50</td>
<td>1 fillet</td>
<td>27</td>
</tr>
<tr>
<td>18292</td>
<td>Pancakes, plain, dry mix, incomplete, prepared</td>
<td>38</td>
<td>1 pancake</td>
<td>27</td>
</tr>
<tr>
<td>10131</td>
<td>Pork, cured, canadian-style bacon, grilled</td>
<td>46.5</td>
<td>2 slices</td>
<td>27</td>
</tr>
<tr>
<td>11387</td>
<td>Potatoes, scalloped, dry mix, prepared with water, whole milk and butter</td>
<td>245</td>
<td>1 cup</td>
<td>27</td>
</tr>
<tr>
<td>19041</td>
<td>Snacks, pork skins, plain</td>
<td>28.35</td>
<td>1 oz</td>
<td>27</td>
</tr>
<tr>
<td>18096</td>
<td>Cake, chocolate, commercially prepared with chocolate frosting</td>
<td>64</td>
<td>1 piece</td>
<td>27</td>
</tr>
<tr>
<td>15128</td>
<td>Finfish, tuna salad</td>
<td>205</td>
<td>1 cup</td>
<td>27</td>
</tr>
<tr>
<td>07028</td>
<td>Ham, sliced, extra lean, (approximately 5% fat)</td>
<td>56.7</td>
<td>2 slices</td>
<td>27</td>
</tr>
<tr>
<td>01042</td>
<td>Cheese, pasteurized process, american, with di sodium phosphate</td>
<td>28.35</td>
<td>1 oz</td>
<td>27</td>
</tr>
<tr>
<td>01040</td>
<td>Cheese, swiss</td>
<td>28.35</td>
<td>1 oz</td>
<td>26</td>
</tr>
<tr>
<td>18024</td>
<td>Bread, cornbread, prepared from recipe, made with low fat (2%) milk</td>
<td>65</td>
<td>1 piece</td>
<td>26</td>
</tr>
<tr>
<td>18019</td>
<td>Bread, banana, prepared from recipe, made with margarine</td>
<td>60</td>
<td>1 slice</td>
<td>26</td>
</tr>
<tr>
<td>05286</td>
<td>Turkey and gravy, frozen</td>
<td>142</td>
<td>5-oz package</td>
<td>26</td>
</tr>
<tr>
<td>15121</td>
<td>Finfish, tuna, light, canned in water, drained solids</td>
<td>85</td>
<td>3 oz</td>
<td>26</td>
</tr>
<tr>
<td>18119</td>
<td>Cake, pineapple upside-down, prepared from recipe</td>
<td>115</td>
<td>1 piece</td>
<td>25</td>
</tr>
<tr>
<td>01019</td>
<td>Cheese, feta</td>
<td>28.35</td>
<td>1 oz</td>
<td>25</td>
</tr>
<tr>
<td>01013</td>
<td>Cheese, cottage, creamed, with fruit</td>
<td>226</td>
<td>1 cup</td>
<td>25</td>
</tr>
<tr>
<td>22904</td>
<td>Chili con carne with beans, canned entree</td>
<td>222</td>
<td>1 cup</td>
<td>24</td>
</tr>
<tr>
<td>21063</td>
<td>Fast foods, burrito, with beans and meat</td>
<td>115.5</td>
<td>1 burrito</td>
<td>24</td>
</tr>
<tr>
<td>01044</td>
<td>Cheese, pasteurized process, swiss, with di sodium phosphate</td>
<td>28.35</td>
<td>1 oz</td>
<td>24</td>
</tr>
<tr>
<td>07022</td>
<td>Frankfurter, beef</td>
<td>45</td>
<td>1 frank</td>
<td>24</td>
</tr>
<tr>
<td>18116</td>
<td>Cake, gingerbread, prepared from recipe</td>
<td>74</td>
<td>1 piece</td>
<td>24</td>
</tr>
<tr>
<td>NDB_No</td>
<td>Description</td>
<td>Weight (g)</td>
<td>Common Measure</td>
<td>Content per Measure</td>
</tr>
<tr>
<td>--------</td>
<td>------------------------------------------------------------------------------</td>
<td>------------</td>
<td>----------------</td>
<td>--------------------</td>
</tr>
<tr>
<td>07023</td>
<td>Frankfurter, beef and pork</td>
<td>45</td>
<td>1 frank</td>
<td>23</td>
</tr>
<tr>
<td>19270</td>
<td>Ice creams, chocolate</td>
<td>66</td>
<td>1/2 cup</td>
<td>22</td>
</tr>
<tr>
<td>07064</td>
<td>Pork sausage, fresh, cooked</td>
<td>27</td>
<td>1 patty</td>
<td>22</td>
</tr>
<tr>
<td>06230</td>
<td>Soup, clam chowder, new england, canned, prepared with equal volume milk,</td>
<td>248</td>
<td>1 cup</td>
<td>22</td>
</tr>
<tr>
<td></td>
<td>commercial</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>01026</td>
<td>Cheese, mozzarella, whole milk</td>
<td>28.35</td>
<td>1 oz</td>
<td>22</td>
</tr>
<tr>
<td>15232</td>
<td>Finfish, roughy, orange, cooked, dry heat</td>
<td>85</td>
<td>3 oz</td>
<td>22</td>
</tr>
<tr>
<td>06007</td>
<td>Soup, bean with ham, canned, chunky, ready-to-serve, commercial</td>
<td>243</td>
<td>1 cup</td>
<td>22</td>
</tr>
<tr>
<td>18326</td>
<td>Pie, pumpkin, commercially prepared</td>
<td>109</td>
<td>1 piece</td>
<td>22</td>
</tr>
<tr>
<td>07064</td>
<td>Pork sausage, fresh, cooked</td>
<td>26</td>
<td>2 links</td>
<td>22</td>
</tr>
<tr>
<td>01031</td>
<td>Cheese, neufchatel</td>
<td>28.35</td>
<td>1 oz</td>
<td>22</td>
</tr>
<tr>
<td>18003</td>
<td>Bagels, egg</td>
<td>89</td>
<td>4&quot; bagel</td>
<td>21</td>
</tr>
<tr>
<td>01004</td>
<td>Cheese, blue</td>
<td>28.35</td>
<td>1 oz</td>
<td>21</td>
</tr>
<tr>
<td>18278</td>
<td>Muffins, blueberry, prepared from recipe, made with low fat (2%) milk</td>
<td>57</td>
<td>1 muffin</td>
<td>21</td>
</tr>
<tr>
<td>01053</td>
<td>Cream, fluid, heavy whipping</td>
<td>15</td>
<td>1 tbsp</td>
<td>21</td>
</tr>
<tr>
<td>21033</td>
<td>Fast foods, sundae, hot fudge</td>
<td>158</td>
<td>1 sundae</td>
<td>21</td>
</tr>
<tr>
<td>21050</td>
<td>Entrees, pizza with cheese, meat, and vegetables</td>
<td>79</td>
<td>1 slice</td>
<td>21</td>
</tr>
<tr>
<td>18027</td>
<td>Bread, egg</td>
<td>40</td>
<td>1/2&quot; slice</td>
<td>20</td>
</tr>
<tr>
<td>06909</td>
<td>Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve</td>
<td>63</td>
<td>1/4 cup</td>
<td>20</td>
</tr>
<tr>
<td>18104</td>
<td>Coffee cake, cinnamon with crumb topping, commercially prepared, enriched</td>
<td>63</td>
<td>1 piece</td>
<td>20</td>
</tr>
<tr>
<td>22907</td>
<td>Pasta with meatballs in tomato sauce, canned entree</td>
<td>252</td>
<td>1 cup</td>
<td>20</td>
</tr>
<tr>
<td>16103</td>
<td>Refried beans, canned (includes USDA commodity)</td>
<td>252</td>
<td>1 cup</td>
<td>20</td>
</tr>
<tr>
<td>21015</td>
<td>Fast foods, danish pastry, cheese</td>
<td>91</td>
<td>1 pastruy</td>
<td>20</td>
</tr>
<tr>
<td>06243</td>
<td>Soup, cream of mushroom, canned, prepared with equal volume milk,</td>
<td>248</td>
<td>1 cup</td>
<td>20</td>
</tr>
<tr>
<td></td>
<td>commercial</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>21088</td>
<td>Tostada with guacamole</td>
<td>130.5</td>
<td>1 tostada</td>
<td>20</td>
</tr>
<tr>
<td>15077</td>
<td>Finfish, salmon, chinook, smoked</td>
<td>85.05</td>
<td>3 oz</td>
<td>20</td>
</tr>
<tr>
<td>01035</td>
<td>Cheese, provolone</td>
<td>28.35</td>
<td>1 oz</td>
<td>20</td>
</tr>
<tr>
<td>01079</td>
<td>Milk, reduced fat, fluid, 2% milkfat, with added vitamin A</td>
<td>244</td>
<td>1 cup</td>
<td>20</td>
</tr>
<tr>
<td>06018</td>
<td>Soup, chicken noodle, canned, chunky, ready-to-serve</td>
<td>240</td>
<td>1 cup</td>
<td>19</td>
</tr>
<tr>
<td>06200</td>
<td>Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE,</td>
<td>237</td>
<td>1 cup</td>
<td>19</td>
</tr>
<tr>
<td></td>
<td>canned, ready-to-serve</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>21017</td>
<td>Fast foods, danish pastry, fruit</td>
<td>94</td>
<td>1 pastruy</td>
<td>19</td>
</tr>
<tr>
<td>07065</td>
<td>Pork and beef sausage, fresh, cooked</td>
<td>26</td>
<td>2 links</td>
<td>18</td>
</tr>
<tr>
<td>06930</td>
<td>Sauce, cheese, ready-to-serve</td>
<td>63</td>
<td>1/4 cup</td>
<td>18</td>
</tr>
<tr>
<td>01046</td>
<td>Cheese food, pasteurized process, american, without di sodium phosphate</td>
<td>28.35</td>
<td>1 oz</td>
<td>18</td>
</tr>
<tr>
<td>21078</td>
<td>Fast foods, nachos, with cheese</td>
<td>113</td>
<td>6-8 nachos</td>
<td>18</td>
</tr>
<tr>
<td>01015</td>
<td>Cheese, cottage, lowfat, 2% milkfat</td>
<td>226</td>
<td>1 cup</td>
<td>18</td>
</tr>
<tr>
<td>16101</td>
<td>Beans, baked, canned, with pork and sweet sauce</td>
<td>253</td>
<td>1 cup</td>
<td>18</td>
</tr>
<tr>
<td>16011</td>
<td>Beans, baked, canned, with pork and tomato sauce</td>
<td>253</td>
<td>1 cup</td>
<td>18</td>
</tr>
<tr>
<td>06166</td>
<td>Sauce, homemade, white, medium</td>
<td>250</td>
<td>1 cup</td>
<td>18</td>
</tr>
<tr>
<td>01103</td>
<td>Milk, chocolate, fluid, commercial, reduced fat</td>
<td>250</td>
<td>1 cup</td>
<td>18</td>
</tr>
<tr>
<td>18248</td>
<td>Doughnuts, cake-type, plain (includes unsugared, old-fashioned)</td>
<td>47</td>
<td>1 medium</td>
<td>17</td>
</tr>
<tr>
<td>06359</td>
<td>Soup, tomato, canned, prepared with equal volume milk, commercial</td>
<td>248</td>
<td>1 cup</td>
<td>17</td>
</tr>
<tr>
<td>NDB_No</td>
<td>Description</td>
<td>Weight (g)</td>
<td>Common Measure</td>
<td>Content per Measure</td>
</tr>
<tr>
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<td>-----------------------------------------------------------------------------</td>
<td>------------</td>
<td>--------------------</td>
<td>---------------------</td>
</tr>
<tr>
<td>18274</td>
<td>Muffins, blueberry, commercially prepared</td>
<td>57</td>
<td>1 muffin</td>
<td>17</td>
</tr>
<tr>
<td>18003</td>
<td>Bagels, egg</td>
<td>71</td>
<td>3-1/2” bagel</td>
<td>17</td>
</tr>
<tr>
<td>15138</td>
<td>Crustaceans, crab, alaska king, imitation, made from surimi</td>
<td>85</td>
<td>3 oz</td>
<td>17</td>
</tr>
<tr>
<td>22401</td>
<td>HEALTHY CHOICE Spaghetti Bolognese, frozen entree</td>
<td>283</td>
<td>1 package</td>
<td>17</td>
</tr>
<tr>
<td>06024</td>
<td>Soup, chicken vegetable, canned, chunky, ready-to-serve</td>
<td>240</td>
<td>1 cup</td>
<td>17</td>
</tr>
<tr>
<td>06202</td>
<td>Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve</td>
<td>239</td>
<td>1 cup</td>
<td>17</td>
</tr>
<tr>
<td>01052</td>
<td>Cream, fluid, light whipping</td>
<td>15</td>
<td>1 tbsp</td>
<td>17</td>
</tr>
<tr>
<td>10124</td>
<td>Pork, cured, bacon, cooked, broiled, pan-fried or roasted</td>
<td>19</td>
<td>3 medium slices</td>
<td>16</td>
</tr>
<tr>
<td>01017</td>
<td>Cheese, cream</td>
<td>14.5</td>
<td>1 tbsp</td>
<td>16</td>
</tr>
<tr>
<td>07072</td>
<td>Salami, dry or hard, pork, beef</td>
<td>20</td>
<td>2 slices</td>
<td>16</td>
</tr>
<tr>
<td>01048</td>
<td>Cheese spread, pasteurized process, american, without di sodium phosphate</td>
<td>28.35</td>
<td>1 oz</td>
<td>16</td>
</tr>
<tr>
<td>16008</td>
<td>Beans, baked, canned, with franks</td>
<td>259</td>
<td>1 cup</td>
<td>16</td>
</tr>
<tr>
<td>15119</td>
<td>Finfish, tuna, light, canned in oil, drained solids</td>
<td>85.05</td>
<td>3 oz</td>
<td>15</td>
</tr>
<tr>
<td>01029</td>
<td>Cheese, mozzarella, part skim milk, low moisture</td>
<td>28.35</td>
<td>1 oz</td>
<td>15</td>
</tr>
<tr>
<td>18279</td>
<td>Muffins, corn, commercially prepared</td>
<td>57</td>
<td>1 muffin</td>
<td>15</td>
</tr>
<tr>
<td>22402</td>
<td>HEALTHY CHOICE Beef Macaroni, frozen entree</td>
<td>240</td>
<td>1 package</td>
<td>14</td>
</tr>
<tr>
<td>05090</td>
<td>Chicken, broilers or fryers, neck, meat only, cooked, simmered</td>
<td>18</td>
<td>1 neck</td>
<td>14</td>
</tr>
<tr>
<td>21051</td>
<td>Entrees, pizza with pepperoni</td>
<td>71</td>
<td>1 slice</td>
<td>14</td>
</tr>
<tr>
<td>21130</td>
<td>Fast foods, onion rings, breaded and fried</td>
<td>83</td>
<td>8-9 rings</td>
<td>14</td>
</tr>
<tr>
<td>21061</td>
<td>Fast foods, burrito, with beans and cheese</td>
<td>93</td>
<td>1 burrito</td>
<td>14</td>
</tr>
<tr>
<td>01117</td>
<td>Yogurt, plain, low fat, 12 grams protein per 8 ounce</td>
<td>227</td>
<td>8-oz container</td>
<td>14</td>
</tr>
<tr>
<td>06800</td>
<td>Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to-serve</td>
<td>62</td>
<td>1/4 cup</td>
<td>13</td>
</tr>
<tr>
<td>04585</td>
<td>Margarine-butter blend, 60% corn oil margarine and 40% butter</td>
<td>14.2</td>
<td>1 tbsp</td>
<td>12</td>
</tr>
<tr>
<td>13350</td>
<td>Beef, cured, dried beef</td>
<td>28.35</td>
<td>1 oz</td>
<td>12</td>
</tr>
<tr>
<td>04002</td>
<td>Lard</td>
<td>12.8</td>
<td>1 tbsp</td>
<td>12</td>
</tr>
<tr>
<td>18245</td>
<td>Danish pastry, cheese</td>
<td>71</td>
<td>1 danish</td>
<td>11</td>
</tr>
<tr>
<td>15041</td>
<td>Finfish, herring, Atlantic, pickled</td>
<td>85.05</td>
<td>3 oz</td>
<td>11</td>
</tr>
<tr>
<td>07027</td>
<td>Ham, chopped, not canned</td>
<td>21</td>
<td>2 slices</td>
<td>11</td>
</tr>
<tr>
<td>01097</td>
<td>Milk, canned, evaporated, nonfat</td>
<td>256</td>
<td>1 cup</td>
<td>10</td>
</tr>
<tr>
<td>01014</td>
<td>Cheese, cottage, nonfat, uncreamed, dry, large or small curd</td>
<td>145</td>
<td>1 cup</td>
<td>10</td>
</tr>
<tr>
<td>06528</td>
<td>Soup, chicken noodle, dehydrated, prepared with water</td>
<td>252.3</td>
<td>1 cup</td>
<td>10</td>
</tr>
<tr>
<td>19190</td>
<td>Puddings, chocolate, dry mix, regular, prepared with 2% milk</td>
<td>142</td>
<td>1/2 cup</td>
<td>10</td>
</tr>
<tr>
<td>01050</td>
<td>Cream, fluid, light (coffee cream or table cream)</td>
<td>15</td>
<td>1 tbsp</td>
<td>10</td>
</tr>
<tr>
<td>01088</td>
<td>Milk, buttermilk, fluid, cultured, lowfat</td>
<td>245</td>
<td>1 cup</td>
<td>10</td>
</tr>
<tr>
<td>19212</td>
<td>Puddings, vanilla, dry mix, regular, prepared with 2% milk</td>
<td>140</td>
<td>1/2 cup</td>
<td>10</td>
</tr>
<tr>
<td>01082</td>
<td>Milk, lowfat, fluid, 1% milkfat, with added vitamin A</td>
<td>244</td>
<td>1 cup</td>
<td>10</td>
</tr>
<tr>
<td>06416</td>
<td>Soup, cream of chicken, canned, prepared with equal volume water, commercial</td>
<td>244</td>
<td>1 cup</td>
<td>10</td>
</tr>
<tr>
<td>19120</td>
<td>Candies, milk chocolate</td>
<td>44</td>
<td>1 bar (1.55 oz)</td>
<td>10</td>
</tr>
<tr>
<td>11159</td>
<td>Coleslaw, home-prepared</td>
<td>120</td>
<td>1 cup</td>
<td>10</td>
</tr>
<tr>
<td>18151</td>
<td>Cookies, brownies, commercially prepared</td>
<td>56</td>
<td>1 brownie</td>
<td>10</td>
</tr>
<tr>
<td>19002</td>
<td>Snacks, beef jerky, chopped and formed</td>
<td>19.8</td>
<td>1 large piece</td>
<td>10</td>
</tr>
<tr>
<td>21049</td>
<td>Entrees, pizza with cheese</td>
<td>63</td>
<td>1 slice</td>
<td>9</td>
</tr>
<tr>
<td>NDB_No</td>
<td>Description</td>
<td>Weight (g)</td>
<td>Common Measure</td>
<td>Content per Measure</td>
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<tr>
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<td>--------------------------------------------</td>
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</tr>
<tr>
<td>21026</td>
<td>Fast foods, potatoes, hashed brown</td>
<td>72</td>
<td>1/2 cup</td>
<td>9</td>
</tr>
<tr>
<td>19088</td>
<td>Ice creams, vanilla, light</td>
<td>66</td>
<td>1/2 cup</td>
<td>9</td>
</tr>
<tr>
<td>04134</td>
<td>Salad dressing, home recipe, cooked</td>
<td>16</td>
<td>1 tbsp</td>
<td>9</td>
</tr>
<tr>
<td>01121</td>
<td>Yogurt, fruit, low fat, 10 grams protein per 8 ounce</td>
<td>227</td>
<td>8-oz container</td>
<td>9</td>
</tr>
<tr>
<td>01016</td>
<td>Cheese, cottage, lowfat, 1% milkfat</td>
<td>226</td>
<td>1 cup</td>
<td>9</td>
</tr>
<tr>
<td>19123</td>
<td>Puddings, chocolate, dry mix, instant, prepared with 2% milk</td>
<td>147</td>
<td>1/2 cup</td>
<td>9</td>
</tr>
<tr>
<td>18505</td>
<td>KELLOGG'S Eggo Lowfat Homestyle Waffles</td>
<td>35</td>
<td>1 waffle</td>
<td>9</td>
</tr>
<tr>
<td>21070</td>
<td>Fast foods, chimichanga, with beef</td>
<td>174</td>
<td>1 chimichanga</td>
<td>9</td>
</tr>
<tr>
<td>19135</td>
<td>Candies, M&amp;M MARS, MARS MILKY WAY Bar</td>
<td>61</td>
<td>1 bar (2.15 oz)</td>
<td>9</td>
</tr>
<tr>
<td>18127</td>
<td>Cake, snack cakes, creme-filled, chocolate with frosting</td>
<td>50</td>
<td>1 cupcake</td>
<td>9</td>
</tr>
<tr>
<td>11659</td>
<td>Sweetpotato, cooked, candied, home-prepared</td>
<td>105</td>
<td>1 piece</td>
<td>8</td>
</tr>
<tr>
<td>07083</td>
<td>Vienna sausage, canned, beef and pork</td>
<td>16</td>
<td>1 sausage</td>
<td>8</td>
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<tr>
<td>04025</td>
<td>Salad dressing, mayonnaise, soybean oil, with salt</td>
<td>13.8</td>
<td>1 tbsp</td>
<td>8</td>
</tr>
<tr>
<td>18403</td>
<td>Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)</td>
<td>33</td>
<td>1 waffle</td>
<td>8</td>
</tr>
<tr>
<td>19201</td>
<td>Puddings, vanilla, ready-to-eat</td>
<td>113</td>
<td>4 oz</td>
<td>8</td>
</tr>
<tr>
<td>19132</td>
<td>Candies, milk chocolate, with almonds</td>
<td>41</td>
<td>1 bar (1.45 oz)</td>
<td>8</td>
</tr>
<tr>
<td>18204</td>
<td>Cookies, sugar, commercially prepared, regular (includes vanilla)</td>
<td>15</td>
<td>1 cookie</td>
<td>8</td>
</tr>
<tr>
<td>22247</td>
<td>Macaroni and Cheese, canned entree</td>
<td>252</td>
<td>1 cup</td>
<td>8</td>
</tr>
<tr>
<td>01104</td>
<td>Milk, chocolate, fluid, commercial, lowfat</td>
<td>250</td>
<td>1 cup</td>
<td>8</td>
</tr>
<tr>
<td>19155</td>
<td>Candies, M&amp;M MARS, SNICKERS Bar</td>
<td>57</td>
<td>1 bar (2 oz)</td>
<td>7</td>
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<tr>
<td>06419</td>
<td>Soup, chicken noodle, canned, prepared with equal volume water, commercial</td>
<td>241</td>
<td>1 cup</td>
<td>7</td>
</tr>
<tr>
<td>06423</td>
<td>Soup, chicken with rice, canned, prepared with equal volume water, commercial</td>
<td>241</td>
<td>1 cup</td>
<td>7</td>
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<tr>
<td>18164</td>
<td>Cookies, chocolate chip, refrigerated dough, baked</td>
<td>26</td>
<td>1 cookie</td>
<td>7</td>
</tr>
<tr>
<td>18128</td>
<td>Cake, snack cakes, creme-filled, sponge</td>
<td>42.5</td>
<td>1 cake</td>
<td>7</td>
</tr>
<tr>
<td>18189</td>
<td>Cookies, peanut butter, prepared from recipe</td>
<td>20</td>
<td>1 cookie</td>
<td>6</td>
</tr>
<tr>
<td>01168</td>
<td>Cheese, low fat, cheddar or colby</td>
<td>28.35</td>
<td>1 oz</td>
<td>6</td>
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<tr>
<td>18155</td>
<td>Cookies, butter, commercially prepared, enriched</td>
<td>5</td>
<td>1 cookie</td>
<td>6</td>
</tr>
<tr>
<td>01055</td>
<td>Cream, sour, reduced fat, cultured</td>
<td>15</td>
<td>1 tbsp</td>
<td>6</td>
</tr>
<tr>
<td>19062</td>
<td>Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds</td>
<td>146</td>
<td>1 cup</td>
<td>6</td>
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<tr>
<td>19145</td>
<td>Candies, NESTLE, CRUNCH Bar and Dessert Topping</td>
<td>44</td>
<td>1 bar (1.55 oz)</td>
<td>6</td>
</tr>
<tr>
<td>07073</td>
<td>Sandwich spread, pork, beef</td>
<td>15</td>
<td>1 tbsp</td>
<td>6</td>
</tr>
<tr>
<td>18310</td>
<td>Pie, chocolate creme, commercially prepared</td>
<td>113</td>
<td>1 piece</td>
<td>6</td>
</tr>
<tr>
<td>01049</td>
<td>Cream, fluid, half and half</td>
<td>15</td>
<td>1 tbsp</td>
<td>6</td>
</tr>
<tr>
<td>01056</td>
<td>Cream, sour, cultured</td>
<td>12</td>
<td>1 tbsp</td>
<td>5</td>
</tr>
<tr>
<td>18248</td>
<td>Doughnuts, cake-type, plain (includes unsugared, old-fashioned)</td>
<td>14</td>
<td>1 hole</td>
<td>5</td>
</tr>
<tr>
<td>18165</td>
<td>Cookies, chocolate chip, prepared from recipe, made with margarine</td>
<td>16</td>
<td>1 cookie</td>
<td>5</td>
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<tr>
<td>21127</td>
<td>Fast foods, coleslaw</td>
<td>99</td>
<td>3/4 cup</td>
<td>5</td>
</tr>
<tr>
<td>18184</td>
<td>Cookies, oatmeal, prepared from recipe, with raisins</td>
<td>15</td>
<td>1 cookie</td>
<td>5</td>
</tr>
<tr>
<td>19143</td>
<td>Candies, MR. GOODBAR Chocolate Bar</td>
<td>49</td>
<td>1 bar (1.75 oz)</td>
<td>5</td>
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<tr>
<td>01085</td>
<td>Milk, nonfat, fluid, with added vitamin A (fat free or skim)</td>
<td>245</td>
<td>1 cup</td>
<td>5</td>
</tr>
<tr>
<td>06471</td>
<td>Soup, vegetable beef, prepared with equal volume water, commercial</td>
<td>244</td>
<td>1 cup</td>
<td>5</td>
</tr>
<tr>
<td>06409</td>
<td>Soup, beef noodle, prepared with equal volume water, commercial</td>
<td>244</td>
<td>1 cup</td>
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</tbody>
</table>
### USDA Nutrient Database for Standard Reference, Release 15

**Cholesterol (mg) Content of Selected Foods per Common Measure, sorted by nutrient content**

<table>
<thead>
<tr>
<th>NDB_No</th>
<th>Description</th>
<th>Weight (g)</th>
<th>Common Measure</th>
<th>Content per Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td>06205</td>
<td>Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve</td>
<td>244</td>
<td>1 cup</td>
<td>5</td>
</tr>
<tr>
<td>18206</td>
<td>Cookies, sugar, refrigerated dough, baked</td>
<td>15</td>
<td>1 cookie</td>
<td>5</td>
</tr>
<tr>
<td>06207</td>
<td>Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve</td>
<td>238</td>
<td>1 cup</td>
<td>5</td>
</tr>
<tr>
<td>18193</td>
<td>Cookies, shortbread, commercially prepared, pecan</td>
<td>14</td>
<td>1 cookie</td>
<td>5</td>
</tr>
<tr>
<td>18290</td>
<td>Pancakes, plain, dry mix, complete, prepared</td>
<td>38</td>
<td>1 pancake</td>
<td>5</td>
</tr>
<tr>
<td>01118</td>
<td>Yogurt, plain, skim milk, 13 grams protein per 8 ounce</td>
<td>227</td>
<td>8-oz container</td>
<td>5</td>
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<tr>
<td>01094</td>
<td>Milk, buttermilk, dried</td>
<td>6.5</td>
<td>1 tbsp</td>
<td>4</td>
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<tr>
<td>19097</td>
<td>Sherbet, orange</td>
<td>74</td>
<td>1/2 cup</td>
<td>4</td>
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<tr>
<td>11657</td>
<td>Potatoes, mashed, home-prepared, whole milk added</td>
<td>210</td>
<td>1 cup</td>
<td>4</td>
</tr>
<tr>
<td>14309</td>
<td>Malted drink mix, natural, with added nutrients, powder</td>
<td>21</td>
<td>4-5 heaping tsp</td>
<td>4</td>
</tr>
<tr>
<td>11371</td>
<td>Potatoes, mashed, home-prepared, whole milk and margarine added</td>
<td>210</td>
<td>1 cup</td>
<td>4</td>
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<tr>
<td>01092</td>
<td>Milk, dry, nonfat, instant, with added vitamin A</td>
<td>23</td>
<td>1/3 cup</td>
<td>4</td>
</tr>
<tr>
<td>04017</td>
<td>Salad dressing, thousand island, commercial, regular, with salt</td>
<td>15.6</td>
<td>1 tbsp</td>
<td>4</td>
</tr>
<tr>
<td>01032</td>
<td>Cheese, parmesan, grated</td>
<td>5</td>
<td>1 tbsp</td>
<td>4</td>
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<tr>
<td>19109</td>
<td>Candies, KIT KAT Wafer Bar</td>
<td>42</td>
<td>1 bar (1.5 oz)</td>
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<tr>
<td>18208</td>
<td>Cookies, sugar, prepared from recipe, made with margarine</td>
<td>14</td>
<td>1 cookie</td>
<td>4</td>
</tr>
<tr>
<td>19393</td>
<td>Frozen yogurts, chocolate, soft-serve</td>
<td>72</td>
<td>1/2 cup</td>
<td>4</td>
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<tr>
<td>18255</td>
<td>Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)</td>
<td>60</td>
<td>1 medium</td>
<td>4</td>
</tr>
<tr>
<td>19126</td>
<td>Candies, milk chocolate coated peanuts</td>
<td>40</td>
<td>10 pieces</td>
<td>4</td>
</tr>
<tr>
<td>19026</td>
<td>Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter</td>
<td>28.35</td>
<td>1 bar</td>
<td>3</td>
</tr>
<tr>
<td>19183</td>
<td>Puddings, chocolate, ready-to-eat</td>
<td>113</td>
<td>4 oz</td>
<td>3</td>
</tr>
<tr>
<td>18288</td>
<td>Pancakes plain, frozen, ready-to-heat (includes buttermilk)</td>
<td>36</td>
<td>1 pancake</td>
<td>3</td>
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<tr>
<td>18388</td>
<td>Muffins, wheat bran, toaster-type with raisins, toasted</td>
<td>34</td>
<td>1 muffin</td>
<td>3</td>
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<tr>
<td>18016</td>
<td>Biscuits, plain or buttermilk, prepared from recipe</td>
<td>101</td>
<td>4&quot; biscuit</td>
<td>3</td>
</tr>
<tr>
<td>18243</td>
<td>Croutons, seasoned</td>
<td>40</td>
<td>1 cup</td>
<td>3</td>
</tr>
<tr>
<td>04015</td>
<td>Salad dressing, russian, with salt</td>
<td>15.3</td>
<td>1 tbsp</td>
<td>3</td>
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<tr>
<td>19150</td>
<td>Candies, REESE'S Peanut Butter Cups</td>
<td>45</td>
<td>1 package (contains 2)</td>
<td>3</td>
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<tr>
<td>04539</td>
<td>Salad dressing, blue or roquefort cheese, commercial, regular, with salt</td>
<td>15.3</td>
<td>1 tbsp</td>
<td>3</td>
</tr>
<tr>
<td>19103</td>
<td>Candies, fudge, vanilla, prepared-from-recipe</td>
<td>16</td>
<td>1 piece</td>
<td>3</td>
</tr>
<tr>
<td>19100</td>
<td>Candies, fudge, chocolate, prepared-from-recipe</td>
<td>17</td>
<td>1 piece</td>
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<tr>
<td>06404</td>
<td>Soup, bean with pork, canned, prepared with equal volume water, commercial</td>
<td>253</td>
<td>1 cup</td>
<td>3</td>
</tr>
<tr>
<td>19135</td>
<td>Candies, M&amp;M MARS, MARS MILKY WAY Bar</td>
<td>18</td>
<td>1 fun size bar</td>
<td>3</td>
</tr>
<tr>
<td>19101</td>
<td>Candies, fudge, chocolate, with nuts, prepared-from-recipe</td>
<td>19</td>
<td>1 piece</td>
<td>2</td>
</tr>
<tr>
<td>06443</td>
<td>Soup, cream of mushroom, canned, prepared with equal volume water, commercial</td>
<td>244</td>
<td>1 cup</td>
<td>2</td>
</tr>
<tr>
<td>06428</td>
<td>Soup, clam chowder, manhattan, canned, prepared with equal volume water</td>
<td>244</td>
<td>1 cup</td>
<td>2</td>
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<tr>
<td>06440</td>
<td>Soup, minestrone, canned, prepared with equal volume water, commercial</td>
<td>241</td>
<td>1 cup</td>
<td>2</td>
</tr>
<tr>
<td>06174</td>
<td>Soup, stock, fish, home-prepared</td>
<td>233</td>
<td>1 cup</td>
<td>2</td>
</tr>
<tr>
<td>04023</td>
<td>Salad dressing, thousand island, diet, low calorie, 10 calories per teaspoon, with salt</td>
<td>15.3</td>
<td>1 tbsp</td>
<td>2</td>
</tr>
<tr>
<td>01054</td>
<td>Cream, whipped, cream topping, pressurized</td>
<td>3</td>
<td>1 tbsp</td>
<td>2</td>
</tr>
<tr>
<td>NDB_No</td>
<td>Description</td>
<td>Weight (g)</td>
<td>Common Measure</td>
<td>Content per Measure</td>
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<td>-----------------------------------------------------------------------------</td>
<td>------------</td>
<td>----------------</td>
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</tr>
<tr>
<td>18110</td>
<td>Cake, fruitcake, commercially prepared</td>
<td>43</td>
<td>1 piece</td>
<td>2</td>
</tr>
<tr>
<td>19104</td>
<td>Candies, fudge, vanilla with nuts, prepared-from-recipe</td>
<td>15</td>
<td>1 piece</td>
<td>2</td>
</tr>
<tr>
<td>14194</td>
<td>Cocoa mix, powder, prepared with water</td>
<td>206</td>
<td>1 serving</td>
<td>2</td>
</tr>
<tr>
<td>18212</td>
<td>Cookies, vanilla wafers, lower fat</td>
<td>4</td>
<td>1 cookie</td>
<td>2</td>
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<tr>
<td>19043</td>
<td>Snacks, potato chips, sour-cream-and-onion-flavor</td>
<td>28.35</td>
<td>1 oz</td>
<td>2</td>
</tr>
<tr>
<td>18126</td>
<td>Cake, shortcake, biscuit-type, prepared from recipe</td>
<td>65</td>
<td>1 shortcake</td>
<td>2</td>
</tr>
<tr>
<td>06094</td>
<td>Soup, onion mix, dehydrated, dry form</td>
<td>39</td>
<td>1 packet</td>
<td>2</td>
</tr>
<tr>
<td>18016</td>
<td>Biscuits, plain or buttermilk, prepared from recipe</td>
<td>60</td>
<td>2-1/2&quot; biscuit</td>
<td>2</td>
</tr>
<tr>
<td>19140</td>
<td>Candies, M&amp;M MARS, &quot;M&amp;M's&quot; Peanut Chocolate Candies</td>
<td>20</td>
<td>10 pieces</td>
<td>2</td>
</tr>
<tr>
<td>19039</td>
<td>Snacks, popcorn, caramel-coated, without peanuts</td>
<td>35.2</td>
<td>1 cup</td>
<td>2</td>
</tr>
<tr>
<td>06116</td>
<td>Gravy, beef, canned</td>
<td>58.25</td>
<td>1/4 cup</td>
<td>2</td>
</tr>
<tr>
<td>18192</td>
<td>Cookies, shortbread, commercially prepared, plain</td>
<td>8</td>
<td>1 cookie</td>
<td>2</td>
</tr>
<tr>
<td>21139</td>
<td>Fast foods, potato, mashed</td>
<td>80</td>
<td>1/3 cup</td>
<td>2</td>
</tr>
<tr>
<td>18139</td>
<td>Cake, white, prepared from recipe without frosting</td>
<td>74</td>
<td>1 piece</td>
<td>1</td>
</tr>
<tr>
<td>19293</td>
<td>Frozen yogurts, vanilla, soft-serve</td>
<td>72</td>
<td>1/2 cup</td>
<td>1</td>
</tr>
<tr>
<td>14192</td>
<td>Cocoa mix, powder</td>
<td>28.35</td>
<td>3 heaping tsp</td>
<td>1</td>
</tr>
<tr>
<td>18214</td>
<td>Crackers, cheese, regular</td>
<td>10</td>
<td>10 crackers</td>
<td>1</td>
</tr>
<tr>
<td>01186</td>
<td>Cheese, cream, fat free</td>
<td>15.6</td>
<td>1 tbsp</td>
<td>1</td>
</tr>
<tr>
<td>19040</td>
<td>Snacks, popcorn, cheese-flavor</td>
<td>11</td>
<td>1 cup</td>
<td>1</td>
</tr>
<tr>
<td>18376</td>
<td>Bread crumbs, dry, grated, seasoned</td>
<td>120</td>
<td>1 cup</td>
<td>1</td>
</tr>
<tr>
<td>14196</td>
<td>Cocoa mix, with aspartame, powder</td>
<td>15</td>
<td>1/2 oz envelope</td>
<td>1</td>
</tr>
<tr>
<td>06125</td>
<td>Gravy, turkey, canned</td>
<td>59.6</td>
<td>1/4 cup</td>
<td>1</td>
</tr>
<tr>
<td>06119</td>
<td>Gravy, chicken, canned</td>
<td>59.5</td>
<td>1/4 cup</td>
<td>1</td>
</tr>
<tr>
<td>19193</td>
<td>Puddings, rice, ready-to-eat</td>
<td>113.4</td>
<td>4 oz</td>
<td>1</td>
</tr>
<tr>
<td>19008</td>
<td>Snacks, corn-based, extruded, puffs or twists, cheese-flavor</td>
<td>28.35</td>
<td>1 oz</td>
<td>1</td>
</tr>
<tr>
<td>19218</td>
<td>Puddings, tapioca, ready-to-eat</td>
<td>113</td>
<td>4 oz</td>
<td>1</td>
</tr>
<tr>
<td>18102</td>
<td>Cake, white, prepared from recipe with coconut frosting</td>
<td>112</td>
<td>1 piece</td>
<td>1</td>
</tr>
<tr>
<td>14315</td>
<td>Malted drink mix, chocolate, with added nutrients, powder</td>
<td>21</td>
<td>3 heaping tsp</td>
<td>1</td>
</tr>
<tr>
<td>08218</td>
<td>Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins</td>
<td>51</td>
<td>1/2 cup</td>
<td>1</td>
</tr>
<tr>
<td>19141</td>
<td>Candies, M&amp;M MARS, &quot;M&amp;M's&quot; Plain Chocolate Candies</td>
<td>7</td>
<td>10 pieces</td>
<td>1</td>
</tr>
<tr>
<td>04022</td>
<td>Salad dressing, russian, low calorie, with salt</td>
<td>16.3</td>
<td>1 tbsp</td>
<td>1</td>
</tr>
<tr>
<td>04021</td>
<td>Salad dressing, italian, commercial, diet, 2 calories per teaspoon, with salt</td>
<td>15</td>
<td>1 tbsp</td>
<td>1</td>
</tr>
<tr>
<td>19046</td>
<td>Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor</td>
<td>28.35</td>
<td>1 oz</td>
<td>1</td>
</tr>
<tr>
<td>19071</td>
<td>Candies, carob</td>
<td>28.35</td>
<td>1 oz</td>
<td>1</td>
</tr>
<tr>
<td>19424</td>
<td>Snacks, tortilla chips, nacho-flavor, reduced fat</td>
<td>28.35</td>
<td>1 oz</td>
<td>1</td>
</tr>
<tr>
<td>19057</td>
<td>Snacks, tortilla chips, nacho-flavor</td>
<td>28.35</td>
<td>1 oz</td>
<td>1</td>
</tr>
<tr>
<td>18255</td>
<td>Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)</td>
<td>13</td>
<td>1 hole</td>
<td>1</td>
</tr>
<tr>
<td>18179</td>
<td>Cookies, oatmeal, commercially prepared, soft-type</td>
<td>15</td>
<td>1 cookie</td>
<td>1</td>
</tr>
<tr>
<td>19074</td>
<td>Candies, caramels</td>
<td>10.1</td>
<td>1 piece</td>
<td>1</td>
</tr>
<tr>
<td>01143</td>
<td>Egg substitute, liquid</td>
<td>62.75</td>
<td>1/4 cup</td>
<td>1</td>
</tr>
<tr>
<td>01058</td>
<td>Sour dressing, non-butterfat, cultured, filled cream-type</td>
<td>12</td>
<td>1 tbsp</td>
<td>1</td>
</tr>
<tr>
<td>06075</td>
<td>Soup, beef broth or bouillon, powder, dry</td>
<td>6</td>
<td>1 packet</td>
<td>1</td>
</tr>
</tbody>
</table>
# USDA Nutrient Database for Standard Reference, Release 15

## Cholesterol (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

<table>
<thead>
<tr>
<th>NDB_No</th>
<th>Description</th>
<th>Weight (g)</th>
<th>Common Measure</th>
<th>Content per Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td>08220</td>
<td>Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins</td>
<td>50</td>
<td>1/2 cup</td>
<td>1</td>
</tr>
<tr>
<td>06175</td>
<td>Sauce, hoisin, ready-to-serve</td>
<td>16</td>
<td>1 tbsp</td>
<td>0</td>
</tr>
<tr>
<td>18069</td>
<td>Bread, white, commercially prepared (includes soft bread crumbs)</td>
<td>45</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>19164</td>
<td>Candies, SPECIAL DARK Chocolate Bar</td>
<td>8.4</td>
<td>1 miniature</td>
<td>0</td>
</tr>
<tr>
<td>01071</td>
<td>Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk</td>
<td>4</td>
<td>1 tbsp</td>
<td>0</td>
</tr>
<tr>
<td>19348</td>
<td>Syrups, chocolate, fudge-type</td>
<td>19</td>
<td>1 tbsp</td>
<td>0</td>
</tr>
<tr>
<td>18215</td>
<td>Crackers, cheese, sandwich-type with peanut butter filling</td>
<td>7</td>
<td>1 sandwich</td>
<td>0</td>
</tr>
<tr>
<td>19127</td>
<td>Candies, milk chocolate coated raisins</td>
<td>10</td>
<td>10 pieces</td>
<td>0</td>
</tr>
<tr>
<td>19404</td>
<td>Snacks, granola bars, soft, uncoated, chocolate chip</td>
<td>28.35</td>
<td>1 bar</td>
<td>0</td>
</tr>
<tr>
<td>19022</td>
<td>Snacks, granola bars, soft, uncoated, raisin</td>
<td>28.35</td>
<td>1 bar</td>
<td>0</td>
</tr>
<tr>
<td>18342</td>
<td>Rolls, dinner, plain, commercially prepared (includes brown-and-serve)</td>
<td>28</td>
<td>1 roll</td>
<td>0</td>
</tr>
<tr>
<td>18069</td>
<td>Bread, white, commercially prepared (includes soft bread crumbs)</td>
<td>25</td>
<td>1 slice</td>
<td>0</td>
</tr>
<tr>
<td>18070</td>
<td>Bread, white, commercially prepared, toasted</td>
<td>22</td>
<td>1 slice</td>
<td>0</td>
</tr>
<tr>
<td>18185</td>
<td>Cookies, peanut butter, commercially prepared, regular</td>
<td>15</td>
<td>1 cookie</td>
<td>0</td>
</tr>
<tr>
<td>18230</td>
<td>Crackers, standard snack-type, sandwich, with cheese filling</td>
<td>7</td>
<td>1 sandwich</td>
<td>0</td>
</tr>
<tr>
<td>19076</td>
<td>Candies, caramels, chocolate-flavor roll</td>
<td>7</td>
<td>1 piece</td>
<td>0</td>
</tr>
<tr>
<td>19069</td>
<td>Candies, NESTLE, BUTTERFINGER Bar and Dessert Topping</td>
<td>7</td>
<td>1 fun size bar</td>
<td>0</td>
</tr>
<tr>
<td>06112</td>
<td>Sauce, teriyaki, ready-to-serve</td>
<td>18</td>
<td>1 tbsp</td>
<td>0</td>
</tr>
<tr>
<td>09238</td>
<td>Peaches, canned, juice pack, solids and liquids</td>
<td>98</td>
<td>1 half</td>
<td>0</td>
</tr>
<tr>
<td>09250</td>
<td>Peaches, frozen, sliced, sweetened</td>
<td>250</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>09218</td>
<td>Tangerines, (mandarin oranges), raw</td>
<td>84</td>
<td>1 tangerine</td>
<td>0</td>
</tr>
<tr>
<td>09241</td>
<td>Peaches, canned, heavy syrup pack, solids and liquids</td>
<td>98</td>
<td>1 half</td>
<td>0</td>
</tr>
<tr>
<td>09215</td>
<td>Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water</td>
<td>249</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>09214</td>
<td>Orange juice, frozen concentrate, unsweetened, undiluted</td>
<td>213</td>
<td>6-fl-oz can</td>
<td>0</td>
</tr>
<tr>
<td>09252</td>
<td>Pears, raw</td>
<td>166</td>
<td>1 pear</td>
<td>0</td>
</tr>
<tr>
<td>09238</td>
<td>Peaches, canned, juice pack, solids and liquids</td>
<td>248</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>06067</td>
<td>Soup, vegetable, canned, chunky, ready-to-serve, commercial</td>
<td>240</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>04128</td>
<td>Margarine-like spread, (approximately 40% fat), unspecified oils</td>
<td>4.8</td>
<td>1 tsp</td>
<td>0</td>
</tr>
<tr>
<td>09220</td>
<td>Tangerines, (mandarin oranges), canned, light syrup pack</td>
<td>252</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>09241</td>
<td>Peaches, canned, heavy syrup pack, solids and liquids</td>
<td>262</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>09226</td>
<td>Papayas, raw</td>
<td>304</td>
<td>1 papaya</td>
<td>0</td>
</tr>
<tr>
<td>09236</td>
<td>Peaches, raw</td>
<td>170</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>09236</td>
<td>Peaches, raw</td>
<td>98</td>
<td>1 peach</td>
<td>0</td>
</tr>
<tr>
<td>09226</td>
<td>Papayas, raw</td>
<td>140</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>09246</td>
<td>Peaches, dried, sulfured, uncooked</td>
<td>39</td>
<td>3 halves</td>
<td>0</td>
</tr>
<tr>
<td>09223</td>
<td>Tangerine juice, canned, sweetened</td>
<td>249</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>09132</td>
<td>Grapes, red or green (European type varieties, such as, Thompson seedless),</td>
<td>160</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>09153</td>
<td>Lemon juice, canned or bottled</td>
<td>15.2</td>
<td>1 tbsp</td>
<td>0</td>
</tr>
<tr>
<td>09153</td>
<td>Lemon juice, canned or bottled</td>
<td>244</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>09152</td>
<td>Lemon juice, raw</td>
<td>47</td>
<td>juice of 1 lemon</td>
<td>0</td>
</tr>
<tr>
<td>09150</td>
<td>Lemons, raw, without peel</td>
<td>58</td>
<td>1 lemon</td>
<td>0</td>
</tr>
<tr>
<td>09148</td>
<td>Kiwi fruit, (Chinese gooseberries), fresh, raw</td>
<td>76</td>
<td>1 medium</td>
<td>0</td>
</tr>
</tbody>
</table>
### USDA Nutrient Database for Standard Reference, Release 15

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<table>
<thead>
<tr>
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<th>Weight (g)</th>
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</tr>
</thead>
<tbody>
<tr>
<td>09137</td>
<td>Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C</td>
<td>250</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>09141</td>
<td>Melons, honeydew, raw</td>
<td>170</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>09142</td>
<td>Grape juice, canned or bottled, unsweetened, without added vitamin C</td>
<td>253</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>09143</td>
<td>Lime juice, canned or bottled, unsweetened</td>
<td>15.4</td>
<td>1 tbsp</td>
<td>0</td>
</tr>
<tr>
<td>09145</td>
<td>Grapes, red or green (European type varieties, such as, Thompson seedless), raw</td>
<td>50</td>
<td>10 grapes</td>
<td>0</td>
</tr>
<tr>
<td>09146</td>
<td>Grapefruit juice, white, raw</td>
<td>247</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>09147</td>
<td>Grapefruit juice, frozen concentrate, unsweetened, diluted with 3 volume water</td>
<td>247</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>09148</td>
<td>Grapefruit juice, frozen concentrate, unsweetened, undiluted</td>
<td>207</td>
<td>6-fl-oz can</td>
<td>0</td>
</tr>
<tr>
<td>09149</td>
<td>Grapefruit juice, canned, sweetened</td>
<td>250</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>09150</td>
<td>Grapefruit juice, canned, unsweetened</td>
<td>247</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>09151</td>
<td>Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C</td>
<td>216</td>
<td>6-fl-oz can</td>
<td>0</td>
</tr>
<tr>
<td>09152</td>
<td>Melons, honeydew, raw</td>
<td>160</td>
<td>1/8 melon</td>
<td>0</td>
</tr>
<tr>
<td>09153</td>
<td>Orange juice, canned, unsweetened</td>
<td>249</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>09154</td>
<td>Orange juice, raw</td>
<td>248</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>09155</td>
<td>Orange juice, raw</td>
<td>86</td>
<td>juice from 1 orange</td>
<td>0</td>
</tr>
<tr>
<td>09156</td>
<td>Oranges, raw, all commercial varieties</td>
<td>131</td>
<td>1 orange</td>
<td>0</td>
</tr>
<tr>
<td>09157</td>
<td>Oranges, raw, all commercial varieties</td>
<td>180</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>09158</td>
<td>Olives, ripe, canned (small-extra large)</td>
<td>22</td>
<td>5 large</td>
<td>0</td>
</tr>
<tr>
<td>09159</td>
<td>Lime juice, raw</td>
<td>38</td>
<td>juice of 1 lime</td>
<td>0</td>
</tr>
<tr>
<td>09160</td>
<td>Orange juice, canned, unsweetened</td>
<td>86</td>
<td>juice from 1 orange</td>
<td>0</td>
</tr>
<tr>
<td>09161</td>
<td>Pears, canned, juice pack, solids and liquids</td>
<td>76</td>
<td>1 half</td>
<td>0</td>
</tr>
<tr>
<td>09162</td>
<td>Melons, cantaloupe, raw</td>
<td>69</td>
<td>1/8 melon</td>
<td>0</td>
</tr>
<tr>
<td>09163</td>
<td>Plums, canned, purple, heavy syrup pack, solids and liquids</td>
<td>258</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>09164</td>
<td>Melons, cantaloupe, raw</td>
<td>160</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>09165</td>
<td>Mangoes, raw</td>
<td>165</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>09166</td>
<td>Mangoes, raw</td>
<td>207</td>
<td>1 mango</td>
<td>0</td>
</tr>
<tr>
<td>09167</td>
<td>Orange juice, chilled, includes from concentrate</td>
<td>249</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>09168</td>
<td>Nectarines, raw</td>
<td>136</td>
<td>1 nectarine</td>
<td>0</td>
</tr>
<tr>
<td>09169</td>
<td>Margarine-like spread, approximately 60% fat, stick, soybean (hydrogenated) and palm (hydrogenated)</td>
<td>4.8</td>
<td>1 tsp</td>
<td>0</td>
</tr>
<tr>
<td>09170</td>
<td>Margarine, regular, unspecified oils, with salt added</td>
<td>14.1</td>
<td>1 tbsp</td>
<td>0</td>
</tr>
<tr>
<td>09171</td>
<td>Asparagus, cooked, boiled, drained</td>
<td>60</td>
<td>4 spears</td>
<td>0</td>
</tr>
<tr>
<td>09172</td>
<td>Artichokes, (globe or French), cooked, boiled, drained, without salt</td>
<td>168</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>09173</td>
<td>Artichokes, (globe or French), cooked, boiled, drained, without salt</td>
<td>120</td>
<td>1 medium</td>
<td>0</td>
</tr>
<tr>
<td>09174</td>
<td>Alfalfa seeds, sprouted, raw</td>
<td>33</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>09175</td>
<td>Vegetable oil, canola</td>
<td>14</td>
<td>1 tbsp</td>
<td>0</td>
</tr>
<tr>
<td>09176</td>
<td>Asparagus, frozen, cooked, boiled, drained, without salt</td>
<td>60</td>
<td>4 spears</td>
<td>0</td>
</tr>
<tr>
<td>09177</td>
<td>Oil, soybean, salad or cooking, (hydrogenated) and cottonseed</td>
<td>13.6</td>
<td>1 tsp</td>
<td>0</td>
</tr>
<tr>
<td>09178</td>
<td>Asparagus, frozen, cooked, boiled, drained, without salt</td>
<td>180</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>09179</td>
<td>Margarine-like spread, approximately 60% fat, stick, soybean (hydrogenated) and palm (hydrogenated)</td>
<td>14.4</td>
<td>1 tbsp</td>
<td>0</td>
</tr>
</tbody>
</table>
### USDA Nutrient Database for Standard Reference, Release 15

**Cholesterol (mg) Content of Selected Foods per Common Measure, sorted by nutrient content**

<table>
<thead>
<tr>
<th>NDB_No</th>
<th>Description</th>
<th>Weight (g)</th>
<th>Common Measure</th>
<th>Content per Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td>04518</td>
<td>Oil, vegetable corn, salad or cooking</td>
<td>13.6</td>
<td>1 tbsp</td>
<td>0</td>
</tr>
<tr>
<td>04511</td>
<td>Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)</td>
<td>13.6</td>
<td>1 tbsp</td>
<td>0</td>
</tr>
<tr>
<td>04506</td>
<td>Oil, vegetable, sunflower, linoleic, (60% and over)</td>
<td>13.6</td>
<td>1 tbsp</td>
<td>0</td>
</tr>
<tr>
<td>04135</td>
<td>Salad dressing, home recipe, vinegar and oil</td>
<td>15.6</td>
<td>1 tbsp</td>
<td>0</td>
</tr>
<tr>
<td>09282</td>
<td>Plums, canned, purple, juice pack, solids and liquids</td>
<td>46</td>
<td>1 plum</td>
<td>0</td>
</tr>
<tr>
<td>04561</td>
<td>Margarine-like spread, approximately 60% fat, tub, unspecified oils</td>
<td>4.8</td>
<td>1 tsp</td>
<td>0</td>
</tr>
<tr>
<td>11056</td>
<td>Beans, snap, green, canned, regular pack, drained solids</td>
<td>135</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11090</td>
<td>Broccoli, raw</td>
<td>31</td>
<td>1 spear</td>
<td>0</td>
</tr>
<tr>
<td>11089</td>
<td>Broccoli, raw</td>
<td>88</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11087</td>
<td>Beet greens, cooked, boiled, drained, without salt</td>
<td>144</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11084</td>
<td>Beets, canned, drained solids</td>
<td>170</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11084</td>
<td>Beets, canned, drained solids</td>
<td>24</td>
<td>1 beet</td>
<td>0</td>
</tr>
<tr>
<td>11081</td>
<td>Beets, cooked, boiled, drained</td>
<td>50</td>
<td>1 beet</td>
<td>0</td>
</tr>
<tr>
<td>11105</td>
<td>Asparagus, canned, drained solids</td>
<td>72</td>
<td>4 spears</td>
<td>0</td>
</tr>
<tr>
<td>11061</td>
<td>Beans, snap, green, frozen, cooked, boiled, drained without salt</td>
<td>135</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>04130</td>
<td>Margarine, soft, unspecifieed oils, with salt added</td>
<td>4.7</td>
<td>1 tsp</td>
<td>0</td>
</tr>
<tr>
<td>11053</td>
<td>Beans, snap, green, cooked, boiled, drained, without salt</td>
<td>125</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11044</td>
<td>Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt</td>
<td>124</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11043</td>
<td>Mung beans, mature seeds, sprouted, raw</td>
<td>104</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11040</td>
<td>Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt</td>
<td>180</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11038</td>
<td>Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt</td>
<td>170</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11028</td>
<td>Bamboo shoots, canned, drained solids</td>
<td>131</td>
<td>1 cup</td>
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<tr>
<td>11081</td>
<td>Beets, cooked, boiled, drained</td>
<td>170</td>
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</tr>
<tr>
<td>09270</td>
<td>Pineapple, canned, heavy syrup pack, solids and liquids</td>
<td>49</td>
<td>1 slice</td>
<td>0</td>
</tr>
<tr>
<td>04133</td>
<td>Salad dressing, french, home recipe</td>
<td>14</td>
<td>1 slice</td>
<td>0</td>
</tr>
<tr>
<td>09284</td>
<td>Plums, canned, purple, heavy syrup pack, solids and liquids</td>
<td>46</td>
<td>1 plum</td>
<td>0</td>
</tr>
<tr>
<td>09121</td>
<td>Grapefruit, sections, canned, light syrup pack, solids and liquids</td>
<td>254</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>09282</td>
<td>Plums, canned, purple, juice pack, solids and liquids</td>
<td>252</td>
<td>1 cup</td>
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</tr>
<tr>
<td>09279</td>
<td>Plums, raw</td>
<td>66</td>
<td>1 plum</td>
<td>0</td>
</tr>
<tr>
<td>09278</td>
<td>Plantains, cooked</td>
<td>154</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>09292</td>
<td>Prunes, dried, stewed, without added sugar</td>
<td>248</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>09273</td>
<td>Pineapple juice, canned, unsweetened, without added ascorbic acid</td>
<td>250</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>09294</td>
<td>Prune juice, canned</td>
<td>256</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>09270</td>
<td>Pineapple, canned, heavy syrup pack, solids and liquids</td>
<td>254</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>09268</td>
<td>Pineapple, canned, juice pack, solids and liquids</td>
<td>47</td>
<td>1 slice</td>
<td>0</td>
</tr>
<tr>
<td>09268</td>
<td>Pineapple, canned, juice pack, solids and liquids</td>
<td>249</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>09266</td>
<td>Pineapple, raw</td>
<td>155</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>09257</td>
<td>Pears, canned, heavy syrup pack, solids and liquids</td>
<td>76</td>
<td>1 half</td>
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<tr>
<td>09257</td>
<td>Pears, canned, heavy syrup pack, solids and liquids</td>
<td>266</td>
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<tr>
<td>09277</td>
<td>Plantains, raw</td>
<td>179</td>
<td>1 medium</td>
<td>0</td>
</tr>
<tr>
<td>09316</td>
<td>Strawberries, raw</td>
<td>18</td>
<td>1 strawberry</td>
<td>0</td>
</tr>
<tr>
<td>09404</td>
<td>Grapefruit juice, pink, raw</td>
<td>247</td>
<td>1 cup</td>
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</tbody>
</table>
### USDA Nutrient Database for Standard Reference, Release 15

#### Cholesterol (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

<table>
<thead>
<tr>
<th>NDB_No</th>
<th>Description</th>
<th>Weight (g)</th>
<th>Common Measure</th>
<th>Content per Measure</th>
</tr>
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<tbody>
<tr>
<td>09403</td>
<td>Apricot nectar, canned, with added ascorbic acid</td>
<td>251</td>
<td>1 cup</td>
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<tr>
<td>09340</td>
<td>Pears, asian, raw</td>
<td>275</td>
<td>1 pear</td>
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<tr>
<td>09340</td>
<td>Pears, asian, raw</td>
<td>122</td>
<td>1 pear</td>
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<tr>
<td>09326</td>
<td>Watermelon, raw</td>
<td>152</td>
<td>1 cup</td>
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<tr>
<td>09326</td>
<td>Watermelon, raw</td>
<td>286</td>
<td>1 wedge</td>
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<tr>
<td>09291</td>
<td>Prunes, dried, uncooked</td>
<td>42</td>
<td>5 prunes</td>
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<tr>
<td>09316</td>
<td>Strawberries, raw</td>
<td>12</td>
<td>1 strawberry</td>
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</tr>
<tr>
<td>09254</td>
<td>Pears, canned, juice pack, solids and liquids</td>
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<tr>
<td>09316</td>
<td>Strawberries, raw</td>
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<tr>
<td>09310</td>
<td>Rhubarb, frozen, cooked, with sugar</td>
<td>240</td>
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<tr>
<td>09306</td>
<td>Raspberries, frozen, red, sweetened</td>
<td>250</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>09302</td>
<td>Raspberries, raw</td>
<td>123</td>
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<tr>
<td>09298</td>
<td>Raisins, seedless</td>
<td>14</td>
<td>1 packet</td>
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<tr>
<td>09298</td>
<td>Raisins, seedless</td>
<td>145</td>
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<tr>
<td>09320</td>
<td>Strawberries, frozen, sweetened, sliced</td>
<td>255</td>
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<tr>
<td>08049</td>
<td>Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain</td>
<td>32</td>
<td>3/4 cup</td>
<td>0</td>
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<tr>
<td>11732</td>
<td>Beans, snap, yellow, frozen, cooked, boiled, drained, without salt</td>
<td>135</td>
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<tr>
<td>11091</td>
<td>Broccoli, cooked, boiled, drained, without salt</td>
<td>37</td>
<td>1 spear</td>
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<tr>
<td>08058</td>
<td>Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19</td>
<td>30</td>
<td>1 cup</td>
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<tr>
<td>08057</td>
<td>Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX</td>
<td>30</td>
<td>3/4 cup</td>
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<tr>
<td>08050</td>
<td>Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS</td>
<td>30</td>
<td>1 cup</td>
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<tr>
<td>08105</td>
<td>Cereals, CREAM OF WHEAT, quick, cooked with water, without salt</td>
<td>239</td>
<td>1 cup</td>
<td>0</td>
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<tr>
<td>04034</td>
<td>Oil, soybean, salad or cooking, (hydrogenated)</td>
<td>13.6</td>
<td>1 tbsp</td>
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<tr>
<td>08065</td>
<td>Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES</td>
<td>33</td>
<td>1-1/4 cup</td>
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<tr>
<td>08048</td>
<td>Cereals ready-to-eat, GENERAL MILLS, KIX</td>
<td>30</td>
<td>1-1/3 cup</td>
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</tr>
<tr>
<td>08045</td>
<td>Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS</td>
<td>30</td>
<td>1 cup</td>
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<tr>
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<td>Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS</td>
<td>30</td>
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<tr>
<td>08031</td>
<td>Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original</td>
<td>51</td>
<td>1 cup</td>
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<td>08030</td>
<td>Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS</td>
<td>30</td>
<td>1 cup</td>
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<tr>
<td>08028</td>
<td>Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes</td>
<td>29</td>
<td>3/4 cup</td>
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<tr>
<td>04042</td>
<td>Oil, peanut, salad or cooking</td>
<td>13.5</td>
<td>1 tbsp</td>
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<tr>
<td>08078</td>
<td>Cereals ready-to-eat, GENERAL MILLS, TRIX</td>
<td>30</td>
<td>1 cup</td>
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<tr>
<td>09064</td>
<td>Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)</td>
<td>244</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>08093</td>
<td>Cereals, QUAKER, corn grits, instant, plain, prepared with water</td>
<td>137</td>
<td>1 packet</td>
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<tr>
<td>08091</td>
<td>Cereals, corn grits, white, regular, quick, enriched, cooked with water, without salt</td>
<td>242</td>
<td>1 cup</td>
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<tr>
<td>08089</td>
<td>Cereals ready-to-eat, GENERAL MILLS, WHEATIES</td>
<td>30</td>
<td>1 cup</td>
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<tr>
<td>08084</td>
<td>Cereals ready-to-eat, wheat germ, toasted, plain</td>
<td>7.119</td>
<td>1 tbsp</td>
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<tr>
<td>06206</td>
<td>Soup, PROGRESSO HEALTHY CLASSICS MINESTRONE, canned, ready-to-serve</td>
<td>241</td>
<td>1 cup</td>
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<tr>
<td>08060</td>
<td>Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN</td>
<td>61</td>
<td>1 cup</td>
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<tr>
<td>04053</td>
<td>Oil, olive, salad or cooking</td>
<td>13.5</td>
<td>1 tbsp</td>
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<tr>
<td>08064</td>
<td>Cereals ready-to-eat, GENERAL MILLS, Rice CHEX</td>
<td>31</td>
<td>1-1/4 cup</td>
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</tr>
<tr>
<td>NDB_No</td>
<td>Description</td>
<td>Weight (g)</td>
<td>Common Measure</td>
<td>Content per Measure</td>
</tr>
<tr>
<td>--------</td>
<td>------------------------------------------------------------------------------</td>
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<td>----------------</td>
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</tr>
<tr>
<td>08077</td>
<td>Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL</td>
<td>30</td>
<td>3/4 cup</td>
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<tr>
<td>08071</td>
<td>Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS</td>
<td>27</td>
<td>3/4 cup</td>
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<tr>
<td>08069</td>
<td>Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES</td>
<td>31</td>
<td>3/4 cup</td>
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<tr>
<td>08068</td>
<td>Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS</td>
<td>31</td>
<td>1 cup</td>
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<td>08067</td>
<td>Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K</td>
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<tr>
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<td>Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES</td>
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</tr>
<tr>
<td>04058</td>
<td>Oil, sesame, salad or cooking</td>
<td>13.6</td>
<td>1 tbsp</td>
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</tr>
<tr>
<td>02028</td>
<td>Spices, paprika</td>
<td>2.1</td>
<td>1 tsp</td>
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<tr>
<td>08020</td>
<td>Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes</td>
<td>28</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>02045</td>
<td>Spices, dill weed, fresh</td>
<td>1</td>
<td>5 sprigs</td>
<td>0</td>
</tr>
<tr>
<td>02007</td>
<td>Spices, celery seed</td>
<td>2</td>
<td>1 tsp</td>
<td>0</td>
</tr>
<tr>
<td>02009</td>
<td>Spices, chili powder</td>
<td>2.6</td>
<td>1 tsp</td>
<td>0</td>
</tr>
<tr>
<td>02030</td>
<td>Spices, pepper, black</td>
<td>2.1</td>
<td>1 tsp</td>
<td>0</td>
</tr>
<tr>
<td>02029</td>
<td>Spices, parsley, dried</td>
<td>1.3</td>
<td>1 tbsp</td>
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<tr>
<td>02047</td>
<td>Salt, table</td>
<td>6</td>
<td>1 tsp</td>
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<tr>
<td>08003</td>
<td>Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS</td>
<td>30</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>02048</td>
<td>Vinegar, cider</td>
<td>15</td>
<td>1 tbsp</td>
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<tr>
<td>02027</td>
<td>Spices, oregano, ground</td>
<td>1.5</td>
<td>1 tsp</td>
<td>0</td>
</tr>
<tr>
<td>02010</td>
<td>Spices, cinnamon, ground</td>
<td>2.3</td>
<td>1 tsp</td>
<td>0</td>
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<tr>
<td>02015</td>
<td>Spices, curry powder</td>
<td>2</td>
<td>1 tsp</td>
<td>0</td>
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<tr>
<td>02020</td>
<td>Spices, garlic powder</td>
<td>2.8</td>
<td>1 tsp</td>
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<tr>
<td>08010</td>
<td>Cereals ready-to-eat, QUAKER, CAPN CRUNCH</td>
<td>27</td>
<td>3/4 cup</td>
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</tr>
<tr>
<td>02026</td>
<td>Spices, onion powder</td>
<td>2.1</td>
<td>1 tsp</td>
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<tr>
<td>08001</td>
<td>Cereals ready-to-eat, KELLOGG, KELLOGG'S, ALL-BRAN Original</td>
<td>30</td>
<td>1/2 cup</td>
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</tr>
<tr>
<td>06449</td>
<td>Soup, pea, green, canned, prepared with equal volume water, commercial</td>
<td>250</td>
<td>1 cup</td>
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<tr>
<td>08109</td>
<td>Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water</td>
<td>142</td>
<td>1 packet</td>
<td>0</td>
</tr>
<tr>
<td>08013</td>
<td>Cereals ready-to-eat, GENERAL MILLS, CHEERIOS</td>
<td>30</td>
<td>1 cup</td>
<td>0</td>
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<tr>
<td>08012</td>
<td>Cereals ready-to-eat, QUAKER, CAPN CRUNCH'S PEANUT BUTTER CRUNCH</td>
<td>27</td>
<td>3/4 cup</td>
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<tr>
<td>08011</td>
<td>Cereals ready-to-eat, QUAKER, CAPN CRUNCH with CRUNCHBERRIES</td>
<td>26</td>
<td>3/4 cup</td>
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</tr>
<tr>
<td>06432</td>
<td>Soup, beef broth, bouillon, consomme, prepared with equal volume water,</td>
<td>241</td>
<td>1 cup</td>
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<tr>
<td>04031</td>
<td>Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)</td>
<td>12.8</td>
<td>1 tbsp</td>
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<tr>
<td>02046</td>
<td>Mustard, prepared, yellow</td>
<td>5</td>
<td>1 tsp or 1 packet</td>
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<tr>
<td>04020</td>
<td>Salad dressing, french, diet, low fat, 5 calories per teaspoon, with salt</td>
<td>16.3</td>
<td>1 tsp</td>
<td>0</td>
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<tr>
<td>08019</td>
<td>Cereals ready-to-eat, GENERAL MILLS, Corn CHEX</td>
<td>30</td>
<td>1 cup</td>
<td>0</td>
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<tr>
<td>06468</td>
<td>Soup, vegetarian vegetable, canned, prepared with equal volume water,</td>
<td>241</td>
<td>1 cup</td>
<td>0</td>
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<tr>
<td>06494</td>
<td>Soup, onion, dehydrated, prepared with water</td>
<td>246</td>
<td>1 cup</td>
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<td>06559</td>
<td>Soup, tomato, canned, prepared with equal volume water, commercial</td>
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<td>1 cup</td>
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<tr>
<td>06931</td>
<td>Sauce, pasta, spaghetti/marinara, ready-to-serve</td>
<td>250</td>
<td>1 cup</td>
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<tr>
<td>02055</td>
<td>Horseradish, prepared</td>
<td>5</td>
<td>1 tsp</td>
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<tr>
<td>02050</td>
<td>Vanilla extract</td>
<td>4.2</td>
<td>1 tsp</td>
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<tr>
<td>01124</td>
<td>Egg, white, raw, fresh</td>
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<td>Common Measure</td>
<td>Content per Measure</td>
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<td>----------------</td>
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<tr>
<td>09021</td>
<td>Apricots, raw</td>
<td>35</td>
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<tr>
<td>09040</td>
<td>Bananas, raw</td>
<td>118</td>
<td>1 banana</td>
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<tr>
<td>09040</td>
<td>Bananas, raw</td>
<td>150</td>
<td>1 cup</td>
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<tr>
<td>09039</td>
<td>Avocados, raw, Florida</td>
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<td>1 oz</td>
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<tr>
<td>09038</td>
<td>Avocados, raw, California</td>
<td>28.35</td>
<td>1 oz</td>
<td>0</td>
</tr>
<tr>
<td>09032</td>
<td>Apricots, dried, sulfured, uncooked</td>
<td>35</td>
<td>10 halves</td>
<td>0</td>
</tr>
<tr>
<td>08103</td>
<td>Cereals, CREAM OF WHEAT, regular, cooked with water, without salt</td>
<td>251</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>09024</td>
<td>Apricots, canned, juice pack, with skin, solids and liquids</td>
<td>244</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>09055</td>
<td>Blueberries, frozen, sweetened</td>
<td>230</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>09020</td>
<td>Applesauce, canned, sweetened, without salt</td>
<td>255</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>09019</td>
<td>Applesauce, canned, unsweetened, without added ascorbic acid</td>
<td>244</td>
<td>1 cup</td>
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<tr>
<td>09016</td>
<td>Apple juice, canned or bottled, unsweetened, without added ascorbic acid</td>
<td>248</td>
<td>1 cup</td>
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</tr>
<tr>
<td>09011</td>
<td>Apples, dried, sulfured, uncooked</td>
<td>32</td>
<td>5 rings</td>
<td>0</td>
</tr>
<tr>
<td>09004</td>
<td>Apples, raw, without skin</td>
<td>110</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>09003</td>
<td>Apples, raw, with skin</td>
<td>138</td>
<td>1 apple</td>
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</tr>
<tr>
<td>09027</td>
<td>Apricots, canned, heavy syrup pack, with skin, solids and liquids</td>
<td>258</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>09081</td>
<td>Cranberry sauce, canned, sweetened</td>
<td>57</td>
<td>1 slice</td>
<td>0</td>
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<tr>
<td>09112</td>
<td>Grapefruit, raw, pink and red, all areas</td>
<td>123</td>
<td>1/2 grapefruit</td>
<td>0</td>
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<tr>
<td>09100</td>
<td>Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned,</td>
<td>248</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>heavy syrup, solids and liquids</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>09097</td>
<td>Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned,</td>
<td>237</td>
<td>1 cup</td>
<td>0</td>
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<tr>
<td></td>
<td>juice pack, solids and liquids</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>09094</td>
<td>Figs, dried, uncooked</td>
<td>38</td>
<td>2 figs</td>
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</tr>
<tr>
<td>06121</td>
<td>Gravy, mushroom, canned</td>
<td>59.6</td>
<td>1/4 cup</td>
<td>0</td>
</tr>
<tr>
<td>09087</td>
<td>Dates, domestic, natural and dry</td>
<td>178</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>09042</td>
<td>Blackberries, raw</td>
<td>144</td>
<td>1 cup</td>
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<tr>
<td>01067</td>
<td>Cream substitute, liquid, with hydrogenated vegetable oil and soy protein</td>
<td>15</td>
<td>1 tbsp</td>
<td>0</td>
</tr>
<tr>
<td>09050</td>
<td>Blueberries, raw</td>
<td>145</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>01069</td>
<td>Cream substitute, powdered</td>
<td>2</td>
<td>1 tsp</td>
<td>0</td>
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<tr>
<td>09070</td>
<td>Cherries, sweet, raw</td>
<td>68</td>
<td>10 cherries</td>
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<tr>
<td>08082</td>
<td>Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX</td>
<td>30</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>09060</td>
<td>Carambola, (starfruit), raw</td>
<td>108</td>
<td>1 cup</td>
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</tr>
<tr>
<td>09060</td>
<td>Carambola, (starfruit), raw</td>
<td>91</td>
<td>1 fruit</td>
<td>0</td>
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<tr>
<td>08288</td>
<td>Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal</td>
<td>30</td>
<td>3/4 cup</td>
<td>0</td>
</tr>
<tr>
<td>09087</td>
<td>Dates, domestic, natural and dry</td>
<td>41.5</td>
<td>5 dates</td>
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<tr>
<td>08156</td>
<td>Cereals ready-to-eat, rice, puffed, fortified</td>
<td>14</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>08340</td>
<td>Cereals ready-to-eat, KRAFT, POST THE ORIGINAL SHREDDED WHEAT Cereal</td>
<td>46</td>
<td>2 biscuits</td>
<td>0</td>
</tr>
<tr>
<td>04120</td>
<td>Salad dressing, french, commercial, regular, with salt</td>
<td>15.6</td>
<td>1 tbsp</td>
<td>0</td>
</tr>
<tr>
<td>06168</td>
<td>Sauce, ready-to-serve, pepper or hot</td>
<td>4.7</td>
<td>1 tsp</td>
<td>0</td>
</tr>
<tr>
<td>04114</td>
<td>Salad dressing, italian, commercial, regular, with salt</td>
<td>14.7</td>
<td>1 tbsp</td>
<td>0</td>
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<tr>
<td>06204</td>
<td>Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve</td>
<td>242</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>08194</td>
<td>Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS</td>
<td>30</td>
<td>3/4 cup</td>
<td>0</td>
</tr>
</tbody>
</table>
# USDA Nutrient Database for Standard Reference, Release 15

## Cholesterol (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

<table>
<thead>
<tr>
<th>NDB_No</th>
<th>Description</th>
<th>Weight (g)</th>
<th>Common Measure</th>
<th>Content per Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td>06150</td>
<td>Sauce, barbecue sauce</td>
<td>15.75</td>
<td>1 tbsp</td>
<td>0</td>
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<tr>
<td>08157</td>
<td>Cereals ready-to-eat, wheat, puffed, fortified</td>
<td>12</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>01073</td>
<td>Dessert topping, semi solid, frozen</td>
<td>4</td>
<td>1 tbsp</td>
<td>0</td>
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<tr>
<td>08143</td>
<td>Cereals, WHEATENA, cooked with water</td>
<td>243</td>
<td>1 cup</td>
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</tr>
<tr>
<td>08131</td>
<td>Cereals, QUAKER, oatmeal, instant, maple and brown sugar, prepared with water</td>
<td>155</td>
<td>1 packet</td>
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</tr>
<tr>
<td>08125</td>
<td>Cereals, QUAKER, oatmeal, instant, with apples and cinnamon, prepared with water</td>
<td>149</td>
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<tr>
<td>08123</td>
<td>Cereals, oats, instant, fortified, plain, prepared with water</td>
<td>177</td>
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<tr>
<td>08121</td>
<td>Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt</td>
<td>234</td>
<td>1 cup</td>
<td>0</td>
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<tr>
<td>08117</td>
<td>Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt</td>
<td>240</td>
<td>1 cup</td>
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<tr>
<td>08164</td>
<td>Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, without salt</td>
<td>242</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>08259</td>
<td>Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX</td>
<td>29</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>09116</td>
<td>Grapefruit, raw, white, all areas</td>
<td>118</td>
<td>1/2 grapefruit</td>
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<tr>
<td>08274</td>
<td>Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX</td>
<td>30</td>
<td>3/4 cup</td>
<td>0</td>
</tr>
<tr>
<td>08272</td>
<td>Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH</td>
<td>30</td>
<td>3/4 cup</td>
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</tr>
<tr>
<td>08271</td>
<td>Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS</td>
<td>30</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>08266</td>
<td>Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES</td>
<td>30</td>
<td>3/4 cup</td>
<td>0</td>
</tr>
<tr>
<td>08263</td>
<td>Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS</td>
<td>30</td>
<td>3/4 cup</td>
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</tr>
<tr>
<td>06164</td>
<td>Sauce, ready-to-serve, salsa</td>
<td>16</td>
<td>1 tbsp</td>
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</tr>
<tr>
<td>08261</td>
<td>Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN</td>
<td>55</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>08319</td>
<td>Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size</td>
<td>55</td>
<td>1 cup</td>
<td>0</td>
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<tr>
<td>08247</td>
<td>Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran</td>
<td>55</td>
<td>1 cup</td>
<td>0</td>
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<tr>
<td>08246</td>
<td>Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes</td>
<td>30</td>
<td>1-1/3 cup</td>
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</tr>
<tr>
<td>08243</td>
<td>Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS</td>
<td>55</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>08219</td>
<td>Cereals ready-to-eat, QUAKER, Honey Nut Heaven</td>
<td>49</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>08210</td>
<td>Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE</td>
<td>32</td>
<td>3/4 cup</td>
<td>0</td>
</tr>
<tr>
<td>01072</td>
<td>Dessert topping, pressurized</td>
<td>4</td>
<td>1 tbsp</td>
<td>0</td>
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<tr>
<td>08262</td>
<td>Cereals ready-to-eat, GENERAL MILLS, BASIC 4</td>
<td>55</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>18088</td>
<td>Cake, angel food, dry mix, prepared</td>
<td>50</td>
<td>1 piece</td>
<td>0</td>
</tr>
<tr>
<td>18210</td>
<td>Cookies, vanilla sandwich with creme filling</td>
<td>15</td>
<td>1 cookie</td>
<td>0</td>
</tr>
<tr>
<td>18210</td>
<td>Cookies, vanilla sandwich with creme filling</td>
<td>10</td>
<td>1 cookie</td>
<td>0</td>
</tr>
<tr>
<td>18197</td>
<td>Cookies, brownies, dry mix, special dietary, prepared</td>
<td>22</td>
<td>1 brownie</td>
<td>0</td>
</tr>
<tr>
<td>18188</td>
<td>Cookies, oatmeal, commercially prepared, regular</td>
<td>25</td>
<td>1 cookie</td>
<td>0</td>
</tr>
<tr>
<td>18177</td>
<td>Cookies, molasses</td>
<td>15</td>
<td>1 cookie, medium</td>
<td>0</td>
</tr>
<tr>
<td>18177</td>
<td>Cookies, molasses</td>
<td>32</td>
<td>1 cookie, large (3-1/2” to 4”)</td>
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<tr>
<td>18173</td>
<td>Cookies, graham crackers, plain or honey (includes cinnamon)</td>
<td>84</td>
<td>1 cup</td>
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</tr>
<tr>
<td>18137</td>
<td>Cookies, graham crackers, plain or honey (includes cinnamon)</td>
<td>14</td>
<td>2 squares</td>
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<tr>
<td>18170</td>
<td>Cookies, fig bars</td>
<td>16</td>
<td>1 cookie</td>
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</tr>
<tr>
<td>18166</td>
<td>Cookies, chocolate sandwich, with creme filling, regular</td>
<td>10</td>
<td>1 cookie</td>
<td>0</td>
</tr>
<tr>
<td>18053</td>
<td>Bread, reduced-calorie, rye</td>
<td>23</td>
<td>1 slice</td>
<td>0</td>
</tr>
<tr>
<td>18158</td>
<td>Cookies, chocolate chip, commercially prepared, regular, lower fat</td>
<td>10</td>
<td>1 cookie</td>
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</tr>
<tr>
<td>NDB_No</td>
<td>Description</td>
<td>Weight (g)</td>
<td>Common Measure</td>
<td>Content per Measure</td>
</tr>
<tr>
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<td>------------------------------------------------------------------------------</td>
<td>------------</td>
<td>----------------</td>
<td>---------------------</td>
</tr>
<tr>
<td>18226</td>
<td>Crackers, rye, wafers, plain</td>
<td>11</td>
<td>1 wafer</td>
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</tr>
<tr>
<td>18086</td>
<td>Cake, angelfood, commercially prepared</td>
<td>28</td>
<td>1 piece</td>
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</tr>
<tr>
<td>18082</td>
<td>Bread stuffing, bread, dry mix, prepared</td>
<td>100</td>
<td>1/2 cup</td>
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<tr>
<td>18079</td>
<td>Bread crumbs, dry, grated, plain</td>
<td>28.35</td>
<td>1 oz</td>
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</tr>
<tr>
<td>18076</td>
<td>Bread, whole-wheat, commercially prepared, toasted</td>
<td>25</td>
<td>1 slice</td>
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</tr>
<tr>
<td>18075</td>
<td>Bread, whole-wheat, commercially prepared</td>
<td>28</td>
<td>1 slice</td>
<td>0</td>
</tr>
<tr>
<td>18065</td>
<td>Bread, wheat, toasted (includes wheat berry)</td>
<td>23</td>
<td>1 slice</td>
<td>0</td>
</tr>
<tr>
<td>18064</td>
<td>Bread, wheat (includes wheat berry)</td>
<td>25</td>
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</tr>
<tr>
<td>18061</td>
<td>Bread, rye, toasted</td>
<td>24</td>
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<tr>
<td>18060</td>
<td>Bread, rye</td>
<td>32</td>
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</tr>
<tr>
<td>18057</td>
<td>Bread, reduced-calorie, white</td>
<td>23</td>
<td>1 slice</td>
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<tr>
<td>18364</td>
<td>Tortillas, ready-to-bake or -fry, flour</td>
<td>32</td>
<td>1 tortilla</td>
<td>0</td>
</tr>
<tr>
<td>18159</td>
<td>Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched</td>
<td>10</td>
<td>1 cookie</td>
<td>0</td>
</tr>
<tr>
<td>18306</td>
<td>Pie, blueberry, prepared from recipe</td>
<td>147</td>
<td>1 piece</td>
<td>0</td>
</tr>
<tr>
<td>11677</td>
<td>Shallots, raw</td>
<td>10</td>
<td>1 tbsp</td>
<td>0</td>
</tr>
<tr>
<td>18362</td>
<td>Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)</td>
<td>52</td>
<td>1 pastry</td>
<td>0</td>
</tr>
<tr>
<td>18361</td>
<td>Toaster pastries, brown-sugar-cinnamon</td>
<td>50</td>
<td>1 pastry</td>
<td>0</td>
</tr>
<tr>
<td>18360</td>
<td>Taco shells, baked</td>
<td>13.3</td>
<td>1 medium</td>
<td>0</td>
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<tr>
<td>18358</td>
<td>Sweet rolls, cinnamon, refrigerated dough with frosting, baked</td>
<td>30</td>
<td>1 roll</td>
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<tr>
<td>18353</td>
<td>Rolls, hard (includes kaiser)</td>
<td>57</td>
<td>1 roll</td>
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<tr>
<td>18350</td>
<td>Rolls, hamburger or hotdog, plain</td>
<td>43</td>
<td>1 roll</td>
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<tr>
<td>18336</td>
<td>Pie crust, standard-type, prepared from recipe, baked</td>
<td>180</td>
<td>1 pie shell</td>
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<td>18335</td>
<td>Pie crust, standard-type, frozen, ready-to-bake, baked</td>
<td>126</td>
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<tr>
<td>18330</td>
<td>Pie crust, cookie-type, prepared from recipe, graham cracker, baked</td>
<td>239</td>
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<tr>
<td>18319</td>
<td>Pie, fried pies, fruit</td>
<td>128</td>
<td>1 pie</td>
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<tr>
<td>18217</td>
<td>Crackers, matzo, plain</td>
<td>28.35</td>
<td>1 matzo</td>
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<tr>
<td>18308</td>
<td>Pie, cherry, commercially prepared</td>
<td>117</td>
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<tr>
<td>18220</td>
<td>Crackers, melba toast, plain</td>
<td>20</td>
<td>4 pieces</td>
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<tr>
<td>18305</td>
<td>Pie, blueberry, commercially prepared</td>
<td>117</td>
<td>1 piece</td>
<td>0</td>
</tr>
<tr>
<td>18302</td>
<td>Pie, apple, prepared from recipe</td>
<td>155</td>
<td>1 piece</td>
<td>0</td>
</tr>
<tr>
<td>18301</td>
<td>Pie, apple, commercially prepared, enriched flour</td>
<td>117</td>
<td>1 piece</td>
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<tr>
<td>18283</td>
<td>Muffins, oat bran</td>
<td>57</td>
<td>1 muffin</td>
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<tr>
<td>18259</td>
<td>English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)</td>
<td>52</td>
<td>1 muffin</td>
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<tr>
<td>18258</td>
<td>English muffins, plain, enriched, with ca prop (includes sourdough)</td>
<td>57</td>
<td>1 muffin</td>
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<tr>
<td>18235</td>
<td>Crackers, whole-wheat</td>
<td>16</td>
<td>4 crackers</td>
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<td>18232</td>
<td>Crackers, wheat, regular</td>
<td>8</td>
<td>4 crackers</td>
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</tr>
<tr>
<td>18229</td>
<td>Crackers, standard snack-type, regular</td>
<td>12</td>
<td>4 crackers</td>
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<tr>
<td>18228</td>
<td>Crackers, saltines (includes oyster, soda, soup)</td>
<td>12</td>
<td>4 crackers</td>
<td>0</td>
</tr>
<tr>
<td>18048</td>
<td>Bread, raisin, toasted, enriched</td>
<td>24</td>
<td>1 slice</td>
<td>0</td>
</tr>
<tr>
<td>18309</td>
<td>Pie, cherry, prepared from recipe</td>
<td>180</td>
<td>1 piece</td>
<td>0</td>
</tr>
<tr>
<td>16057</td>
<td>Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt</td>
<td>164</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>16109</td>
<td>Soybeans, mature cooked, boiled, without salt</td>
<td>172</td>
<td>1 cup</td>
<td>0</td>
</tr>
</tbody>
</table>
# Cholesterol (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

<table>
<thead>
<tr>
<th>NDB_No</th>
<th>Description</th>
<th>Weight (g)</th>
<th>Common Measure</th>
<th>Content per Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td>16098</td>
<td>Peanut butter, smooth style, with salt</td>
<td>16</td>
<td>1 tbsp</td>
<td>0</td>
</tr>
<tr>
<td>16097</td>
<td>Peanut butter, chunk style, with salt</td>
<td>16</td>
<td>1 tbsp</td>
<td>0</td>
</tr>
<tr>
<td>16090</td>
<td>Peanuts, all types, dry-roasted, with salt</td>
<td>28.35</td>
<td>1 oz (approx 28)</td>
<td>0</td>
</tr>
<tr>
<td>16089</td>
<td>Peanuts, all types, oil-roasted, with salt</td>
<td>28.35</td>
<td>1 oz</td>
<td>0</td>
</tr>
<tr>
<td>16086</td>
<td>Peas, split, mature seeds, cooked, boiled, without salt</td>
<td>196</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>16073</td>
<td>Lima beans, large, mature seeds, canned</td>
<td>241</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>16072</td>
<td>Lima beans, large, mature seeds, cooked, boiled, without salt</td>
<td>188</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>16070</td>
<td>Lentils, mature seeds, cooked, boiled, without salt</td>
<td>198</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>16064</td>
<td>Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain</td>
<td>240</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>18055</td>
<td>Bread, reduced-calorie, wheat</td>
<td>23</td>
<td>1 slice</td>
<td>0</td>
</tr>
<tr>
<td>16058</td>
<td>Chickpeas (garbanzo beans, bengal gram), mature seeds, canned</td>
<td>240</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>16123</td>
<td>Soy sauce made from soy and wheat (shoyu)</td>
<td>16</td>
<td>1 tbsp</td>
<td>0</td>
</tr>
<tr>
<td>16055</td>
<td>Carob flour</td>
<td>8</td>
<td>1 tbsp</td>
<td>0</td>
</tr>
<tr>
<td>16051</td>
<td>Beans, white, mature seeds, canned</td>
<td>262</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>16043</td>
<td>Beans, pinto, mature seeds, cooked, boiled, without salt</td>
<td>171</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>16038</td>
<td>Beans, navy, mature seeds, cooked, boiled, without salt</td>
<td>182</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>16034</td>
<td>Beans, kidney, red, mature seeds, canned</td>
<td>256</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>16033</td>
<td>Beans, kidney, red, mature seeds, cooked, boiled, without salt</td>
<td>177</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>16025</td>
<td>Beans, great northern, mature seeds, cooked, boiled, without salt</td>
<td>177</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>16015</td>
<td>Beans, black, mature seeds, cooked, boiled, without salt</td>
<td>172</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>16006</td>
<td>Beans, baked, canned, plain or vegetarian</td>
<td>254</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>14551</td>
<td>Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof</td>
<td>42</td>
<td>1.5 fl oz</td>
<td>0</td>
</tr>
<tr>
<td>14550</td>
<td>Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof</td>
<td>42</td>
<td>1.5 fl oz</td>
<td>0</td>
</tr>
<tr>
<td>16063</td>
<td>Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt</td>
<td>172</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>18025</td>
<td>Bread, cracked-wheat</td>
<td>25</td>
<td>1 slice</td>
<td>0</td>
</tr>
<tr>
<td>18047</td>
<td>Bread, raisin, enriched</td>
<td>26</td>
<td>1 slice</td>
<td>0</td>
</tr>
<tr>
<td>18045</td>
<td>Bread, pumpernickel, toasted</td>
<td>29</td>
<td>1 slice</td>
<td>0</td>
</tr>
<tr>
<td>18044</td>
<td>Bread, pumpernickel</td>
<td>32</td>
<td>1 slice</td>
<td>0</td>
</tr>
<tr>
<td>18041</td>
<td>Bread, pita, white, enriched</td>
<td>28</td>
<td>4&quot; pita</td>
<td>0</td>
</tr>
<tr>
<td>18041</td>
<td>Bread, pita, white, enriched</td>
<td>60</td>
<td>6-1/2&quot; pita</td>
<td>0</td>
</tr>
<tr>
<td>18040</td>
<td>Bread, oatmeal, toasted</td>
<td>25</td>
<td>1 slice</td>
<td>0</td>
</tr>
<tr>
<td>18039</td>
<td>Bread, oatmeal</td>
<td>27</td>
<td>1 slice</td>
<td>0</td>
</tr>
<tr>
<td>18036</td>
<td>Bread, mixed-grain, toasted (includes whole-grain, 7-grain)</td>
<td>24</td>
<td>1 slice</td>
<td>0</td>
</tr>
<tr>
<td>18035</td>
<td>Bread, mixed-grain (includes whole-grain, 7-grain)</td>
<td>26</td>
<td>1 slice</td>
<td>0</td>
</tr>
<tr>
<td>18033</td>
<td>Bread, italian</td>
<td>20</td>
<td>1 slice</td>
<td>0</td>
</tr>
<tr>
<td>18031</td>
<td>Bread, indian (navajo) fry</td>
<td>160</td>
<td>10-1/2&quot; bread</td>
<td>0</td>
</tr>
<tr>
<td>16112</td>
<td>Miso</td>
<td>68.75</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>18029</td>
<td>Bread, french or vienna (includes sourdough)</td>
<td>25</td>
<td>1/2&quot; slice</td>
<td>0</td>
</tr>
<tr>
<td>16120</td>
<td>Soy milk, fluid</td>
<td>245</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>18015</td>
<td>Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked</td>
<td>27</td>
<td>2-1/2&quot; biscuit</td>
<td>0</td>
</tr>
<tr>
<td>18013</td>
<td>Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked</td>
<td>21</td>
<td>2-1/4” biscuit</td>
<td>0</td>
</tr>
<tr>
<td>18005</td>
<td>Bagels, cinnamon-raisin</td>
<td>89</td>
<td>4&quot; bagel</td>
<td>0</td>
</tr>
<tr>
<td>18005</td>
<td>Bagels, cinnamon-raisin</td>
<td>71</td>
<td>3-1/2&quot; bagel</td>
<td>0</td>
</tr>
<tr>
<td>NDB_No</td>
<td>Description</td>
<td>Weight (g)</td>
<td>Common Measure</td>
<td>Content per Measure</td>
</tr>
<tr>
<td>--------</td>
<td>-----------------------------------------------------------------------------</td>
<td>------------</td>
<td>----------------</td>
<td>---------------------</td>
</tr>
<tr>
<td>18001</td>
<td>Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)</td>
<td>89</td>
<td>4&quot; bagel</td>
<td>0</td>
</tr>
<tr>
<td>18001</td>
<td>Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)</td>
<td>71</td>
<td>3-1/2&quot; bagel</td>
<td>0</td>
</tr>
<tr>
<td>16390</td>
<td>Peanuts, all types, dry-roasted, without salt</td>
<td>28.35</td>
<td>1 oz (approx 28)</td>
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</tr>
<tr>
<td>16158</td>
<td>Hummus, commercial</td>
<td>14</td>
<td>1 tbsp</td>
<td>0</td>
</tr>
<tr>
<td>16127</td>
<td>Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)</td>
<td>120</td>
<td>1 piece</td>
<td>0</td>
</tr>
<tr>
<td>16126</td>
<td>Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)</td>
<td>81</td>
<td>1/4 block</td>
<td>0</td>
</tr>
<tr>
<td>18369</td>
<td>Leavening agents, baking powder, double-acting, sodium aluminum sulfate</td>
<td>4.6</td>
<td>1 tsp</td>
<td>0</td>
</tr>
<tr>
<td>18031</td>
<td>Bread, indian (navajo) fry</td>
<td>90</td>
<td>5&quot; bread</td>
<td>0</td>
</tr>
<tr>
<td>19422</td>
<td>Snacks, potato chips, reduced fat</td>
<td>28.35</td>
<td>1 oz</td>
<td>0</td>
</tr>
<tr>
<td>20025</td>
<td>Cornmeal, self-rising, dergermed, enriched, yellow</td>
<td>138</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>20022</td>
<td>Cornmeal, dergermed, enriched, yellow</td>
<td>138</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>20020</td>
<td>Cornmeal, whole-grain, yellow</td>
<td>122</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>20013</td>
<td>Bulgur, cooked</td>
<td>182</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>20012</td>
<td>Bulgur, dry</td>
<td>140</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>20011</td>
<td>Buckwheat flour, whole-groat</td>
<td>120</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>20010</td>
<td>Buckwheat groats, roasted, cooked</td>
<td>168</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>20006</td>
<td>Barley, pearled, cooked</td>
<td>157</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>20005</td>
<td>Barley, pearled, raw</td>
<td>200</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>19811</td>
<td>Snacks, potato chips, plain, unsalted</td>
<td>28.35</td>
<td>1 oz</td>
<td>0</td>
</tr>
<tr>
<td>19297</td>
<td>Jams and preserves</td>
<td>20</td>
<td>1 tbsp</td>
<td>0</td>
</tr>
<tr>
<td>19438</td>
<td>Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares</td>
<td>22</td>
<td>1 bar</td>
<td>0</td>
</tr>
<tr>
<td>20029</td>
<td>Couscous, cooked</td>
<td>157</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>19411</td>
<td>Snacks, potato chips, plain, salted</td>
<td>28.35</td>
<td>1 oz</td>
<td>0</td>
</tr>
<tr>
<td>19410</td>
<td>Snacks, potato chips, made from dried potatoes, plain</td>
<td>28.35</td>
<td>1 oz</td>
<td>0</td>
</tr>
<tr>
<td>19353</td>
<td>Syrups, maple</td>
<td>20</td>
<td>1 tbsp</td>
<td>0</td>
</tr>
<tr>
<td>19350</td>
<td>Syrups, corn, light</td>
<td>20</td>
<td>1 tbsp</td>
<td>0</td>
</tr>
<tr>
<td>19336</td>
<td>Sugars, powdered</td>
<td>8</td>
<td>1 tbsp</td>
<td>0</td>
</tr>
<tr>
<td>19335</td>
<td>Sugars, granulated</td>
<td>4.2</td>
<td>1 tsp</td>
<td>0</td>
</tr>
<tr>
<td>19334</td>
<td>Sugars, brown</td>
<td>3.2</td>
<td>1 tsp</td>
<td>0</td>
</tr>
<tr>
<td>19314</td>
<td>Pie fillings, canned, cherry</td>
<td>74</td>
<td>1/8 of 21-oz can</td>
<td>0</td>
</tr>
<tr>
<td>19312</td>
<td>Pie fillings, canned, apple</td>
<td>74</td>
<td>1/8 of 21-oz can</td>
<td>0</td>
</tr>
<tr>
<td>19305</td>
<td>Molasses, blackstrap</td>
<td>20</td>
<td>1 tbsp</td>
<td>0</td>
</tr>
<tr>
<td>18363</td>
<td>Tortillas, ready-to-bake or -fry, corn</td>
<td>26</td>
<td>1 tortilla</td>
<td>0</td>
</tr>
<tr>
<td>19441</td>
<td>Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit</td>
<td>37</td>
<td>1 bar</td>
<td>0</td>
</tr>
<tr>
<td>20081</td>
<td>Wheat flour, white, all-purpose, enriched, bleached</td>
<td>125</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>22121</td>
<td>WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen</td>
<td>85</td>
<td>1 patty</td>
<td>0</td>
</tr>
<tr>
<td>22120</td>
<td>WORTHINGTON FOODS, MORNINGSTAR FARMS &quot;Burger&quot; Crumbles</td>
<td>110</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>21138</td>
<td>Fast foods, potato, french fried in vegetable oil</td>
<td>134</td>
<td>1 medium</td>
<td>0</td>
</tr>
<tr>
<td>21138</td>
<td>Fast foods, potato, french fried in vegetable oil</td>
<td>169</td>
<td>1 large</td>
<td>0</td>
</tr>
<tr>
<td>21138</td>
<td>Fast foods, potato, french fried in vegetable oil</td>
<td>85</td>
<td>1 small</td>
<td>0</td>
</tr>
<tr>
<td>NDB_No</td>
<td>Description</td>
<td>Weight (g)</td>
<td>Common Measure</td>
<td>Content per Measure</td>
</tr>
<tr>
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<td>--------------------------------------------------</td>
<td>------------</td>
<td>----------------</td>
<td>---------------------</td>
</tr>
<tr>
<td>20125</td>
<td>Spaghetti, whole-wheat, cooked</td>
<td>140</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>20121</td>
<td>Spaghetti, cooked, enriched, without added salt</td>
<td>140</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>20113</td>
<td>Noodles, chinese, chow mein</td>
<td>45</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>20100</td>
<td>Macaroni, cooked, enriched</td>
<td>140</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>20089</td>
<td>Wild rice, cooked</td>
<td>164</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>20084</td>
<td>Wheat flour, white, cake, enriched</td>
<td>137</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>20027</td>
<td>Cornstarch</td>
<td>8.064</td>
<td>1 tbsp</td>
<td>0</td>
</tr>
<tr>
<td>20082</td>
<td>Wheat flour, white, all-purpose, self-rising, enriched</td>
<td>125</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>20028</td>
<td>Couscous, dry</td>
<td>173</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>20080</td>
<td>Wheat flour, whole-grain</td>
<td>120</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>20068</td>
<td>Tapioca, pearl, dry</td>
<td>152</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>20049</td>
<td>Rice, white, long-grain, precooked or instant, enriched, prepared</td>
<td>165</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>20047</td>
<td>Rice, white, long-grain, parboiled, cooked</td>
<td>175</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>20046</td>
<td>Rice, white, long-grain, parboiled, enriched, dry</td>
<td>185</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>20045</td>
<td>Rice, white, long-grain, regular, cooked</td>
<td>158</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>20044</td>
<td>Rice, white, long-grain, regular, raw, enriched</td>
<td>185</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>20037</td>
<td>Rice, brown, long-grain, cooked</td>
<td>195</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>20034</td>
<td>Oat bran, cooked</td>
<td>219</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>20033</td>
<td>Oat bran, raw</td>
<td>94</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>19296</td>
<td>Honey, strained or extracted</td>
<td>21</td>
<td>1 tbsp</td>
<td>0</td>
</tr>
<tr>
<td>20083</td>
<td>Wheat flour, white, bread, enriched</td>
<td>137</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>18482</td>
<td>Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge</td>
<td>52</td>
<td>1 pastry</td>
<td>0</td>
</tr>
<tr>
<td>19042</td>
<td>Snacks, potato chips, barbecue-flavor</td>
<td>28.35</td>
<td>1 oz</td>
<td>0</td>
</tr>
<tr>
<td>19038</td>
<td>Snacks, popcorn, caramel-coated, with peanuts</td>
<td>42</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>19036</td>
<td>Snacks, popcorn, cakes</td>
<td>10</td>
<td>1 cake</td>
<td>0</td>
</tr>
<tr>
<td>19035</td>
<td>Snacks, popcorn, oil-popped</td>
<td>11</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>19034</td>
<td>Snacks, popcorn, air-popped</td>
<td>8</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>19033</td>
<td>Snacks, CHEX mix</td>
<td>28.35</td>
<td>1 oz (about 2/3 cup)</td>
<td>0</td>
</tr>
<tr>
<td>19031</td>
<td>Snacks, oriental mix, rice-based</td>
<td>28.35</td>
<td>1 oz (about 1/4 cup)</td>
<td>0</td>
</tr>
<tr>
<td>19015</td>
<td>Snacks, granola bars, hard, plain</td>
<td>28.35</td>
<td>1 bar</td>
<td>0</td>
</tr>
<tr>
<td>19014</td>
<td>Snacks, fruit leather, rolls</td>
<td>21</td>
<td>1 large</td>
<td>0</td>
</tr>
<tr>
<td>19004</td>
<td>Snacks, corn-based, extruded, chips, barbecue-flavor</td>
<td>28.35</td>
<td>1 oz</td>
<td>0</td>
</tr>
<tr>
<td>19300</td>
<td>Jellies</td>
<td>19</td>
<td>1 tbsp</td>
<td>0</td>
</tr>
<tr>
<td>18651</td>
<td>NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes</td>
<td>16</td>
<td>1 cookie</td>
<td>0</td>
</tr>
<tr>
<td>19051</td>
<td>Snacks, rice cakes, brown rice, plain</td>
<td>9</td>
<td>1 cake</td>
<td>0</td>
</tr>
<tr>
<td>18456</td>
<td>Cookies, oatmeal, commercially prepared, fat-free</td>
<td>11</td>
<td>1 cookie</td>
<td>0</td>
</tr>
<tr>
<td>18452</td>
<td>Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat</td>
<td>43</td>
<td>1 cupcake</td>
<td>0</td>
</tr>
<tr>
<td>18451</td>
<td>Cake, pound, commercially prepared, fat-free</td>
<td>28</td>
<td>1 slice</td>
<td>0</td>
</tr>
<tr>
<td>18444</td>
<td>Pie, fried pies, cherry</td>
<td>128</td>
<td>1 pie</td>
<td>0</td>
</tr>
<tr>
<td>18375</td>
<td>Leavening agents, yeast, baker's, active dry</td>
<td>7</td>
<td>1 pkg</td>
<td>0</td>
</tr>
<tr>
<td>18375</td>
<td>Leavening agents, yeast, baker's, active dry</td>
<td>4</td>
<td>1 tsp</td>
<td>0</td>
</tr>
<tr>
<td>18374</td>
<td>Leavening agents, yeast, baker's, compressed</td>
<td>17</td>
<td>1 cake</td>
<td>0</td>
</tr>
<tr>
<td>18373</td>
<td>Leavening agents, cream of tartar</td>
<td>3</td>
<td>1 tsp</td>
<td>0</td>
</tr>
<tr>
<td>NDB_No</td>
<td>Description</td>
<td>Weight (g)</td>
<td>Common Measure</td>
<td>Content per Measure</td>
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</tr>
<tr>
<td>18372</td>
<td>Leavening agents, baking soda</td>
<td>4.6</td>
<td>1 tsp</td>
<td>0</td>
</tr>
<tr>
<td>18371</td>
<td>Leavening agents, baking powder, low-sodium</td>
<td>5</td>
<td>1 tsp</td>
<td>0</td>
</tr>
<tr>
<td>18370</td>
<td>Leavening agents, baking powder, double-acting, straight phosphate</td>
<td>4.6</td>
<td>1 tsp</td>
<td>0</td>
</tr>
<tr>
<td>19003</td>
<td>Snacks, corn-based, extruded, chips, plain</td>
<td>28.35</td>
<td>1 oz</td>
<td>0</td>
</tr>
<tr>
<td>19108</td>
<td>Candies, jellybeans</td>
<td>28.35</td>
<td>10 large</td>
<td>0</td>
</tr>
<tr>
<td>19294</td>
<td>Fruit butters, apple</td>
<td>17</td>
<td>1 tbsp</td>
<td>0</td>
</tr>
<tr>
<td>19283</td>
<td>Ice novelties, pop</td>
<td>59</td>
<td>1 bar (2 fl oz)</td>
<td>0</td>
</tr>
<tr>
<td>19281</td>
<td>Ice novelties, italian, restaurant-prepared</td>
<td>116</td>
<td>1/2 cup</td>
<td>0</td>
</tr>
<tr>
<td>19263</td>
<td>Frozen juice novelties, fruit and juice bars</td>
<td>77</td>
<td>1 bar (2.5 fl oz)</td>
<td>0</td>
</tr>
<tr>
<td>19230</td>
<td>Frostings, vanilla, creamy, ready-to-eat</td>
<td>38</td>
<td>1/12 package</td>
<td>0</td>
</tr>
<tr>
<td>19226</td>
<td>Frostings, chocolate, creamy, ready-to-eat</td>
<td>38</td>
<td>1/12 package</td>
<td>0</td>
</tr>
<tr>
<td>19176</td>
<td>Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water</td>
<td>117</td>
<td>1/2 cup</td>
<td>0</td>
</tr>
<tr>
<td>19173</td>
<td>Gelatin desserts, dry mix, prepared with water</td>
<td>135</td>
<td>1/2 cup</td>
<td>0</td>
</tr>
<tr>
<td>19165</td>
<td>Cocoa, dry powder, unsweetened</td>
<td>5.4</td>
<td>1 tbsp</td>
<td>0</td>
</tr>
<tr>
<td>19156</td>
<td>Candies, M&amp;M MARS, STARBURST Fruit Chews</td>
<td>5</td>
<td>1 piece</td>
<td>0</td>
</tr>
<tr>
<td>19129</td>
<td>Syrups, table blends, pancake</td>
<td>20</td>
<td>1 tbsp</td>
<td>0</td>
</tr>
<tr>
<td>19045</td>
<td>Snacks, potato chips, made from dried potatoes, light</td>
<td>28.35</td>
<td>1 oz</td>
<td>0</td>
</tr>
<tr>
<td>19116</td>
<td>Candies, marshmallows</td>
<td>50</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>19047</td>
<td>Snacks, pretzels, hard, plain, salted</td>
<td>60</td>
<td>10 pretzels</td>
<td>0</td>
</tr>
<tr>
<td>19107</td>
<td>Candies, hard</td>
<td>3</td>
<td>1 small piece</td>
<td>0</td>
</tr>
<tr>
<td>19106</td>
<td>Candies, gumdrops, starch jelly pieces</td>
<td>4.2</td>
<td>1 medium</td>
<td>0</td>
</tr>
<tr>
<td>19106</td>
<td>Candies, gumdrops, starch jelly pieces</td>
<td>22</td>
<td>10 bears</td>
<td>0</td>
</tr>
<tr>
<td>19106</td>
<td>Candies, gumdrops, starch jelly pieces</td>
<td>74</td>
<td>10 worms</td>
<td>0</td>
</tr>
<tr>
<td>19080</td>
<td>Candies, semisweet chocolate</td>
<td>168</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>19078</td>
<td>Baking chocolate, unsweetened, squares</td>
<td>28.35</td>
<td>1 square</td>
<td>0</td>
</tr>
<tr>
<td>19077</td>
<td>Baking chocolate, unsweetened, liquid</td>
<td>28.35</td>
<td>1 oz</td>
<td>0</td>
</tr>
<tr>
<td>19061</td>
<td>Snacks, trail mix, tropical</td>
<td>140</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>19056</td>
<td>Snacks, tortilla chips, plain</td>
<td>28.35</td>
<td>1 oz</td>
<td>0</td>
</tr>
<tr>
<td>14429</td>
<td>Water, municipal</td>
<td>237</td>
<td>8 fl oz</td>
<td>0</td>
</tr>
<tr>
<td>19128</td>
<td>Syrups, table blends, pancake, reduced-calorie</td>
<td>15</td>
<td>1 tbsp</td>
<td>0</td>
</tr>
<tr>
<td>11282</td>
<td>Onions, raw</td>
<td>14</td>
<td>1 slice</td>
<td>0</td>
</tr>
<tr>
<td>11308</td>
<td>Peas, green, canned, regular pack, drained solids</td>
<td>170</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11303</td>
<td>Peas, edible-podded, frozen, cooked, boiled, drained, without salt</td>
<td>160</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11301</td>
<td>Peas, edible-podded, cooked, boiled, drained, without salt</td>
<td>160</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11299</td>
<td>Parsnips, cooked, boiled, drained, without salt</td>
<td>156</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11297</td>
<td>Parsley, raw</td>
<td>10</td>
<td>10 sprigs</td>
<td>0</td>
</tr>
<tr>
<td>11296</td>
<td>Onion rings, breaded, par fried, frozen, prepared, heated in oven</td>
<td>60</td>
<td>10 rings</td>
<td>0</td>
</tr>
<tr>
<td>11291</td>
<td>Onions, spring or scallions (includes tops and bulb), raw</td>
<td>15</td>
<td>1 whole</td>
<td>0</td>
</tr>
<tr>
<td>11291</td>
<td>Onions, spring or scallions (includes tops and bulb), raw</td>
<td>100</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11284</td>
<td>Onions, dehydrated flakes</td>
<td>5</td>
<td>1 tbsp</td>
<td>0</td>
</tr>
<tr>
<td>11283</td>
<td>Onions, cooked, boiled, drained, without salt</td>
<td>210</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11252</td>
<td>Lettuce, iceberg (includes crisphead types), raw</td>
<td>539</td>
<td>1 head</td>
<td>0</td>
</tr>
<tr>
<td>NDB_No</td>
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<td>Common Measure</td>
<td>Content per Measure</td>
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</tr>
<tr>
<td>11282</td>
<td>Onions, raw</td>
<td>110</td>
<td>1 whole</td>
<td>0</td>
</tr>
<tr>
<td>11333</td>
<td>Peppers, sweet, green, raw</td>
<td>119</td>
<td>1 pepper</td>
<td>0</td>
</tr>
<tr>
<td>11282</td>
<td>Onions, raw</td>
<td>160</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11281</td>
<td>Okra, frozen, cooked, boiled, drained, without salt</td>
<td>184</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11279</td>
<td>Okra, cooked, boiled, drained, without salt</td>
<td>160</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11271</td>
<td>Mustard greens, cooked, boiled, drained, without salt</td>
<td>140</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11269</td>
<td>Mushrooms, shiitake, cooked, without salt</td>
<td>145</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11268</td>
<td>Mushrooms, shiitake, dried</td>
<td>3.6</td>
<td>1 mushroom</td>
<td>0</td>
</tr>
<tr>
<td>11264</td>
<td>Mushrooms, canned, drained solids</td>
<td>156</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11261</td>
<td>Mushrooms, cooked, boiled, drained, without salt</td>
<td>156</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11260</td>
<td>Mushrooms, raw</td>
<td>70</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11253</td>
<td>Lettuce, looseleaf, raw</td>
<td>56</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>14545</td>
<td>Tea, herb, chamomile, brewed</td>
<td>178</td>
<td>6 fl oz</td>
<td>0</td>
</tr>
<tr>
<td>11283</td>
<td>Onions, cooked, boiled, drained, without salt</td>
<td>94</td>
<td>1 medium</td>
<td>0</td>
</tr>
<tr>
<td>11403</td>
<td>Potatoes, french fried, frozen, home-prepared, heated in oven, without salt</td>
<td>50</td>
<td>10 strips</td>
<td>0</td>
</tr>
<tr>
<td>11488</td>
<td>Squash, winter, butternut, frozen, cooked, boiled, without salt</td>
<td>240</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11464</td>
<td>Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt</td>
<td>190</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11461</td>
<td>Spinach, canned, drained solids</td>
<td>214</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11458</td>
<td>Spinach, cooked, boiled, drained, without salt</td>
<td>180</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11457</td>
<td>Spinach, raw</td>
<td>10</td>
<td>1 leaf</td>
<td>0</td>
</tr>
<tr>
<td>11457</td>
<td>Spinach, raw</td>
<td>30</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11451</td>
<td>Soybeans, green, cooked, boiled, drained, without salt</td>
<td>180</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11445</td>
<td>Seaweed, kelp, raw</td>
<td>10</td>
<td>2 tbsp</td>
<td>0</td>
</tr>
<tr>
<td>11439</td>
<td>Sauerkraut, canned, solids and liquids</td>
<td>236</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11436</td>
<td>Rutabagas, cooked, boiled, drained, without salt</td>
<td>170</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11429</td>
<td>Radishes, raw</td>
<td>4.5</td>
<td>1 radish</td>
<td>0</td>
</tr>
<tr>
<td>11313</td>
<td>Peas, green, frozen, cooked, boiled, drained, without salt</td>
<td>160</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11423</td>
<td>Pumpkin, cooked, boiled, drained, without salt</td>
<td>245</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11333</td>
<td>Peppers, sweet, green, raw</td>
<td>10</td>
<td>1 ring</td>
<td>0</td>
</tr>
<tr>
<td>11399</td>
<td>Potato puffs, frozen, prepared</td>
<td>79</td>
<td>10 puffs</td>
<td>0</td>
</tr>
<tr>
<td>11391</td>
<td>Potatoes, hashed brown, frozen, plain, prepared</td>
<td>29</td>
<td>1 pattty</td>
<td>0</td>
</tr>
<tr>
<td>11370</td>
<td>Potatoes, hashed brown, home-prepared</td>
<td>156</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11367</td>
<td>Potatoes, boiled, cooked without skin, flesh, without salt</td>
<td>135</td>
<td>1 potato</td>
<td>0</td>
</tr>
<tr>
<td>11367</td>
<td>Potatoes, boiled, cooked without skin, flesh, without salt</td>
<td>156</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11365</td>
<td>Potatoes, boiled, cooked in skin, flesh, without salt</td>
<td>136</td>
<td>1 potato</td>
<td>0</td>
</tr>
<tr>
<td>11364</td>
<td>Potatoes, baked, skin, without salt</td>
<td>58</td>
<td>1 skin</td>
<td>0</td>
</tr>
<tr>
<td>11363</td>
<td>Potatoes, baked, flesh, without salt</td>
<td>156</td>
<td>1 potato</td>
<td>0</td>
</tr>
<tr>
<td>11334</td>
<td>Peppers, sweet, green, cooked, boiled, drained, without salt</td>
<td>136</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11333</td>
<td>Peppers, sweet, green, raw</td>
<td>149</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11252</td>
<td>Lettuce, iceberg (includes crisphead types), raw</td>
<td>8</td>
<td>1 medium</td>
<td>0</td>
</tr>
<tr>
<td>11424</td>
<td>Pumpkin, canned, without salt</td>
<td>245</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11125</td>
<td>Carrots, cooked, boiled, drained, without salt</td>
<td>156</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11156</td>
<td>Chives, raw</td>
<td>3</td>
<td>1 tbsp</td>
<td>0</td>
</tr>
<tr>
<td>NDB_No</td>
<td>Description</td>
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</tr>
<tr>
<td>11144</td>
<td>Celery, cooked, boiled, drained, without salt</td>
<td>37.5</td>
<td>1 stalk</td>
<td>0</td>
</tr>
<tr>
<td>11144</td>
<td>Celery, cooked, boiled, drained, without salt</td>
<td>150</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11143</td>
<td>Celery, raw</td>
<td>40</td>
<td>1 stalk</td>
<td>0</td>
</tr>
<tr>
<td>11143</td>
<td>Celery, raw</td>
<td>120</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11138</td>
<td>Cauliflower, frozen, cooked, boiled, drained, without salt</td>
<td>180</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11136</td>
<td>Cauliflower, cooked, boiled, drained, without salt</td>
<td>54</td>
<td>3 flowerets</td>
<td>0</td>
</tr>
<tr>
<td>11136</td>
<td>Cauliflower, cooked, boiled, drained, without salt</td>
<td>124</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11135</td>
<td>Cauliflower, raw</td>
<td>13</td>
<td>1 floweret</td>
<td>0</td>
</tr>
<tr>
<td>11135</td>
<td>Cauliflower, raw</td>
<td>100</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11253</td>
<td>Lettuce, looseleaf, raw</td>
<td>10</td>
<td>1 leaf</td>
<td>0</td>
</tr>
<tr>
<td>11128</td>
<td>Carrots, canned, regular pack, drained solids</td>
<td>146</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11168</td>
<td>Corn, sweet, yellow, cooked, boiled, drained, without salt</td>
<td>77</td>
<td>1 ear</td>
<td>0</td>
</tr>
<tr>
<td>11124</td>
<td>Carrots, raw</td>
<td>110</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11124</td>
<td>Carrots, raw</td>
<td>72</td>
<td>1 carrot</td>
<td>0</td>
</tr>
<tr>
<td>11120</td>
<td>Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt</td>
<td>119</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11117</td>
<td>Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt</td>
<td>170</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11114</td>
<td>Cabbage, savoy raw</td>
<td>70</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11112</td>
<td>Cabbage, red, raw</td>
<td>70</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11110</td>
<td>Cabbage, cooked, boiled, drained, without salt</td>
<td>150</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11109</td>
<td>Cabbage, raw</td>
<td>70</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11101</td>
<td>Brussels sprouts, frozen, cooked, boiled, drained, without salt</td>
<td>155</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11099</td>
<td>Brussels sprouts, cooked, boiled, drained, without salt</td>
<td>156</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11093</td>
<td>Broccoli, frozen, chopped, cooked, boiled, drained, without salt</td>
<td>184</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11131</td>
<td>Carrots, frozen, cooked, boiled, drained, without salt</td>
<td>146</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11208</td>
<td>Dandelion greens, cooked, boiled, drained, without salt</td>
<td>105</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11252</td>
<td>Lettuce, iceberg (includes crisphead types), raw</td>
<td>55</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11251</td>
<td>Lettuce, cos or romaine, raw</td>
<td>10</td>
<td>1 leaf</td>
<td>0</td>
</tr>
<tr>
<td>11251</td>
<td>Lettuce, cos or romaine, raw</td>
<td>56</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11250</td>
<td>Lettuce, butterhead (includes boston and bibb types), raw</td>
<td>163</td>
<td>1 head</td>
<td>0</td>
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<tr>
<td>11250</td>
<td>Lettuce, butterhead (includes boston and bibb types), raw</td>
<td>7.5</td>
<td>1 medium leaf</td>
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<tr>
<td>11247</td>
<td>Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt</td>
<td>104</td>
<td>1 cup</td>
<td>0</td>
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<tr>
<td>11242</td>
<td>Kohlrabi, cooked, boiled, drained, without salt</td>
<td>165</td>
<td>1 cup</td>
<td>0</td>
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<tr>
<td>11236</td>
<td>Kale, frozen, cooked, boiled, drained, without salt</td>
<td>130</td>
<td>1 cup</td>
<td>0</td>
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<tr>
<td>11234</td>
<td>Kale, cooked, boiled, drained, without salt</td>
<td>130</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11226</td>
<td>Jerusalem-artichokes, raw</td>
<td>150</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11215</td>
<td>Garlic, raw</td>
<td>3</td>
<td>1 clove</td>
<td>0</td>
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<tr>
<td>11162</td>
<td>Collards, cooked, boiled, drained, without salt</td>
<td>190</td>
<td>1 cup</td>
<td>0</td>
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<tr>
<td>11210</td>
<td>Eggplant, cooked, boiled, drained, without salt</td>
<td>99</td>
<td>1 cup</td>
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</tr>
<tr>
<td>11164</td>
<td>Collards, frozen, chopped, cooked, boiled, drained, without salt</td>
<td>170</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11206</td>
<td>Cucumber, peeled, raw</td>
<td>119</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11206</td>
<td>Cucumber, peeled, raw</td>
<td>280</td>
<td>1 large</td>
<td>0</td>
</tr>
<tr>
<td>11205</td>
<td>Cucumber, with peel, raw</td>
<td>104</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11205</td>
<td>Cucumber, with peel, raw</td>
<td>301</td>
<td>1 large</td>
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<tr>
<td>NDB_No</td>
<td>Description</td>
<td>Weight (g)</td>
<td>Common Measure</td>
<td>Content per Measure</td>
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<td>------------------------------------------------------------------------------</td>
<td>------------</td>
<td>----------------</td>
<td>---------------------</td>
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<tr>
<td>11196</td>
<td>Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt</td>
<td>170</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11192</td>
<td>Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt</td>
<td>165</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11181</td>
<td>Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt</td>
<td>63</td>
<td>1 ear</td>
<td>0</td>
</tr>
<tr>
<td>11179</td>
<td>Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt</td>
<td>164</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11176</td>
<td>Corn, sweet, yellow, canned, vacuum pack, regular pack</td>
<td>210</td>
<td>1 cup</td>
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<tr>
<td>11174</td>
<td>Corn, sweet, yellow, canned, cream style, regular pack</td>
<td>256</td>
<td>1 cup</td>
<td>0</td>
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<tr>
<td>11512</td>
<td>Sweetpotato, canned, vacuum pack</td>
<td>255</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11213</td>
<td>Endive, raw</td>
<td>50</td>
<td>1 cup</td>
<td>0</td>
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<tr>
<td>12652</td>
<td>Nuts, pistachio nuts, dry roasted, with salt added</td>
<td>28.35</td>
<td>1 oz (47 nuts)</td>
<td>0</td>
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<tr>
<td>14143</td>
<td>Carbonated beverage, low calorie, other than cola or pepper, with aspartame, without caffeine</td>
<td>355</td>
<td>12 fl oz</td>
<td>0</td>
</tr>
<tr>
<td>14142</td>
<td>Carbonated beverage, grape soda</td>
<td>372</td>
<td>12 fl oz</td>
<td>0</td>
</tr>
<tr>
<td>14136</td>
<td>Carbonated beverage, ginger ale</td>
<td>366</td>
<td>12 fl oz</td>
<td>0</td>
</tr>
<tr>
<td>14121</td>
<td>Carbonated beverage, club soda</td>
<td>355</td>
<td>12 fl oz</td>
<td>0</td>
</tr>
<tr>
<td>14106</td>
<td>Alcoholic beverage, wine, table, white</td>
<td>103</td>
<td>3.5 fl oz</td>
<td>0</td>
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<tr>
<td>14096</td>
<td>Alcoholic beverage, wine, table, red</td>
<td>103</td>
<td>3.5 fl oz</td>
<td>0</td>
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<tr>
<td>14057</td>
<td>Alcoholic beverage, wine, dessert, sweet</td>
<td>103</td>
<td>3.5 fl oz</td>
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<tr>
<td>14037</td>
<td>Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof</td>
<td>42</td>
<td>1.5 fl oz</td>
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<tr>
<td>14017</td>
<td>Alcoholic beverage, pina colada, prepared-from-recipe</td>
<td>141</td>
<td>4.5 fl oz</td>
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</tr>
<tr>
<td>14010</td>
<td>Alcoholic beverage, daiquiri, prepared-from-recipe</td>
<td>60</td>
<td>2 fl oz</td>
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<tr>
<td>11508</td>
<td>Sweetpotato, cooked, baked in skin, without salt</td>
<td>146</td>
<td>1 potato</td>
<td>0</td>
</tr>
<tr>
<td>14003</td>
<td>Alcoholic beverage, beer, regular</td>
<td>355</td>
<td>12 fl oz</td>
<td>0</td>
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<tr>
<td>14153</td>
<td>Carbonated beverage, pepper-type, contains caffeine</td>
<td>368</td>
<td>12 fl oz</td>
<td>0</td>
</tr>
<tr>
<td>12637</td>
<td>Nuts, mixed nuts, oil roasted, with peanuts, with salt added</td>
<td>28.35</td>
<td>1 oz</td>
<td>0</td>
</tr>
<tr>
<td>12635</td>
<td>Nuts, mixed nuts, dry roasted, with peanuts, with salt added</td>
<td>28.35</td>
<td>1 oz</td>
<td>0</td>
</tr>
<tr>
<td>12632</td>
<td>Nuts, macadamia nuts, dry roasted, with salt added</td>
<td>28.35</td>
<td>1 oz (10-12 nuts)</td>
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<tr>
<td>12586</td>
<td>Nuts, cashew nuts, oil roasted, with salt added</td>
<td>28.35</td>
<td>1 oz (18 nuts)</td>
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</tr>
<tr>
<td>12585</td>
<td>Nuts, cashew nuts, dry roasted, with salt added</td>
<td>28.35</td>
<td>1 oz</td>
<td>0</td>
</tr>
<tr>
<td>12537</td>
<td>Seeds, sunflower seed kernels, dry roasted, with salt added</td>
<td>28.35</td>
<td>1 oz</td>
<td>0</td>
</tr>
<tr>
<td>12537</td>
<td>Seeds, sunflower seed kernels, dry roasted, with salt added</td>
<td>32</td>
<td>1/4 cup</td>
<td>0</td>
</tr>
<tr>
<td>12516</td>
<td>Seeds, pumpkin and squash seed kernels, roasted, with salt added</td>
<td>28.35</td>
<td>1 oz (142 seeds)</td>
<td>0</td>
</tr>
<tr>
<td>12201</td>
<td>Seeds, sesame seed kernels, dried (decorticated)</td>
<td>8</td>
<td>1 tbsp</td>
<td>0</td>
</tr>
<tr>
<td>12179</td>
<td>Nuts, coconut meat, dried (descicated), sweetened, shredded</td>
<td>93</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>12167</td>
<td>Nuts, chestnuts, european, roasted</td>
<td>143</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>14006</td>
<td>Alcoholic beverage, beer, light</td>
<td>354</td>
<td>12 fl oz</td>
<td>0</td>
</tr>
<tr>
<td>14293</td>
<td>Lemonade, frozen concentrate, white, prepared with water</td>
<td>248</td>
<td>8 fl oz</td>
<td>0</td>
</tr>
<tr>
<td>11091</td>
<td>Broccoli, cooked, boiled, drained, without salt</td>
<td>156</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>14416</td>
<td>Carbonated beverage, low calorie, cola, with aspartame, contains caffeine</td>
<td>355</td>
<td>12 fl oz</td>
<td>0</td>
</tr>
<tr>
<td>14414</td>
<td>Alcoholic beverage, liqueur, coffee, 53 proof</td>
<td>52</td>
<td>1.5 fl oz</td>
<td>0</td>
</tr>
<tr>
<td>14400</td>
<td>Carbonated beverage, cola, contains caffeine</td>
<td>370</td>
<td>12 fl oz</td>
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</tr>
<tr>
<td>14381</td>
<td>Tea, herb, other than chamomile, brewed</td>
<td>178</td>
<td>6 fl oz</td>
<td>0</td>
</tr>
<tr>
<td>NDB_No</td>
<td>Description</td>
<td>Weight (g)</td>
<td>Common Measure</td>
<td>Content per Measure</td>
</tr>
<tr>
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<td>------------------------------------------------------------------------------</td>
<td>------------</td>
<td>----------------</td>
<td>---------------------</td>
</tr>
<tr>
<td>14376</td>
<td>Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared</td>
<td>237</td>
<td>8 fl oz</td>
<td>0</td>
</tr>
<tr>
<td>14371</td>
<td>Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared</td>
<td>259</td>
<td>8 fl oz</td>
<td>0</td>
</tr>
<tr>
<td>14367</td>
<td>Tea, instant, unsweetened, powder, prepared</td>
<td>237</td>
<td>8 fl oz</td>
<td>0</td>
</tr>
<tr>
<td>14355</td>
<td>Tea, brewed, prepared with tap water</td>
<td>178</td>
<td>6 fl oz</td>
<td>0</td>
</tr>
<tr>
<td>14342</td>
<td>Rice beverage, RICE DREAM, canned</td>
<td>245</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>14341</td>
<td>Pineapple and orange juice drink, canned</td>
<td>250</td>
<td>8 fl oz</td>
<td>0</td>
</tr>
<tr>
<td>14145</td>
<td>Carbonated beverage, lemon-lime soda</td>
<td>368</td>
<td>12 fl oz</td>
<td>0</td>
</tr>
<tr>
<td>14297</td>
<td>Lemonade-flavor juice drink, powder, prepared with water</td>
<td>266</td>
<td>8 fl oz</td>
<td>0</td>
</tr>
<tr>
<td>14150</td>
<td>Carbonated beverage, orange</td>
<td>372</td>
<td>12 fl oz</td>
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</tr>
<tr>
<td>14290</td>
<td>Lemonade, low calorie, with aspartame, powder, prepared with water</td>
<td>237</td>
<td>8 fl oz</td>
<td>0</td>
</tr>
<tr>
<td>14277</td>
<td>Grape drink, canned</td>
<td>250</td>
<td>8 fl oz</td>
<td>0</td>
</tr>
<tr>
<td>14267</td>
<td>Fruit punch drink, canned</td>
<td>248</td>
<td>8 fl oz</td>
<td>0</td>
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<tr>
<td>14242</td>
<td>Cranberry juice cocktail, bottled</td>
<td>253</td>
<td>8 fl oz</td>
<td>0</td>
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<tr>
<td>14215</td>
<td>Coffee, instant, regular, prepared with water</td>
<td>179</td>
<td>6 fl oz</td>
<td>0</td>
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<tr>
<td>14210</td>
<td>Coffee, brewed, espresso, restaurant-prepared</td>
<td>60</td>
<td>2 fl oz</td>
<td>0</td>
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<tr>
<td>14209</td>
<td>Coffee, brewed, prepared with tap water</td>
<td>178</td>
<td>6 fl oz</td>
<td>0</td>
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<tr>
<td>14181</td>
<td>Chocolate syrup</td>
<td>18.75</td>
<td>1 tbsp</td>
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<tr>
<td>14175</td>
<td>Chocolate-flavor beverage mix, powder</td>
<td>21.6</td>
<td>2-3 heaping tsp</td>
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</tr>
<tr>
<td>14157</td>
<td>Carbonated beverage, root beer</td>
<td>370</td>
<td>12 fl oz</td>
<td>0</td>
</tr>
<tr>
<td>12147</td>
<td>Nuts, pine nuts, pignolia, dried</td>
<td>8.6</td>
<td>1 tbsp</td>
<td>0</td>
</tr>
<tr>
<td>14334</td>
<td>Pineapple and grapefruit juice drink, canned</td>
<td>250</td>
<td>8 fl oz</td>
<td>0</td>
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<tr>
<td>11565</td>
<td>Turnips, cooked, boiled, drained, without salt</td>
<td>156</td>
<td>1 cup</td>
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<tr>
<td>12166</td>
<td>Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)</td>
<td>15</td>
<td>1 tbsp</td>
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<tr>
<td>11655</td>
<td>Carrot juice, canned</td>
<td>236</td>
<td>1 cup</td>
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<tr>
<td>11647</td>
<td>Sweetpotato, canned, syrup pack, drained solids</td>
<td>196</td>
<td>1 cup</td>
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<tr>
<td>11644</td>
<td>Squash, winter, all varieties, cooked, baked, without salt</td>
<td>205</td>
<td>1 cup</td>
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<tr>
<td>11642</td>
<td>Squash, summer, all varieties, cooked, boiled, drained, without salt</td>
<td>180</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11641</td>
<td>Squash, summer, all varieties, raw</td>
<td>113</td>
<td>1 cup</td>
<td>0</td>
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<tr>
<td>11632</td>
<td>Peppers, jalapeno, canned, solids and liquids</td>
<td>26</td>
<td>1/4 cup</td>
<td>0</td>
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<tr>
<td>11590</td>
<td>Waterchestnuts, chinese, canned, solids and liquids</td>
<td>140</td>
<td>1 cup</td>
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<td>11584</td>
<td>Vegetables, mixed, frozen, cooked, boiled, drained, without salt</td>
<td>182</td>
<td>1 cup</td>
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<tr>
<td>11581</td>
<td>Vegetables, mixed, canned, drained solids</td>
<td>163</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11578</td>
<td>Vegetable juice cocktail, canned</td>
<td>242</td>
<td>1 cup</td>
<td>0</td>
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<tr>
<td>11670</td>
<td>Peppers, hot chili, green, raw</td>
<td>45</td>
<td>1 pepper</td>
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<tr>
<td>11569</td>
<td>Turnip greens, cooked, boiled, drained, without salt</td>
<td>144</td>
<td>1 cup</td>
<td>0</td>
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<tr>
<td>11674</td>
<td>Potato, baked, flesh and skin, without salt</td>
<td>202</td>
<td>1 potato</td>
<td>0</td>
</tr>
<tr>
<td>11549</td>
<td>Tomato products, canned, sauce</td>
<td>245</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11547</td>
<td>Tomato products, canned, puree, without salt added</td>
<td>250</td>
<td>1 cup</td>
<td>0</td>
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<tr>
<td>11546</td>
<td>Tomato products, canned, paste, without salt added</td>
<td>262</td>
<td>1 cup</td>
<td>0</td>
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<tr>
<td>11540</td>
<td>Tomato juice, canned, with salt added</td>
<td>243</td>
<td>1 cup</td>
<td>0</td>
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<tr>
<td>11533</td>
<td>Tomatoes, red, ripe, canned, stewed</td>
<td>255</td>
<td>1 cup</td>
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<tr>
<td>11531</td>
<td>Tomatoes, red, ripe, canned, whole, regular pack</td>
<td>240</td>
<td>1 cup</td>
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# USDA Nutrient Database for Standard Reference, Release 15

## Cholesterol (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

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<thead>
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<th>NDB_No</th>
<th>Description</th>
<th>Weight (g)</th>
<th>Common Measure</th>
<th>Content per Measure</th>
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<tbody>
<tr>
<td>11529</td>
<td>Tomatoes, red, ripe, raw, year round average</td>
<td>20</td>
<td>1 slice</td>
<td>0</td>
</tr>
<tr>
<td>11529</td>
<td>Tomatoes, red, ripe, raw, year round average</td>
<td>180</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11529</td>
<td>Tomatoes, red, ripe, raw, year round average</td>
<td>123</td>
<td>1 tomato</td>
<td>0</td>
</tr>
<tr>
<td>11529</td>
<td>Tomatoes, red, ripe, raw, year round average</td>
<td>17</td>
<td>1 cherry tomato</td>
<td>0</td>
</tr>
<tr>
<td>14536</td>
<td>Alcoholic beverage, wine, dessert, dry</td>
<td>103</td>
<td>3.5 fl oz</td>
<td>0</td>
</tr>
<tr>
<td>11575</td>
<td>Turnip greens, frozen, cooked, boiled, drained, without salt</td>
<td>164</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11943</td>
<td>Pimento, canned</td>
<td>12</td>
<td>1 tbsp</td>
<td>0</td>
</tr>
<tr>
<td>11510</td>
<td>Sweetpotato, cooked, boiled, without skin, without salt</td>
<td>156</td>
<td>1 potato</td>
<td>0</td>
</tr>
<tr>
<td>12147</td>
<td>Nuts, pine nuts, pignolia, dried</td>
<td>28.35</td>
<td>1 oz</td>
<td>0</td>
</tr>
<tr>
<td>12142</td>
<td>Nuts, pecans</td>
<td>28.35</td>
<td>1 oz (20 halves)</td>
<td>0</td>
</tr>
<tr>
<td>12120</td>
<td>Nuts, hazelnuts or filberts</td>
<td>28.35</td>
<td>1 oz</td>
<td>0</td>
</tr>
<tr>
<td>12104</td>
<td>Nuts, coconut meat, raw</td>
<td>45</td>
<td>1 piece</td>
<td>0</td>
</tr>
<tr>
<td>12078</td>
<td>Nuts, brazlnuts, dried, unblanched</td>
<td>28.35</td>
<td>1 oz (6-8 nuts)</td>
<td>0</td>
</tr>
<tr>
<td>12061</td>
<td>Nuts, almonds</td>
<td>28.35</td>
<td>1 oz (24 nuts)</td>
<td>0</td>
</tr>
<tr>
<td>11961</td>
<td>Hearts of palm, canned</td>
<td>33</td>
<td>1 piece</td>
<td>0</td>
</tr>
<tr>
<td>11960</td>
<td>Carrots, baby, raw</td>
<td>10</td>
<td>1 medium</td>
<td>0</td>
</tr>
<tr>
<td>11956</td>
<td>Tomatoes, sun-dried, packed in oil, drained</td>
<td>3</td>
<td>1 piece</td>
<td>0</td>
</tr>
<tr>
<td>11955</td>
<td>Tomatoes, sun-dried</td>
<td>2</td>
<td>1 piece</td>
<td>0</td>
</tr>
<tr>
<td>11667</td>
<td>Seaweed, spirulina, dried</td>
<td>0.93</td>
<td>1 tbsp</td>
<td>0</td>
</tr>
<tr>
<td>11945</td>
<td>Pickle relish, sweet</td>
<td>15</td>
<td>1 tbsp</td>
<td>0</td>
</tr>
<tr>
<td>12155</td>
<td>Nuts, walnuts, english</td>
<td>28.35</td>
<td>1 oz (14 halves)</td>
<td>0</td>
</tr>
<tr>
<td>11937</td>
<td>Pickles, cucumber, dill</td>
<td>65</td>
<td>1 pickle</td>
<td>0</td>
</tr>
<tr>
<td>11935</td>
<td>Catsup</td>
<td>15</td>
<td>1 tbsp</td>
<td>0</td>
</tr>
<tr>
<td>11935</td>
<td>Catsup</td>
<td>6</td>
<td>1 packet</td>
<td>0</td>
</tr>
<tr>
<td>11952</td>
<td>Beans, snap, yellow, canned, regular pack, drained solids</td>
<td>135</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11901</td>
<td>Corn, sweet, white, cooked, boiled, drained, without salt</td>
<td>77</td>
<td>1 ear</td>
<td>0</td>
</tr>
<tr>
<td>11823</td>
<td>Peppers, sweet, red, cooked, boiled, drained, without salt</td>
<td>136</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11821</td>
<td>Peppers, sweet, red, raw</td>
<td>149</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11821</td>
<td>Peppers, sweet, red, raw</td>
<td>119</td>
<td>1 pepper</td>
<td>0</td>
</tr>
<tr>
<td>11819</td>
<td>Peppers, hot chili, red, raw</td>
<td>45</td>
<td>1 pepper</td>
<td>0</td>
</tr>
<tr>
<td>11740</td>
<td>Broccoli, flower clusters, raw</td>
<td>11</td>
<td>1 floweret</td>
<td>0</td>
</tr>
<tr>
<td>11724</td>
<td>Beans, snap, yellow, cooked, boiled, drained, without salt</td>
<td>125</td>
<td>1 cup</td>
<td>0</td>
</tr>
<tr>
<td>11954</td>
<td>Tomatillos, raw</td>
<td>34</td>
<td>1 medium</td>
<td>0</td>
</tr>
</tbody>
</table>