

USDA Database for the Added Sugars Content of Selected Foods

Release 1

Prepared by

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Introduction

There is growing scientific interest in the levels of added sugars in the diet, especially as it relates to research concerning the relationship between sugar intake and health and obesity prevention (DGAC 2005). The Nutrient Data Laboratory has developed a Special Interest Table to provide data for the Added Sugars content of common foods, in support of nutrition research and monitoring objectives. Since there is no analytical method for distinguishing between added sugars and naturally occurring sugar, the added sugars values were calculated from sugars listed as label ingredients and nutrient values for total sugars and total carbohydrates for most processed foods. At the present time, no brand name foods are included in this table. Foods that do not contain carbohydrate, such as meats and oils, are not included. Also, foods that contain less than 2% carbohydrate and have 0 total sugars, such as most margarines and luncheon meats, are not included.

Procedures

Guidelines followed in calculating added sugars were:

- Sugars and sweeteners:
 - The sweeteners listed below were considered to be added sugars in multi-ingredient foods such as baked goods, candies, and syrup-pack fruit. (When these sweeteners are listed individually in the table, the added sugars value is zero because the sugar is intrinsic to the food. However, if users of the table use these sweeteners as ingredients in recipes to calculate the added sugar content of multi-ingredient foods or for food intake surveys, the added sugar value, Nut. No. 539, should be equal to the total sugar value, Nut. No. 269.)
 - Sugar [granulated (sucrose), brown, powdered and maple]
 - Mono- and disaccharides [e.g., fructose, lactose, maltose, glucose (dextrose)]
 - Single ingredient syrups (light corn, dark corn, high fructose corn, maple, malt, sorghum)
 - Honey
 - Molasses
 - Some ingredients such as brown rice syrup, raw sugar, liquid sucrose, invert sugar and concentrated cane juice syrup are not available in SR. Added sugars were calculated using an appropriate substitute ingredient. For example, brown sugar was substituted for raw sugar.
 - Ingredient sweeteners without carbohydrate carriers (e.g., 100% aspartame used in commercial products) were considered to contribute

no added sugars to multi-ingredient foods that contained them as ingredients.

- Fruit juice concentrates:
 - If fruit juice concentrate is used as an ingredient and not reconstituted (e.g., in dry cereals, organic snack bars), the sugar it contains is counted toward added sugars.
 - If reconstituted, the sugar in the concentrate is not counted towards added sugars. For example, if canned fruit is packed in fruit juice made from reconstituted pear juice concentrate, the pear juice concentrate plus water is considered to be equivalent to single strength fruit juice and therefore is not considered to contribute to added sugars.
- Organic acids (e.g., citric acid), when used as food ingredients, are not counted towards added sugars.
- Sugar alcohols (e.g., mannitol, sorbitol, xylitol) are not included in added sugars.
- Oligosaccharides, such as found in corn syrup, are not included in added sugars.

Format of the Table

The table contains carbohydrate, total sugar, and added sugar values for 2,038 foods across 23 food groups. The carbohydrate and total sugar values are taken directly from the USDA National Nutrient Database for Standard Reference, release 18 (SR). Values contain the same number of decimal places as those listed in SR. Added sugars were calculated from total carbohydrate and total sugar values, using ingredient listings to identify added sugar sources. Values for added sugars are reported to one less decimal place than the carbohydrate and total sugar values from which they were derived. "Carbohydrate by difference" is determined by subtracting the sum of ash, moisture, fat and protein from 100. In food composition analysis, moisture content varies from sample to sample of the same food. Therefore, if carbohydrate by difference was determined from an analytical sample with a different moisture content than that of the sample analyzed for individual and/or total sugars, the total sugars value may be slightly greater than the carbohydrate. This would be most noticeable in foods where sugar is the only carbohydrate present. In addition, individual sugars are summed to generate a total sugar value; system rounding may cause the cumulative total to exceed the carbohydrate value.

The foods are arranged alphabetically within each food group. A unique NDB number, a five-digit food identification code used in SR, identifies each food. Values are presented as grams per 100 grams of food. The fields in the spreadsheet are as follows:

Field name	Description
NDB_No	5-digit Nutrient Databank number that uniquely identifies a food item
FdGrp_Cd	4-digit code indicating food group to which a food item belongs
FdGrp_Desc	Name of food group
Food Description	Description of food item
Carbohydrate, by difference	Carbohydrate, by difference (g/100 g) Nutrient No. 205
Total sugars	Total sugars (g/100 g) Nutrient No. 269
Added sugars	Added sugars (g/100 g) Nutrient No. 539

Data Dissemination

The USDA Database for the Added Sugars Content of Selected Foods is presented as a PDF file. The Adobe® Acrobat® Reader is required to view the report of the database. In addition, the database is available as a Microsoft® Excel spreadsheet and is available for downloading from this Web site. <http://www.ars.usda.gov/nutrientdata>

References

Dietary Guidelines Advisory Committee (DGAC). 2005. Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans, 2005. U.S. Department of Agriculture, Agricultural Research Service.

USDA Database for the Added Sugars Content of Selected Foods, Release 1

NDB No.	Description	Carbohydrate, by difference	Total Sugars	Added Sugars
		g/100		
Baby Foods				
42150	Babyfood, apple yogurt dessert, strained	19.50	12.02	3.2
03167	Babyfood, apple-banana juice	12.30	11.00	0.0
03169	Babyfood, apple-cranberry juice	11.49	6.88	0.0
03289	Babyfood, apples with ham, strained	10.90	7.98	0.0
03115	Babyfood, apples, dices, toddler	12.10	10.83	0.0
42284	Babyfood, baked product, finger snacks cereal	76.68	28.00	27.3
43550	Babyfood, banana apple dessert, strained	16.30	14.66	8.2
42119	Babyfood, banana juice with low fat yogurt	17.54	13.28	0.0
43546	Babyfood, banana no tapioca, strained	21.34	11.36	0.0
03290	Babyfood, carrots and beef, strained	5.70	2.04	0.0
42316	Babyfood, carrots, toddler	5.23	2.50	0.0
03181	Babyfood, cereal, barley, dry	75.30	3.10	0.0
42285	Babyfood, cereal, brown rice, dry, instant	85.65	0.92	0.0
03185	Babyfood, cereal, mixed, dry	73.30	0.87	0.0
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior	18.40	7.79	0.0
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	17.90	7.79	0.0
03186	Babyfood, cereal, mixed, with bananas, dry	77.10	6.68	0.0
03189	Babyfood, cereal, oatmeal, dry	69.20	1.49	0.0
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior	15.70	9.48	0.0
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	15.40	10.49	0.0
03190	Babyfood, cereal, oatmeal, with bananas, dry	73.40	13.75	0.0
03194	Babyfood, cereal, rice, dry	77.60	0.12	0.0
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	17.10	2.24	0.0
03212	Babyfood, cereal, rice, with bananas, dry	79.90	16.70	0.0
03210	Babyfood, cereal, rice, with mixed fruit, junior	18.30	10.50	0.0
03184	Babyfood, cereal, whole wheat, with apples, dry	77.10	22.20	0.0
03222	Babyfood, cherry cobbler, junior	19.20	10.39	8.4
03206	Babyfood, cookie, baby, fruit	73.70	24.20	17.4
03213	Babyfood, cookies	67.10	24.90	17.2
03209	Babyfood, crackers, vegetable	66.90	13.00	9.6
43004	Babyfood, dessert, banana pudding, strained	14.14	10.55	7.6
43539	Babyfood, dessert, banana yogurt, strained	17.40	3.95	0.3
43537	Babyfood, dessert, blueberry yogurt, strained	17.05	13.62	0.3
03225	Babyfood, dessert, cherry vanilla pudding, junior	18.40	16.98	14.1
03224	Babyfood, dessert, cherry vanilla pudding, strained	17.80	9.15	7.5
03246	Babyfood, dessert, custard pudding, vanilla, junior	17.58	12.20	9.3
03245	Babyfood, dessert, custard pudding, vanilla, strained	16.00	11.50	9.7
03221	Babyfood, dessert, dutch apple, junior	19.29	17.89	9.6
03220	Babyfood, dessert, dutch apple, strained	19.74	17.89	9.6

NDB No.	Description	Carbohydrate, by difference	Total Sugars	Added Sugars
		g/100		
03236	Babyfood, dessert, fruit dessert, without ascorbic acid, junior	17.20	12.00	4.7
03235	Babyfood, dessert, fruit dessert, without ascorbic acid, strained	16.00	12.60	3.1
03233	Babyfood, dessert, fruit pudding, pineapple, strained	20.30	10.28	6.3
03228	Babyfood, dessert, peach cobbler, junior	18.30	11.89	8.3
03227	Babyfood, dessert, peach cobbler, strained	17.80	10.62	7.1
43536	Babyfood, dessert, peach yogurt	17.60	6.63	5.1
03297	Babyfood, dinner, apples and chicken, strained	10.87	7.90	0.0
03049	Babyfood, dinner, beef and rice, toddler	8.80	0.00	0.0
03043	Babyfood, dinner, beef lasagna, toddler	10.00	0.00	0.0
03287	Babyfood, dinner, beef noodle, junior	7.40	1.45	0.0
03047	Babyfood, dinner, beef noodle, strained	8.18	1.42	0.0
03052	Babyfood, dinner, beef stew, toddler	5.50	1.39	0.0
03055	Babyfood, dinner, beef with vegetables	6.36	2.16	0.0
03298	Babyfood, dinner, broccoli and chicken, strained	3.23	1.00	0.0
43373	Babyfood, dinner, chicken and noodle with vegetables, toddler	8.89	0.82	0.0
43008	Babyfood, dinner, chicken and rice	9.20	0.55	0.0
03069	Babyfood, dinner, chicken noodle, junior	8.79	1.07	0.0
03068	Babyfood, dinner, chicken noodle, strained	9.08	2.50	0.0
03070	Babyfood, dinner, chicken soup, strained	7.20	1.72	0.0
03072	Babyfood, dinner, chicken stew, toddler	6.40	1.68	0.0
03090	Babyfood, dinner, macaroni and cheese, junior	8.20	1.32	0.0
03089	Babyfood, dinner, macaroni and cheese, strained	8.95	1.27	0.0
03045	Babyfood, dinner, macaroni and tomato and beef, junior	9.40	2.43	0.0
03044	Babyfood, dinner, macaroni and tomato and beef, strained	9.45	2.09	0.0
43432	Babyfood, dinner, macaroni, beef and tomato sauce, toddler	11.53	0.37	0.0
03077	Babyfood, dinner, pasta with vegetables	8.40	1.20	0.0
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	11.50	0.80	0.0
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	11.42	2.72	0.0
03303	Babyfood, dinner, sweet potatoes and chicken, strained	11.04	5.37	0.0
03083	Babyfood, dinner, turkey and rice, junior	9.57	1.25	0.0
03082	Babyfood, dinner, turkey and rice, strained	7.94	1.66	0.0
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	7.50	0.66	0.0
03059	Babyfood, dinner, vegetables and bacon, strained	8.81	1.77	0.0
03054	Babyfood, dinner, vegetables and beef, junior	9.00	1.35	0.0
03053	Babyfood, dinner, vegetables and beef, strained	7.70	1.84	0.0
03274	Babyfood, dinner, vegetables and chicken, junior	8.66	1.46	0.0
03042	Babyfood, dinner, vegetables and dumplings and beef, junior	8.00	0.00	0.0
03041	Babyfood, dinner, vegetables and dumplings and beef, strained	7.70	0.00	0.0
03062	Babyfood, dinner, vegetables and ham, junior	8.65	0.99	0.0
03061	Babyfood, dinner, vegetables and ham, strained	7.80	1.37	0.0
03067	Babyfood, dinner, vegetables and lamb, junior	7.10	0.94	0.0
03066	Babyfood, dinner, vegetables and lamb, strained	6.90	0.94	0.0
03085	Babyfood, dinner, vegetables and turkey, junior	7.55	1.36	0.0
03084	Babyfood, dinner, vegetables and turkey, strained	7.62	1.54	0.0
03086	Babyfood, dinner, vegetables and turkey, toddler	8.00	0.00	0.0

NDB No.	Description	Carbohydrate, by difference	Total Sugars	Added Sugars
		g/100		
03073	Babyfood, dinner, vegetables chicken, strained	8.42	1.58	0.0
03154	Babyfood, fruit and vegetable,apple & sweet potato	15.30	11.60	0.0
43585	Babyfood, fruit supreme dessert	17.18	14.87	10.0
03165	Babyfood, fruit, apple and blueberry, junior	16.60	8.83	0.0
03164	Babyfood, fruit, apple and blueberry, strained	16.30	13.93	0.0
03153	Babyfood, fruit, apple and raspberry, junior	15.40	12.96	0.0
03152	Babyfood, fruit, apple and raspberry, strained	15.60	12.96	0.0
03143	Babyfood, fruit, applesauce and apricots, junior	12.40	8.72	0.0
03142	Babyfood, fruit, applesauce and apricots, strained	11.64	9.25	0.0
03145	Babyfood, fruit, applesauce and cherries, junior	14.10	10.61	0.0
03144	Babyfood, fruit, applesauce and cherries, strained	14.10	10.81	0.0
03147	Babyfood, fruit, applesauce with banana, junior	16.16	4.35	0.0
03117	Babyfood, fruit, applesauce, junior	10.30	8.48	0.0
03116	Babyfood, fruit, applesauce, strained	10.80	9.87	0.0
03128	Babyfood, fruit, apricot with tapioca, junior	17.30	1.40	0.0
03118	Babyfood, fruit, apricot with tapioca, strained	16.30	1.41	0.0
03156	Babyfood, fruit, bananas and pineapple with tapioca, junior	18.40	8.41	0.0
03157	Babyfood, fruit, bananas and pineapple with tapioca, strained	17.80	10.73	0.0
03163	Babyfood, fruit, bananas with apples and pears, strained	19.70	12.76	0.0
03280	Babyfood, fruit, bananas with tapioca, junior	17.80	7.10	0.0
03129	Babyfood, fruit, bananas with tapioca, strained	15.30	0.38	0.0
03140	Babyfood, fruit, mango with tapioca, strained	21.60	12.60	0.0
03131	Babyfood, fruit, peaches, junior	18.90	14.99	0.0
03130	Babyfood, fruit, peaches, strained	15.00	12.00	0.0
03159	Babyfood, fruit, pears and pineapple, junior	11.40	7.36	0.0
03158	Babyfood, fruit, pears and pineapple, strained	10.90	7.79	0.0
03133	Babyfood, fruit, pears, junior	11.60	7.34	0.0
03132	Babyfood, fruit, pears, strained	10.80	6.98	0.0
03135	Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	20.50	13.64	0.0
03134	Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	19.70	13.34	0.0
43007	Babyfood, fruit, tutti frutti, junior	16.00	9.41	0.0
43006	Babyfood, fruit, tutti frutti, strained	15.48	9.29	0.0
03093	Babyfood, green beans, dices, toddler	5.70	1.06	0.0
03166	Babyfood, juice, apple	11.70	10.70	0.0
43535	Babyfood, juice, apple - cherry	11.20	10.50	0.0
03268	Babyfood, juice, apple and cherry	9.90	8.98	0.0
03265	Babyfood, juice, apple and grape	11.34	10.90	0.0
03168	Babyfood, juice, apple and peach	10.50	9.59	0.0
03170	Babyfood, juice, apple and plum	12.30	11.54	0.0
03171	Babyfood, juice, apple and prune	18.00	10.58	0.0
03266	Babyfood, juice, apple grape, with calcium	12.68	10.60	0.0
03269	Babyfood, juice, apple, with calcium	11.10	9.00	0.0
42266	Babyfood, juice, apple-sweet potato	11.40	9.60	0.0
03267	Babyfood, juice, fruit punch, with calcium	12.70	10.60	0.0
03179	Babyfood, juice, mixed fruit	11.60	8.46	0.0

NDB No.	Description	Carbohydrate, by difference	Total Sugars	Added Sugars
		g/100		
03172	Babyfood, juice, orange	10.20	8.26	0.0
03174	Babyfood, juice, orange and apple and banana	11.50	10.03	0.0
42267	Babyfood, juice, orange-carrot	9.90	8.40	0.0
43408	Babyfood, juice, pear	11.86	7.28	0.0
03048	Babyfood, macaroni and cheese, toddler	11.20	0.79	0.0
43417	Babyfood, meat, beef with vegetables, toddler	8.72	1.18	0.0
03014	Babyfood, meat, chicken sticks, junior	1.50	1.40	0.0
03021	Babyfood, meat, meat sticks, junior	1.10	0.80	0.0
03017	Babyfood, meat, turkey sticks, junior	1.40	1.40	0.0
42120	Babyfood, mixed fruit juice with low fat yogurt	14.68	10.80	0.0
43523	Babyfood, mixed fruit yogurt, strained	16.23	11.74	6.4
03205	Babyfood, oatmeal cereal with fruit, dry, instant, toddler	74.15	11.09	0.0
03161	Babyfood, peaches, dices, toddler	11.80	9.49	0.0
03141	Babyfood, pears, dices, toddler	13.60	8.66	0.0
42279	Babyfood, peas and brown rice	11.49	2.88	0.0
03122	Babyfood, peas, dices, toddler	10.30	4.13	0.0
03293	Babyfood, plums, bananas and rice, strained	12.70	9.30	0.0
03112	Babyfood, potatoes, toddler	11.73	0.91	0.0
03215	Babyfood, pretzels	82.20	3.08	2.8
03139	Babyfood, prunes, without vitamin c, strained	23.52	21.21	0.0
03046	Babyfood, ravioli, cheese filled, with tomato sauce	16.30	0.59	0.0
43529	Babyfood, rice and apples, dry	86.89	3.22	0.0
03216	Babyfood, teething biscuits	78.03	28.50	15.3
42278	Babyfood, vegetable and brown rice, strained	12.10	2.39	0.0
03114	Babyfood, vegetable, butternut squash and corn	9.30	2.93	0.0
03096	Babyfood, vegetable, green beans and potatoes	9.00	2.35	0.0
03098	Babyfood, vegetables, beets, strained	7.70	6.09	0.0
03100	Babyfood, vegetables, carrots, junior	7.20	3.16	0.0
03099	Babyfood, vegetables, carrots, strained	6.00	3.64	0.0
03120	Babyfood, vegetables, corn, creamed, junior	16.25	1.48	0.0
03119	Babyfood, vegetables, corn, creamed, strained	14.10	1.23	0.0
03283	Babyfood, vegetables, garden vegetable, strained	6.80	2.57	0.0
03092	Babyfood, vegetables, green beans, junior	5.70	1.08	0.0
03091	Babyfood, vegetables, green beans, strained	5.90	1.15	0.0
03282	Babyfood, vegetables, mix vegetables junior	8.20	1.78	0.0
03286	Babyfood, vegetables, mix vegetables strained	8.05	1.57	0.0
03121	Babyfood, vegetables, peas, strained	8.10	3.35	0.0
03127	Babyfood, vegetables, spinach, creamed, strained	5.70	2.33	0.0
03105	Babyfood, vegetables, squash, junior	5.60	2.20	0.0
03104	Babyfood, vegetables, squash, strained	5.60	2.23	0.0
03108	Babyfood, vegetables, sweet potatoes strained	13.20	4.05	0.0
03109	Babyfood, vegetables, sweet potatoes, junior	13.90	4.24	0.0
03217	Zwieback	74.20	12.40	12.2
Baked Products				
18005	Bagels, cinnamon-raisin	55.20	5.98	3.6

NDB No.	Description	Carbohydrate, by difference	Total Sugars	Added Sugars
		g/100		
18006	Bagels, cinnamon-raisin, toasted	59.30	6.43	3.9
18007	Bagels, oat bran	53.30	1.63	1.3
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	50.50	5.05	4.8
18002	Bagels, plain, toasted, enriched, with calcium propionate (includes onion, poppy, sesame)	57.11	5.82	5.4
18009	Biscuits, plain or buttermilk, commercially baked	48.50	3.48	2.6
18010	Biscuits, plain or buttermilk, dry mix	63.30	11.65	0.0
18016	Biscuits, plain or buttermilk, prepared from recipe	44.60	2.18	0.0
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	43.70	8.10	8.0
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	47.50	8.14	7.4
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	47.60	7.00	6.4
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	55.40	8.14	7.4
18079	Bread crumbs, dry, grated, plain	71.98	6.20	5.2
18080	Bread sticks, plain	68.40	1.26	0.0
18081	Bread stuffing, bread, dry mix	76.20	8.27	7.0
18082	Bread stuffing, bread, dry mix, prepared	21.70	2.11	1.8
18084	Bread stuffing, cornbread, dry mix	76.70	4.77	4.5
18085	Bread stuffing, cornbread, dry mix, prepared	21.90	3.92	3.6
18021	Bread, boston brown, canned	43.30	2.42	1.1
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	69.50	20.34	18.6
18027	Bread, egg	47.80	1.78	1.3
18028	Bread, egg, toasted	52.60	1.94	1.4
18029	Bread, french or vienna (includes sourdough)	51.90	0.24	0.0
18030	Bread, french or vienna, toasted (includes sourdough)	56.40	0.26	0.0
18033	Bread, italian	50.00	0.83	0.0
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	46.40	10.05	6.6
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	50.40	10.93	7.2
18037	Bread, oat bran	39.80	7.70	7.2
18038	Bread, oat bran, toasted	43.70	8.46	7.9
18039	Bread, oatmeal	48.50	8.14	7.9
18040	Bread, oatmeal, toasted	52.70	8.84	8.6
18041	Bread, pita, white, enriched	55.70	1.30	0.5
18042	Bread, pita, whole-wheat	55.00	0.82	0.6
18043	Bread, protein (includes gluten)	43.80	1.44	0.0
18383	Bread, protein, toasted (includes gluten)	48.10	1.44	0.0
18044	Bread, pumpernickel	47.50	0.53	0.0
18045	Bread, pumpernickel, toasted	52.20	0.58	0.0
18047	Bread, raisin, enriched	52.30	5.68	4.8
18048	Bread, raisin, toasted, enriched	56.90	6.18	5.2
18049	Bread, reduced-calorie, oat bran	41.30	3.52	2.1
18050	Bread, reduced-calorie, oat bran, toasted	49.20	4.20	2.5
18053	Bread, reduced-calorie, rye	40.50	2.29	0.2
18055	Bread, reduced-calorie, wheat	43.60	3.07	1.5
18057	Bread, reduced-calorie, white	44.30	4.76	0.8
18059	Bread, rice bran	43.50	4.67	4.1

NDB No.	Description	Carbohydrate, by difference	Total Sugars	Added Sugars
		g/100		
18384	Bread, rice bran, toasted	47.30	5.08	4.5
18060	Bread, rye	48.30	3.85	3.2
18061	Bread, rye, toasted	53.10	4.23	3.5
18064	Bread, wheat (includes wheat berry)	47.20	5.49	4.1
18066	Bread, wheat bran	47.80	9.68	9.3
18068	Bread, wheat germ	48.30	3.73	1.1
18385	Bread, wheat germ, toasted	54.30	4.14	1.3
18065	Bread, wheat, toasted (includes wheat berry)	51.30	5.96	4.5
18069	Bread, white, commercially prepared (includes soft bread crumbs)	50.61	4.31	4.1
18416	Bread, white, commercially prepared, low sodium no salt	49.50	4.31	4.1
18070	Bread, white, commercially prepared, toasted	54.40	4.74	4.6
18075	Bread, whole-wheat, commercially prepared	46.10	5.57	5.0
18076	Bread, whole-wheat, commercially prepared, toasted	51.70	6.26	5.6
18077	Bread, whole-wheat, prepared from recipe	51.40	3.84	3.6
18078	Bread, whole-wheat, prepared from recipe, toasted	56.40	4.22	4.0
18459	Breakfast tart, low fat	76.80	4.87	2.8
18087	Cake, angelfood, dry mix	85.10	44.20	43.8
18088	Cake, angelfood, dry mix, prepared	58.70	30.51	30.2
18090	Cake, boston cream pie, commercially prepared	42.90	36.11	31.4
18095	Cake, cherry fudge with chocolate frosting	38.00	32.94	26.2
18097	Cake, chocolate, dry mix, pudding-type	78.70	46.01	44.9
18099	Cake, chocolate, dry mix, regular	73.00	38.30	34.3
18110	Cake, fruitcake, commercially prepared	61.60	29.84	26.0
18112	Cake, german chocolate, dry mix, pudding-type	80.10	49.54	48.8
18114	Cake, gingerbread, dry mix	74.60	46.62	45.8
18117	Cake, marble, dry mix, pudding-type	79.30	57.59	57.4
18451	Cake, pound, commercially prepared, fat-free	61.00	34.34	32.6
18127	Cake, snack cakes, creme-filled, chocolate with frosting	60.30	34.34	33.2
18128	Cake, snack cakes, creme-filled, sponge	63.90	40.07	37.8
18133	Cake, sponge, commercially prepared	61.10	36.66	35.5
18135	Cake, white, dry mix, pudding-type, enriched	81.00	48.95	48.3
18137	Cake, white, dry mix, regular	78.00	54.51	52.0
18102	Cake, white, prepared from recipe with coconut frosting	63.20	57.39	54.8
18139	Cake, white, prepared from recipe without frosting	57.20	35.49	33.8
18142	Cake, yellow, dry mix, pudding-type	79.90	44.21	43.5
18144	Cake, yellow, dry mix, regular, enriched	78.10	43.33	41.8
18107	Coffeecake, cinnamon with crumb topping, dry mix	77.70	42.52	42.4
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	52.80	29.53	28.0
18150	Cookies, animal crackers (includes arrowroot, tea biscuits)	74.10	13.93	13.1
18151	Cookies, brownies, commercially prepared	63.90	36.61	35.3
18197	Cookies, brownies, dry mix, special dietary, prepared	71.30	0.09	0.0
18155	Cookies, butter, commercially prepared, enriched	68.90	20.24	19.2
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	64.06	34.34	34.0
18198	Cookies, chocolate chip, commercially prepared, special dietary	73.40	39.81	39.6
18166	Cookies, chocolate sandwich, with creme filling, regular	71.64	40.63	34.9

NDB No.	Description	Carbohydrate, by difference	Total Sugars	Added Sugars
		g/100		
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	66.10	63.40	62.1
18199	Cookies, chocolate sandwich, with creme filling, special dietary	67.70	23.53	22.2
18168	Cookies, chocolate sandwich, with extra creme filling	68.20	46.00	43.3
18157	Cookies, chocolate wafers	72.40	29.66	27.9
18169	Cookies, coconut macaroons, prepared from recipe	72.20	70.65	67.4
18170	Cookies, fig bars	70.90	46.36	29.8
18171	Cookies, fortune	84.00	45.42	45.3
18172	Cookies, gingersnaps	76.90	19.92	19.1
18174	Cookies, graham crackers, chocolate-coated	66.50	41.56	40.9
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	76.80	31.10	30.5
18175	Cookies, ladyfingers, with lemon juice and rind	59.70	25.39	25.0
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	67.70	44.80	39.3
18177	Cookies, molasses	73.80	17.60	17.4
18456	Cookies, oatmeal, commercially prepared, fat-free	78.60	41.90	26.6
18178	Cookies, oatmeal, commercially prepared, regular	68.70	24.66	19.0
18200	Cookies, oatmeal, commercially prepared, special dietary	69.90	31.65	27.2
18190	Cookies, peanut butter sandwich, regular	65.60	35.44	33.5
18185	Cookies, peanut butter, commercially prepared, regular	58.90	31.83	28.3
18191	Cookies, raisin, soft-type	68.00	47.56	32.9
18192	Cookies, shortbread, commercially prepared, plain	64.50	15.08	14.3
18209	Cookies, sugar wafers with creme filling, regular	70.10	35.44	35.1
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	67.90	37.70	35.0
18203	Cookies, sugar, commercially prepared, special dietary	76.80	34.17	34.0
18208	Cookies, sugar, prepared from recipe, made with margarine	60.00	24.86	24.3
18205	Cookies, sugar, refrigerated dough	59.00	21.56	21.4
18206	Cookies, sugar, refrigerated dough, baked	65.60	23.96	23.8
18210	Cookies, vanilla sandwich with creme filling	72.10	39.30	38.8
18212	Cookies, vanilla wafers, lower fat	73.60	37.50	29.5
18236	Cracker meal	80.90	0.33	0.0
18214	Crackers, cheese, regular	58.20	0.28	0.0
18215	Crackers, cheese, sandwich-type with peanut butter filling	56.74	6.98	4.8
18216	Crackers, crispbread, rye	82.20	1.07	0.0
18217	Crackers, matzo, plain	83.70	0.29	0.0
18220	Crackers, melba toast, plain	76.60	0.94	0.0
18223	Crackers, milk	69.70	16.44	14.1
18226	Crackers, rye, wafers, plain	80.40	1.01	0.0
18228	Crackers, saltines (includes oyster, soda, soup)	70.91	0.38	0.0
18457	Crackers, saltines, fat-free, low-sodium	82.30	0.38	0.0
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	71.50	0.38	0.0
18229	Crackers, standard snack-type, regular	61.00	1.79	0.6
18427	Crackers, standard snack-type, regular, low salt	61.00	1.79	0.6
18230	Crackers, standard snack-type, sandwich, with cheese filling	61.70	3.18	1.1
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	58.38	10.50	9.1
18428	Crackers, wheat, low salt	64.90	13.04	10.6
18232	Crackers, wheat, regular	64.90	13.04	10.6

NDB No.	Description	Carbohydrate, by difference	Total Sugars	Added Sugars
		g/100		
18235	Crackers, whole-wheat	68.60	0.37	0.0
18429	Crackers, whole-wheat, low salt	68.60	0.37	0.0
18237	Cream puffs, prepared from recipe, shell (includes eclair)	22.80	0.43	0.0
18238	Cream puffs, prepared from recipe, shell, with custard filling	22.90	9.49	7.4
18239	Croissants, butter	45.80	11.26	9.8
18241	Croissants, cheese	47.00	11.35	10.6
18243	Croutons, seasoned	63.50	4.41	1.9
18245	Danish pastry, cheese	37.20	6.95	4.8
18244	Danish pastry, cinnamon, enriched	44.60	19.78	18.0
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	47.80	27.53	19.1
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	45.70	25.87	23.5
18251	Doughnuts, cake-type, chocolate, sugared or glazed	57.40	31.92	30.9
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	49.70	22.50	21.3
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	48.00	23.37	21.1
18252	Doughnuts, cake-type, wheat, sugared or glazed	42.60	21.58	20.2
18253	Doughnuts, french crullers, glazed	59.50	35.11	34.3
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	44.30	23.71	22.0
18254	Doughnuts, yeast-leavened, with creme filling	30.00	14.55	11.3
18256	Doughnuts, yeast-leavened, with jelly filling	39.00	21.10	18.7
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	24.20	6.60	5.4
18260	English muffins, mixed-grain (includes granola)	46.30	0.81	0.6
18261	English muffins, mixed-grain, toasted (includes granola)	50.30	0.88	0.6
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	44.17	3.53	2.7
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52.65	3.47	3.2
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	48.10	14.76	9.9
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	55.04	13.34	11.2
18264	English muffins, wheat	44.80	1.56	0.9
18265	English muffins, wheat, toasted	48.70	1.70	1.0
18266	English muffins, whole-wheat	40.40	8.09	7.7
18267	English muffins, whole-wheat, toasted	44.10	8.79	8.4
18270	Hush puppies, prepared from recipe	46.00	2.03	0.0
18271	Ice cream cones, cake or wafer-type	79.00	6.00	5.8
18272	Ice cream cones, sugar, rolled-type	84.10	25.66	25.3
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	27.70	0.00	0.0
18370	Leavening agents, baking powder, double-acting, straight phosphate	24.10	0.00	0.0
18371	Leavening agents, baking powder, low-sodium	46.90	0.00	0.0
18373	Leavening agents, cream of tartar	61.50	0.00	0.0
18375	Leavening agents, yeast, baker's, active dry	38.20	0.00	0.0
18374	Leavening agents, yeast, baker's, compressed	18.10	0.00	0.0
18274	Muffins, blueberry, commercially prepared	48.00	19.70	16.5
18277	Muffins, blueberry, toaster-type	53.30	4.85	3.8
18279	Muffins, corn, commercially prepared	50.90	7.50	5.5
18283	Muffins, oat bran	48.30	8.22	7.3
18286	Muffins, wheat bran, toaster-type with raisins	52.20	13.98	4.6

NDB No.	Description	Carbohydrate, by difference	Total Sugars	Added Sugars
		g/100		
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	39.29	9.73	7.7
18295	Pancakes, buckwheat, dry mix, incomplete	71.30	7.21	6.1
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	73.60	2.21	1.9
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	43.33	7.06	5.6
18338	Phyllo dough	52.60	0.18	0.0
18398	Pie crust, cookie-type, prepared from recipe, chocolate wafer, chilled	54.40	22.10	20.8
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	65.20	38.34	38.0
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	63.90	37.57	37.2
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	50.20	7.33	6.9
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	49.60	4.23	3.0
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	44.10	3.77	2.6
18336	Pie crust, standard-type, prepared from recipe, baked	47.50	0.17	0.0
18402	Pie crust, standard-type, prepared from recipe, unbaked	42.30	0.15	0.0
18301	Pie, apple, commercially prepared, enriched flour	34.00	15.65	10.7
18304	Pie, banana cream, prepared from recipe	32.90	12.06	8.8
18305	Pie, blueberry, commercially prepared	34.90	9.89	7.7
18308	Pie, cherry, commercially prepared	39.80	14.29	10.2
18313	Pie, coconut creme, commercially prepared	37.20	36.27	32.8
18317	Pie, egg custard, commercially prepared	20.80	11.58	8.5
18319	Pie, fried pies, fruit	42.60	21.40	14.9
18320	Pie, lemon meringue, commercially prepared	47.20	23.86	23.3
18322	Pie, mince, prepared from recipe	48.00	28.31	15.5
18323	Pie, peach	32.90	6.19	4.8
18324	Pie, pecan, commercially prepared	57.20	28.25	27.7
18326	Pie, pumpkin, commercially prepared	27.30	13.86	10.5
18328	Pie, vanilla cream, prepared from recipe	32.60	12.68	9.2
18211	Puff pastry, frozen, ready-to-bake, baked	45.70	0.75	0.0
18344	Rolls, dinner, egg	52.00	4.30	4.3
18345	Rolls, dinner, oat bran	40.20	6.67	6.4
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	50.40	2.62	1.6
18346	Rolls, dinner, rye	53.10	1.17	0.0
18347	Rolls, dinner, wheat	46.00	1.63	1.4
18348	Rolls, dinner, whole-wheat	51.10	8.46	7.6
18349	Rolls, french	50.20	0.31	0.0
18351	Rolls, hamburger or hotdog, mixed-grain	44.60	6.25	6.3
18350	Rolls, hamburger or hotdog, plain	49.45	6.25	6.1
18353	Rolls, hard (includes kaiser)	52.70	1.77	1.5
43441	Rolls, pumpernickel	52.80	0.40	0.0
18354	Strudel, apple	41.10	25.75	20.2
18356	Sweet rolls, cinnamon, commercially prepared with raisins	50.90	31.73	27.0
18360	Taco shells, baked	62.40	0.51	0.0
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	71.10	21.84	14.5
18363	Tortillas, ready-to-bake or -fry, corn	44.64	0.88	0.0
18364	Tortillas, ready-to-bake or -fry, flour	51.35	1.92	0.0
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	48.39	4.41	3.5

NDB No.	Description	Carbohydrate, by difference	Total Sugars	Added Sugars
		g/100		
18932	Waffles, buttermilk, frozen, ready-to-heat	41.05	4.30	3.1
18403	Waffles, plain, frozen, ready -to-heat, toasted	49.29	5.02	3.5
18365	Waffles, plain, frozen, ready-to-heat	42.98	4.91	3.1
Beef Products				
13326	Beef, variety meats and by-products, liver, cooked, braised	5.13	0.00	0.0
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	5.16	0.00	0.0
Beverages				
14006	Alcoholic beverage, beer, light	1.64	0.09	0.0
14003	Alcoholic beverage, beer, regular, all	3.55	0.00	0.0
14034	Alcoholic beverage, creme de menthe, 72 proof	41.60	41.60	41.6
14052	Alcoholic beverage, distilled, whiskey, 86 proof	0.10	0.10	0.0
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	20.90	19.76	19.7
14414	Alcoholic beverage, liqueur, coffee, 53 proof	46.80	46.43	46.4
14534	Alcoholic beverage, liqueur, coffee, 63 proof	32.20	32.20	32.2
43479	Alcoholic beverage, rice (sake)	5.00	0.00	0.0
43154	Alcoholic beverage, wine, cooking	6.30	1.55	0.0
14536	Alcoholic beverage, wine, dessert, dry	11.67	1.09	0.0
14057	Alcoholic beverage, wine, dessert, sweet	13.69	7.78	0.0
43155	Alcoholic beverage, wine, light	1.17	1.15	0.0
14084	Alcoholic beverage, wine, table, all	2.72	0.79	0.0
14096	Alcoholic beverage, wine, table, red	2.61	0.62	0.0
14106	Alcoholic beverage, wine, table, white	2.60	0.96	0.0
43372	Apple cider-flavored drink, powder, added vitamin C and sugar	98.80	80.95	81.0
14552	Carbonated beverage, chocolate-flavored soda	10.70	10.70	10.7
14400	Carbonated beverage, cola, contains caffeine	9.56	8.97	9.0
14148	Carbonated beverage, cola, with higher caffeine	10.58	10.58	10.6
14147	Carbonated beverage, cola, without caffeine	10.58	10.58	10.6
14130	Carbonated beverage, cream soda	13.30	13.30	13.3
14136	Carbonated beverage, ginger ale	8.77	8.70	8.7
14144	Carbonated beverage, lemon-lime soda, contains caffeine	10.42	10.19	10.2
14149	Carbonated beverage, reduced sugar, cola, contains caffeine and sweeteners	5.16	5.16	5.2
14157	Carbonated beverage, root beer	10.60	10.60	10.6
14155	Carbonated beverage, tonic water	8.80	8.80	8.8
14181	Chocolate syrup	65.10	49.65	49.3
14557	Chocolate-flavor beverage mix for milk, powder, with added nutrients	90.28	81.82	81.8
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	90.30	83.88	80.1
43369	Chocolate-flavored drink, whey and milk based	10.68	8.68	2.4
14262	Citrus fruit juice drink, frozen concentrate	40.20	28.63	17.7
44203	Cocktail mix, non-alcoholic, concentrated, frozen	71.60	48.44	47.3
14196	Cocoa mix, no sugar added, powder	71.93	37.65	0.0
14192	Cocoa mix, powder	83.73	72.30	60.9
14538	Cocoa mix, with aspartame, low calorie, powder, with added calcium phosphorus, without added sodium or vitamin A	58.00	54.26	0.0
43343	Coffee and cocoa (mocha) powder, with whitener and low calorie sweetener	71.40	34.98	0.0

NDB No.	Description	Carbohydrate, by difference	Total Sugars	Added Sugars
		g/100		
14204	Coffee and cocoa (mocha) powder, with whitener and low calorie sweetener, decaffeinated	71.40	34.98	0.0
14236	Coffee substitute, cereal grain beverage, powder	78.42	4.63	4.3
14237	Coffee substitute, cereal grain beverage, prepared with water	1.30	0.08	0.1
43401	Coffee, dry, powder, with whitener, reduced calorie	59.94	59.00	59.0
14218	Coffee, instant, decaffeinated, powder	42.60	0.00	0.0
14214	Coffee, instant, regular, powder	41.10	0.00	0.0
14203	Coffee, instant, regular, powder, half the caffeine	70.60	0.00	0.0
14228	Coffee, instant, with sugar, cappuccino-flavor powder	85.94	69.16	64.1
14229	Coffee, instant, with sugar, french-flavor, powder	65.67	41.74	41.6
14224	Coffee, instant, with sugar, mocha-flavor, powder	74.04	58.20	41.5
42181	Corn beverage	8.70	0.00	0.0
14242	Cranberry juice cocktail, bottled	13.52	11.87	8.1
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	4.60	4.59	0.6
14238	Cranberry-apple juice drink, bottled	15.85	14.50	10.1
43404	Cranberry-apple juice drink, low calorie, with vitamin C added	4.70	4.60	0.0
14422	Dairy drink mix, chocolate, reduced calorie, with aspartame, powder	51.40	32.94	0.0
14267	Fruit punch drink, with added nutrients, canned	11.97	11.29	5.9
14264	Fruit punch drink, without added nutrients, canned	11.97	11.29	4.4
14540	Fruit punch-flavor drink, powder, without added sodium	97.70	95.20	95.2
47011	Fruit-flavored drink mix, powder, unsweetened	91.30	0.00	0.0
42055	Fruit-flavored drink, dry powdered mix, low calorie, with aspartame	86.85	0.00	0.0
43345	Fruit-flavored drink, powder, with high vitamin C, low calorie	91.00	0.00	0.0
14277	Grape drink, canned	15.75	13.06	12.1
14282	Grape juice drink, canned	14.55	14.11	3.9
14292	Lemonade, frozen concentrate, white	47.10	45.03	31.5
14289	Lemonade, low calorie, with aspartame, powder	83.70	0.00	0.0
14287	Lemonade, powder	94.44	94.44	92.1
14296	Lemonade-flavor drink, powder	94.44	94.44	94.4
14302	Limeade, frozen concentrate	62.32	59.96	58.0
14305	Malt beverage	8.05	8.05	0.0
14317	Malted drink mix, chocolate, powder	86.94	71.44	68.9
14315	Malted drink mix, chocolate, with added nutrients, powder	84.65	70.56	68.0
14311	Malted drink mix, natural, powder	71.43	47.62	0.0
14309	Malted drink mix, natural, with added nutrients, powder	84.65	65.84	46.8
14119	Mixed vegetable and fruit juice drink, with added nutrients	7.47	2.10	1.7
14327	Orange and apricot juice drink, canned	12.70	12.06	8.4
14435	Orange breakfast drink, ready-to-drink	10.80	6.56	4.0
14436	Orange breakfast drink, ready-to-drink, with added nutrients	13.20	8.02	4.9
14426	Orange drink, breakfast type, with juice and pulp, frozen concentrate	39.00	38.05	22.5
14323	Orange drink, canned, with added vitamin C	12.34	11.03	9.3
42270	Orange juice drink	13.41	9.36	1.4
14407	Orange-flavor drink, breakfast type, powder	98.94	92.31	92.0
14424	Orange-flavor drink, breakfast type, with pulp, frozen concentrate	42.90	41.85	24.8
14334	Pineapple and grapefruit juice drink, canned	11.60	11.52	6.1

NDB No.	Description	Carbohydrate, by difference	Total Sugars	Added Sugars
		g/100		
14341	Pineapple and orange juice drink, canned	11.80	11.59	3.0
14346	Shake, fast food, chocolate	20.50	18.60	13.7
14347	Shake, fast food, vanilla	19.59	13.63	8.2
14383	Sports drink, fruit-flavored, low calorie, ready-to-drink	3.00	0.00	0.0
14382	Sports drink, fruit-flavored, ready-to-drink	6.76	5.54	5.5
14350	Strawberry-flavor beverage mix, powder	99.10	95.45	94.4
14375	Tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	85.40	0.00	0.0
14356	Tea, instant, sweetened with sodium saccharin, lemon-flavored, powder, decaffeinated	85.40	0.00	0.0
14370	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder	98.55	95.29	95.2
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	8.61	8.33	8.3
14368	Tea, instant, unsweetened, lemon-flavored, powder	78.30	4.52	0.0
14366	Tea, instant, unsweetened, powder	58.66	5.53	0.0
14353	Tea, instant, unsweetened, powder, decaffeinated	58.66	5.53	0.0
14367	Tea, instant, unsweetened, powder, prepared	0.17	0.02	0.0
14028	Whiskey sour mix, bottled	21.40	21.40	21.4
14553	Wine, non-alcoholic	1.10	1.10	0.0
Breakfast Cereals				
08204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	87.20	47.00	47.0
08022	Cereals ready-to-eat, corn flakes, low sodium	88.80	6.11	6.1
42236	Cereals ready-to-eat, frosted oat cereal with marshmallows	84.10	43.50	43.0
08037	Cereals ready-to-eat, granola, homemade	52.95	20.10	10.7
08084	Cereals ready-to-eat, wheat germ, toasted, plain	49.60	7.80	0.0
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	12.87	0.10	0.0
08090	Cereals, corn grits, white, regular and quick, enriched, dry	79.60	0.64	0.0
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	79.60	0.64	0.0
08113	Cereals, farina, enriched, cooked with water, without salt	10.47	0.04	0.0
08122	Cereals, oats, instant, fortified, plain, dry	64.00	0.00	0.0
08123	Cereals, oats, instant, fortified, plain, prepared with water	9.59	0.00	0.0
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	76.97	33.70	33.0
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	76.31	36.31	34.6
08120	Cereals, oats, regular and quick and instant, not fortified, dry	67.00	1.45	0.0
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	10.80	0.24	0.0
08144	Cereals, whole wheat hot natural cereal, dry	75.20	0.42	0.0
Cereal Grains and Pasta				
20004	Barley	73.48	0.80	0.0
20130	Barley flour or meal	74.52	0.80	0.0
20131	Barley malt flour	78.30	0.80	0.0
20006	Barley, pearled, cooked	28.22	0.28	0.0
20005	Barley, pearled, raw	77.72	0.80	0.0
20011	Buckwheat flour, whole-groat	70.59	2.60	0.0
20010	Buckwheat groats, roasted, cooked	19.94	0.90	0.0
20013	Bulgur, cooked	18.58	0.10	0.0

NDB No.	Description	Carbohydrate, by difference	Total Sugars	Added Sugars
		g/100		
20012	Bulgur, dry	75.87	0.41	0.0
20015	Corn bran, crude	85.64	0.00	0.0
20018	Corn flour, degermed, unenriched, yellow	82.75	0.64	0.0
20017	Corn flour, masa, enriched	76.27	0.64	0.0
20316	Corn flour, whole-grain, white	76.85	0.64	0.0
20016	Corn flour, whole-grain, yellow	76.85	0.64	0.0
20014	Corn, yellow	74.26	0.64	0.0
20322	Cornmeal, degermed, enriched, white	77.68	0.64	0.0
20022	Cornmeal, degermed, enriched, yellow	77.68	0.64	0.0
20522	Cornmeal, degermed, unenriched, white	77.68	0.64	0.0
20422	Cornmeal, degermed, unenriched, yellow	77.68	0.64	0.0
20320	Cornmeal, whole-grain, white	76.89	0.64	0.0
20020	Cornmeal, whole-grain, yellow	76.89	0.64	0.0
20027	Cornstarch	91.27	0.00	0.0
20029	Couscous, cooked	23.22	0.10	0.0
20030	Hominy, canned, white	14.26	1.82	0.0
20100	Macaroni, cooked, enriched	30.86	0.56	0.0
20400	Macaroni, cooked, unenriched	30.86	0.56	0.0
20099	Macaroni, dry, enriched	74.67	1.77	0.0
20499	Macaroni, dry, unenriched	74.67	1.77	0.0
20106	Macaroni, vegetable, cooked, enriched	26.61	0.82	0.0
20108	Macaroni, whole-wheat, cooked	26.54	0.80	0.0
20032	Millet, cooked	23.67	0.13	0.0
20113	Noodles, chinese, chow mein	57.54	0.26	0.0
20110	Noodles, egg, cooked, enriched	25.16	0.40	0.0
20410	Noodles, egg, cooked, unenriched, without added salt	25.16	0.40	0.0
20109	Noodles, egg, dry, enriched	71.27	1.88	0.0
20409	Noodles, egg, dry, unenriched	71.27	1.88	0.0
20112	Noodles, egg, spinach, cooked, enriched	24.25	0.40	0.0
20033	Oat bran, raw	66.22	1.45	0.0
20132	Oat flour, partially debranned	65.70	0.80	0.0
20060	Rice bran, crude	49.69	0.90	0.0
20090	Rice flour, brown	76.48	0.85	0.0
20061	Rice flour, white	80.13	0.12	0.0
20037	Rice, brown, long-grain, cooked	22.96	0.35	0.0
20036	Rice, brown, long-grain, raw	77.24	0.85	0.0
20055	Rice, white, glutinous, cooked	21.09	0.05	0.0
20047	Rice, white, long-grain, parboiled, enriched, cooked	26.05	0.11	0.0
20046	Rice, white, long-grain, parboiled, enriched, dry	80.43	0.33	0.0
20446	Rice, white, long-grain, parboiled, unenriched, dry	80.43	0.33	0.0
20048	Rice, white, long-grain, precooked or instant, enriched, dry	82.32	0.05	0.0
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	25.10	0.00	0.0
20045	Rice, white, long-grain, regular, cooked	28.17	0.05	0.0
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	28.17	0.05	0.0
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	28.17	0.05	0.0

NDB No.	Description	Carbohydrate, by difference	Total Sugars	Added Sugars
		g/100		
20445	Rice, white, long-grain, regular, cooked, unenriched, without salt	28.17	0.05	0.0
20044	Rice, white, long-grain, regular, raw, enriched	79.95	0.12	0.0
20444	Rice, white, long-grain, regular, raw, unenriched	79.95	0.12	0.0
20062	Rye	69.76	1.04	0.0
20063	Rye flour, dark	68.74	1.04	0.0
20065	Rye flour, light	80.23	1.04	0.0
20064	Rye flour, medium	77.49	1.04	0.0
20121	Spaghetti, cooked, enriched, without added salt	30.86	0.56	0.0
20120	Spaghetti, dry, enriched	74.67	1.77	0.0
20126	Spaghetti, spinach, dry	74.81	0.13	0.0
20125	Spaghetti, whole-wheat, cooked	26.54	0.80	0.0
20068	Tapioca, pearl, dry	88.69	3.35	0.0
48052	Vital wheat gluten	13.79	0.00	0.0
20077	Wheat bran, crude	64.51	0.41	0.0
20628	Wheat flour, white (industrial), 10% protein, bleached, enriched	76.22	0.49	0.0
20634	Wheat flour, white (industrial), 11.5% protein, bleached, enriched	73.81	1.12	0.0
20640	Wheat flour, white (industrial), 13% protein, bleached, enriched	72.20	1.10	0.0
20645	Wheat flour, white (industrial), 15% protein, bleached, enriched	69.88	0.92	0.0
20623	Wheat flour, white (industrial), 9% protein, bleached, enriched	77.32	0.54	0.0
20624	Wheat flour, white (industrial), 9% protein, bleached, unenriched	77.32	0.54	0.0
20081	Wheat flour, white, all-purpose, enriched, bleached	76.31	0.27	0.0
20581	Wheat flour, white, all-purpose, enriched, unbleached	76.31	0.27	0.0
20082	Wheat flour, white, all-purpose, self-rising, enriched	74.22	0.22	0.0
20481	Wheat flour, white, all-purpose, unenriched	76.31	0.27	0.0
20083	Wheat flour, white, bread, enriched	72.53	0.31	0.0
20084	Wheat flour, white, cake, enriched	78.03	0.31	0.0
20080	Wheat flour, whole-grain	72.57	0.41	0.0
20129	Wheat flours, bread, unenriched	72.53	0.31	0.0
20071	Wheat, hard red spring	68.03	0.41	0.0
20072	Wheat, hard red winter	71.18	0.41	0.0
20074	Wheat, hard white	75.90	0.41	0.0
20073	Wheat, soft red winter	74.24	0.41	0.0
20075	Wheat, soft white	75.36	0.41	0.0
20089	Wild rice, cooked	21.34	0.73	0.0
20088	Wild rice, raw	74.90	2.50	0.0

Dairy and Egg Products

43205	Beverage, instant breakfast powder, chocolate, not reconstituted	66.20	65.80	26.8
43260	Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	41.00	39.00	0.0
43078	Beverage, milkshake mix, dry, not chocolate	52.90	51.30	38.3
01001	Butter, salted	0.06	0.06	0.0
01002	Butter, whipped, with salt	0.06	0.06	0.0
01145	Butter, without salt	0.06	0.06	0.0
44048	Cheese food, imitation	8.80	8.21	0.0
01149	Cheese food, pasteurized process, american, with di sodium phosphate	7.29	7.43	0.0
01046	Cheese food, pasteurized process, american, without di sodium phosphate	7.83	7.43	0.0

NDB No.	Description	Carbohydrate, by difference	Total Sugars	Added Sugars
		g/100		
42258	Cheese product, pasteurized process, cheddar or american, reduced fat	10.60	8.02	0.0
43276	Cheese spread, cream cheese base	3.50	3.50	3.0
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	8.73	7.32	0.0
01161	Cheese substitute, mozzarella	23.67	23.67	0.0
43278	Cheese, american cheddar, imitation	11.60	7.74	0.0
01004	Cheese, blue	2.34	0.50	0.0
01005	Cheese, brick	2.79	0.51	0.0
01006	Cheese, brie	0.45	0.45	0.0
01007	Cheese, camembert	0.46	0.46	0.0
01009	Cheese, cheddar	1.28	0.52	0.0
01011	Cheese, colby	2.57	0.52	0.0
01012	Cheese, cottage, creamed, large or small curd	2.68	0.29	0.0
01013	Cheese, cottage, creamed, with fruit	4.61	2.38	2.2
01016	Cheese, cottage, lowfat, 1% milkfat	2.72	2.72	0.0
42235	Cheese, cottage, lowfat, 1% milkfat, lactose reduced	3.20	2.60	0.0
43352	Cheese, cottage, lowfat, 1% milkfat, no sodium added	2.70	2.70	0.0
43396	Cheese, cottage, lowfat, 1% milkfat, with vegetables	3.00	3.00	0.0
01015	Cheese, cottage, lowfat, 2% milkfat	3.63	0.33	0.0
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	1.85	1.85	0.0
43273	Cheese, cottage, with vegetables	3.00	0.37	0.0
01017	Cheese, cream	2.66	0.20	0.0
01186	Cheese, cream, fat free	5.80	0.40	0.0
43274	Cheese, cream, low fat	7.00	0.20	0.0
01018	Cheese, edam	1.43	1.43	0.0
01019	Cheese, feta	4.09	4.09	0.0
01020	Cheese, fontina	1.55	1.55	0.0
01156	Cheese, goat, hard type	2.17	2.17	0.0
01157	Cheese, goat, semisoft type	2.54	2.54	0.0
01159	Cheese, goat, soft type	0.89	0.89	0.0
01022	Cheese, gouda	2.22	2.22	0.0
01023	Cheese, gruyere	0.36	0.36	0.0
01024	Cheese, limburger	0.49	0.49	0.0
01168	Cheese, low fat, cheddar or colby	1.91	0.52	0.0
01169	Cheese, low-sodium, cheddar or colby	1.91	0.49	0.0
01165	Cheese, mexican, queso anejo	4.63	4.63	0.0
01166	Cheese, mexican, queso asadero	2.87	2.87	0.0
01167	Cheese, mexican, queso chihuahua	5.56	5.56	0.0
01025	Cheese, monterey	0.68	0.50	0.0
42155	Cheese, monterey, low fat	0.70	0.56	0.0
43597	Cheese, mozzarella, low sodium	3.10	1.23	0.0
42304	Cheese, mozzarella, nonfat	3.50	1.48	0.0
01028	Cheese, mozzarella, part skim milk	2.77	1.13	0.0
01029	Cheese, mozzarella, part skim milk, low moisture	3.83	0.60	0.0
01026	Cheese, mozzarella, whole milk	2.19	1.03	0.0
01027	Cheese, mozzarella, whole milk, low moisture	2.47	1.01	0.0

NDB No.	Description	Carbohydrate, by difference	Total Sugars	Added Sugars
		g/100		
01030	Cheese, muenster	1.12	1.12	0.0
42303	Cheese, muenster, low fat	3.50	3.50	0.0
01032	Cheese, parmesan, grated	4.06	0.90	0.0
01033	Cheese, parmesan, hard	3.22	0.80	0.0
43340	Cheese, parmesan, low sodium	3.70	0.85	0.0
43275	Cheese, pasteurized process, american, low fat	3.50	0.59	0.0
01042	Cheese, pasteurized process, american, with di sodium phosphate	1.60	0.51	0.0
01147	Cheese, pasteurized process, american, without di sodium phosphate	1.60	0.51	0.0
42205	Cheese, pasteurized process, cheddar or american, fat-free	13.40	9.95	0.0
43398	Cheese, pasteurized process, cheddar or american, low sodium	1.60	0.45	0.0
01043	Cheese, pasteurized process, pimento	1.73	0.63	0.0
43379	Cheese, pasteurized process, swiss, low fat	4.30	1.35	0.0
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	2.10	1.23	0.0
01034	Cheese, port de salut	0.57	0.57	0.0
01035	Cheese, provolone	2.14	0.56	0.0
01037	Cheese, ricotta, part skim milk	5.14	0.31	0.0
01036	Cheese, ricotta, whole milk	3.04	0.27	0.0
01038	Cheese, romano	3.63	0.73	0.0
01040	Cheese, swiss	5.38	1.32	0.0
43589	Cheese, swiss, low fat	3.40	1.33	0.0
43405	Cheese, swiss, low sodium	3.40	1.31	0.0
42141	Cream substitute, liquid, light	9.10	9.10	9.1
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	11.38	11.38	11.4
01069	Cream substitute, powdered	54.88	54.88	54.9
42136	Cream substitute, powdered, light	73.40	73.40	73.4
01049	Cream, fluid, half and half	4.30	0.16	0.0
01053	Cream, fluid, heavy whipping	2.79	0.11	0.0
01050	Cream, fluid, light (coffee cream or table cream)	3.66	0.14	0.0
01052	Cream, fluid, light whipping	2.96	0.11	0.0
01199	Cream, half and half, fat free	9.00	5.00	0.0
01056	Cream, sour, cultured	4.27	0.16	0.0
01055	Cream, sour, reduced fat, cultured	4.26	0.16	0.0
01054	Cream, whipped, cream topping, pressurized	12.49	8.00	5.7
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	16.53	16.53	12.2
01072	Dessert topping, pressurized	16.07	16.07	16.1
01073	Dessert topping, semi solid, frozen	23.05	23.05	23.1
01142	Egg substitute, frozen	3.20	3.20	0.0
01143	Egg substitute, liquid	0.64	0.64	0.0
01144	Egg substitute, powder	21.80	21.80	0.0
01138	Egg, duck, whole, fresh, raw	1.45	0.93	0.0
01139	Egg, goose, whole, fresh, raw	1.35	0.94	0.0
01140	Egg, quail, whole, fresh, raw	0.41	0.41	0.0
01173	Egg, white, dried	7.80	5.40	0.0
01136	Egg, white, dried, powder, glucose reduced	4.47	4.47	0.0
01124	Egg, white, raw, fresh	0.73	0.71	0.0

NDB No.	Description	Carbohydrate, by difference	Total Sugars	Added Sugars
		g/100		
01128	Egg, whole, cooked, fried	0.88	0.83	0.0
01129	Egg, whole, cooked, hard-boiled	1.12	1.12	0.0
01130	Egg, whole, cooked, omelet	0.69	0.65	0.0
01131	Egg, whole, cooked, poached	0.76	0.77	0.0
01132	Egg, whole, cooked, scrambled	2.20	1.73	0.0
01133	Egg, whole, dried	4.95	3.08	0.0
01123	Egg, whole, raw, fresh	0.77	0.77	0.0
01137	Egg, yolk, dried	3.60	3.60	0.0
01125	Egg, yolk, raw, fresh	3.59	0.56	0.0
01126	Egg, yolk, raw, frozen	1.15	0.51	0.0
01057	Eggnog	13.54	8.41	5.3
43285	Eggs, scrambled, frozen mixture	7.50	7.50	0.0
42117	Imitation cheese, american or cheddar, low cholesterol	1.00	1.00	0.0
01075	Milk substitutes, fluid with hydrogenated vegetable oils	6.16	6.16	0.0
01094	Milk, buttermilk, dried	49.00	49.00	0.0
01088	Milk, buttermilk, fluid, cultured, lowfat	4.79	4.79	0.0
42189	Milk, buttermilk, fluid, cultured, reduced fat	5.30	5.30	0.0
01095	Milk, canned, condensed, sweetened	54.40	54.40	48.3
01097	Milk, canned, evaporated, nonfat	11.35	11.35	0.0
01096	Milk, canned, evaporated, without added vitamin A	10.04	10.04	0.0
01104	Milk, chocolate, fluid, commercial, lowfat	10.44	9.94	4.7
01103	Milk, chocolate, fluid, commercial, reduced fat	12.13	9.55	5.7
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	12.13	9.55	5.7
01102	Milk, chocolate, fluid, commercial, whole	10.34	9.54	4.3
01092	Milk, dry, nonfat, instant, with added vitamin A	52.19	52.19	0.0
01155	Milk, dry, nonfat, instant, without added vitamin A	52.19	52.19	0.0
01154	Milk, dry, nonfat, regular, with added vitamin A	51.98	51.98	0.0
01091	Milk, dry, nonfat, regular, without added vitamin A	51.98	51.98	0.0
01090	Milk, dry, whole	38.42	38.42	0.0
01060	Milk, filled, fluid, with lauric acid oil	4.74	4.74	0.0
42290	Milk, fluid, nonfat, calcium fortified (fat free or skim)	4.85	4.85	0.0
01106	Milk, goat, fluid	4.45	4.45	0.0
01107	Milk, human, mature, fluid	6.89	6.89	0.0
43543	Milk, imitation, non-soy	5.30	5.30	5.3
01089	Milk, low sodium, fluid	4.46	4.46	0.0
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	4.99	5.20	0.0
01086	Milk, nonfat, fluid, with added nonfat milk solids and vitamin A (fat free or skim)	5.02	5.02	0.0
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	4.96	5.09	0.0
01151	Milk, nonfat, fluid, without added vitamin A (fat free or skim)	4.85	5.09	0.0
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	4.68	5.06	0.0
01077	Milk, whole, 3.25% milkfat	4.52	5.26	0.0
01185	Parmesan cheese topping, fat free	40.00	1.50	0.0
01180	Sour cream, fat free	15.60	0.39	0.0
01074	Sour cream, imitation, cultured	6.63	6.63	0.0
01179	Sour cream, light	7.10	0.22	0.0

NDB No.	Description	Carbohydrate, by difference	Total Sugars	Added Sugars
		g/100		
01178	Sour cream, reduced fat	7.00	0.30	0.0
01058	Sour dressing, non-butterfat, cultured, filled cream-type	4.68	4.68	0.0
01182	USDA Commodity, cheese, cheddar, reduced fat	2.00	0.58	0.0
01113	Whey, acid, dried	73.45	73.45	0.0
01115	Whey, sweet, dried	74.46	74.46	0.0
01114	Whey, sweet, fluid	5.14	5.14	0.0
43268	Whipped cream substitute, dietetic, made from powdered mix	10.60	10.60	0.0
42135	Whipped topping, frozen, low fat	23.60	23.60	20.2
01187	Yogurt, chocolate, nonfat milk	23.53	14.97	9.5
43261	Yogurt, fruit variety, nonfat	19.00	19.00	11.4
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	19.05	19.05	11.4
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	18.64	18.64	11.0
01203	Yogurt, fruit, lowfat, with low calorie sweetener	18.60	2.90	0.0
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	7.04	7.04	0.0
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	7.68	7.68	0.0
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	4.66	4.66	0.0
01184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	7.50	7.50	0.0
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	13.80	13.80	8.4
Fast Foods				
21307	Egg, Cheese and Bacon Griddle Cake Sandwich	26.20	9.57	9.0
21305	Egg, Cheese and Sausage Griddle Cake Sandwich	22.05	7.90	7.4
21299	Fast Food, Pizza Chain, 14" Pizza, cheese topping, regular crust	32.58	4.02	1.1
21300	Fast Food, Pizza Chain, 14" Pizza, cheese topping, thick crust	31.33	3.18	0.4
21301	Fast Food, Pizza Chain, 14" Pizza, cheese topping, thin crust	26.54	3.08	0.2
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	25.38	3.73	1.0
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	31.46	3.81	1.0
21303	Fast Food, Pizza Chain, 14" Pizza, pepperoni topping, thick crust	30.40	3.02	0.3
21003	Fast foods, biscuit, with egg and bacon	19.06	1.85	1.0
21004	Fast foods, biscuit, with egg and ham	18.31	1.61	0.8
21005	Fast Foods, biscuit, with egg and sausage	22.86	1.82	1.2
21008	Fast foods, biscuit, with ham	38.75	2.78	2.1
21009	Fast foods, biscuit, with sausage	32.29	2.32	1.7
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	16.32	0.88	0.8
21018	Fast foods, egg, scrambled	2.08	1.52	0.0
21020	Fast foods, english muffin, with cheese and sausage	25.36	1.06	1.0
21024	Fast foods, french toast sticks	41.03	18.72	18.4
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	23.41	16.45	11.5
21138	Fast foods, potato, french fried in vegetable oil	37.51	0.69	0.0
21306	Sausage Griddle Cake Sandwich	31.25	11.23	10.7
Fats and Oils				
43214	Butter replacement, without fat, powder	89.00	5.30	0.0
42116	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie	7.00	5.65	3.9
42158	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	16.00	3.28	3.1

NDB No.	Description	Carbohydrate, by difference	Total Sugars	Added Sugars
		g/100		
42157	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free	20.00	5.35	5.1
04631	Margarine spread, fat-free, tub	4.34	0.00	0.0
04619	Margarine, vegetable oil spread, 60% fat, stick, no salt	0.14	0.00	0.0
04624	Margarine-like spread, fat free, liquid, salted	2.50	0.00	0.0
04627	Margarine-like spread, reduced calorie, about 40% fat, made with yogurt, tub, salted	2.00	0.00	0.0
42256	Margarine-like spread, stick or tub, sweetened	16.70	16.70	16.7
43598	Mayonnaise dressing, no cholesterol	0.30	0.30	0.0
43355	Mayonnaise, low sodium, low calorie or diet	16.00	4.20	3.9
42178	Mayonnaise, made with tofu	3.75	1.41	1.3
42138	Mayonnaise, reduced-calorie or diet, cholesterol-free	6.70	4.20	3.9
43331	Salad dressing, bacon and tomato	2.00	2.00	1.7
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	7.40	3.60	2.4
42192	Salad dressing, blue or roquefort cheese dressing, fat-free	25.60	11.00	7.5
42153	Salad dressing, blue or roquefort cheese dressing, reduced calorie	13.20	3.60	0.8
43020	Salad dressing, blue or roquefort cheese, low calorie	2.90	2.82	2.7
43215	Salad dressing, buttermilk, lite	16.20	3.28	3.1
43015	Salad dressing, caesar dressing, regular	3.10	1.31	0.4
43021	Salad dressing, caesar, low calorie	18.60	16.32	16.2
43016	Salad dressing, coleslaw	23.80	20.11	18.5
42230	Salad Dressing, coleslaw dressing, reduced fat	40.00	38.73	38.4
04120	Salad dressing, french dressing, commercial, regular	15.58	15.95	15.1
04367	Salad dressing, french dressing, fat-free	32.14	16.45	16.4
42171	Salad dressing, french dressing, reduced calorie	27.00	25.92	22.4
04020	Salad dressing, french dressing, reduced fat	29.28	15.95	13.8
43017	Salad dressing, green goddess, regular	7.36	6.67	6.5
04134	Salad dressing, home recipe, cooked	14.90	9.07	6.3
04135	Salad dressing, home recipe, vinegar and oil	2.50	2.50	0.0
04114	Salad dressing, italian dressing, commercial, regular	10.43	8.32	6.2
04636	Salad dressing, italian dressing, fat-free	8.75	8.85	6.9
42140	Salad dressing, italian dressing, reduced calorie	6.70	1.94	1.3
04021	Salad dressing, italian dressing, reduced fat	4.57	4.55	3.0
43329	Salad dressing, mayonnaise and mayonnaise-type, low calorie	23.90	4.34	4.0
43599	Salad dressing, Mayonnaise dressing, diet, no cholesterol	23.90	6.40	6.1
04018	Salad dressing, mayonnaise type, regular, with salt	23.90	6.40	6.1
04027	Salad dressing, mayonnaise, imitation, soybean	16.00	6.00	5.7
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	15.80	6.00	5.7
04025	Salad dressing, mayonnaise, soybean oil, with salt	3.90	0.48	0.5
42193	Salad Dressing, mayonnaise-like, fat-free	15.50	10.30	10.0
42137	Salad dressing, peppercorn dressing, commercial, regular	3.50	2.45	1.6
04015	Salad dressing, russian dressing	31.01	21.61	19.4
04022	Salad dressing, russian dressing, low calorie	27.60	21.87	21.5
04016	Salad dressing, sesame seed dressing, regular	8.60	8.32	8.0
43019	Salad dressing, sweet and sour	3.70	3.70	3.7
04635	Salad dressing, thousand island dressing, fat-free	29.27	16.83	16.5

NDB No.	Description	Carbohydrate, by difference	Total Sugars	Added Sugars
		g/100		
04023	Salad dressing, thousand island dressing, reduced fat	22.19	17.31	15.2
04017	Salad dressing, thousand island, commercial, regular	14.64	15.18	14.4
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	22.40	15.18	15.2
Finfish and Shellfish Products				
15138	Crustaceans, crab, alaska king, imitation, made from surimi	10.22	0.00	0.0
15012	Fish, caviar, black and red, granular	4.00	0.00	0.0
15027	Fish, fish portions and sticks, frozen, preheated	21.18	2.50	1.7
15041	Fish, herring, Atlantic, pickled	9.64	7.71	7.7
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	0.74	0.43	0.0
15155	Mollusks, abalone, mixed species, raw	6.01	0.00	0.0
15160	Mollusks, clam, mixed species, canned, drained solids	5.13	0.00	0.0
15157	Mollusks, clam, mixed species, raw	2.57	0.00	0.0
15164	Mollusks, mussel, blue, raw	3.69	0.00	0.0
15230	Mollusks, octopus, common, cooked, moist heat	4.40	0.00	0.0
15166	Mollusks, octopus, common, raw	2.20	0.00	0.0
15170	Mollusks, oyster, eastern, canned	3.91	0.00	0.0
15167	Mollusks, oyster, eastern, wild, raw	3.91	0.00	0.0
15172	Mollusks, scallop, mixed species, raw	2.36	0.00	0.0
90560	Mollusks, snail, raw	2.00	0.00	0.0
15175	Mollusks, squid, mixed species, raw	3.08	0.00	0.0
15177	Mollusks, whelk, unspecified, raw	7.76	0.00	0.0
Fruits and Fruit Juices				
09002	Acerola juice, raw	4.80	4.50	0.0
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	11.68	10.90	0.0
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	11.68	10.90	0.0
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	11.54	10.93	0.0
09410	Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid	41.00	38.83	0.0
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	41.00	38.83	0.0
09008	Apples, canned, sweetened, sliced, drained, heated	16.84	14.84	4.7
09007	Apples, canned, sweetened, sliced, drained, unheated	16.70	15.00	4.9
09009	Apples, dehydrated (low moisture), sulfured, uncooked	93.53	81.13	0.0
09012	Apples, dried, sulfured, stewed, without added sugar	15.32	13.32	0.0
09011	Apples, dried, sulfured, uncooked	65.89	57.19	0.0
09003	Apples, raw, with skin	13.81	10.39	0.0
09004	Apples, raw, without skin	12.76	10.10	0.0
09005	Apples, raw, without skin, cooked, boiled	13.64	11.01	0.0
09006	Apples, raw, without skin, cooked, microwave	14.41	11.61	0.0
09020	Applesauce, canned, sweetened, without salt	19.91	16.50	6.4
09019	Applesauce, canned, unsweetened, without added ascorbic acid	11.29	10.09	0.0
09036	Apricot nectar, canned, without added ascorbic acid	14.39	13.79	10.6
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	21.47	19.87	15.1
09357	Apricots, canned, heavy syrup, drained	21.31	18.65	14.2
09024	Apricots, canned, juice pack, with skin, solids and liquids	12.34	10.74	0.0

NDB No.	Description	Carbohydrate, by difference	Total Sugars	Added Sugars
		g/100		
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	16.49	14.89	10.1
09022	Apricots, canned, water pack, with skin, solids and liquids	6.39	4.79	0.0
09033	Apricots, dried, sulfured, stewed, without added sugar	22.15	19.57	0.0
09032	Apricots, dried, sulfured, uncooked	62.64	53.44	0.0
09021	Apricots, raw	11.12	9.24	0.0
09037	Avocados, raw, all commercial varieties	8.53	0.66	0.0
09041	Bananas, dehydrated, or banana powder	88.28	47.30	0.0
09040	Bananas, raw	22.84	12.23	0.0
09046	Blackberries, canned, heavy syrup, solids and liquids	23.10	19.70	14.8
09048	Blackberries, frozen, unsweetened	15.67	10.67	0.0
09042	Blackberries, raw	9.61	4.88	0.0
09043	Blackberry juice, canned	7.80	7.70	0.0
09052	Blueberries, canned, heavy syrup, solids and liquids	22.06	20.46	10.5
09055	Blueberries, frozen, sweetened	21.95	19.72	11.3
09054	Blueberries, frozen, unsweetened	12.17	8.45	0.0
09050	Blueberries, raw	14.49	9.96	0.0
09057	Boysenberries, frozen, unsweetened	12.19	6.89	0.0
09059	Breadfruit, raw	27.12	11.00	0.0
09426	Candied fruit	82.74	80.63	77.7
09060	Carambola, (starfruit), raw	6.73	3.98	0.0
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	23.27	22.17	14.6
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	8.94	7.60	0.0
09068	Cherries, sour, red, frozen, unsweetened	11.02	9.02	0.0
09063	Cherries, sour, red, raw	12.18	8.49	0.0
09074	Cherries, sweet, canned, heavy syrup pack, solids and liquids	21.27	19.77	9.5
09367	Cherries, sweet, canned, heavy syrup, drained	21.07	18.58	8.9
09072	Cherries, sweet, canned, juice pack, solids and liquids	13.81	12.31	0.0
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	17.29	15.79	5.5
09071	Cherries, sweet, canned, water pack, solids and liquids	11.76	10.26	0.0
09076	Cherries, sweet, frozen, sweetened	22.36	20.26	7.4
09070	Cherries, sweet, raw	16.01	12.82	0.0
09079	Cranberries, dried, sweetened	82.36	65.00	62.6
09078	Cranberries, raw	12.20	4.04	0.0
43382	Cranberry juice, unsweetened	12.20	12.10	0.0
09081	Cranberry sauce, canned, sweetened	38.90	37.90	34.7
09084	Currants, red and white, raw	13.80	7.37	0.0
09085	Currants, zante, dried	74.08	67.28	0.0
09087	Dates, deglet noor	75.03	63.35	0.0
09092	Figs, canned, heavy syrup pack, solids and liquids	22.90	20.70	8.9
09091	Figs, canned, light syrup pack, solids and liquids	17.95	16.15	4.4
09090	Figs, canned, water pack, solids and liquids	13.99	11.79	0.0
09095	Figs, dried, stewed	27.57	23.35	0.0
09094	Figs, dried, uncooked	63.87	47.92	0.0
09089	Figs, raw	19.18	16.26	0.0

NDB No.	Description	Carbohydrate, by difference	Total Sugars	Added Sugars
		g/100		
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	18.91	17.91	10.4
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	11.86	10.86	0.0
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	14.93	13.93	6.4
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	8.51	7.51	0.0
09351	Fruit cocktail, canned, heavy syrup, drained	18.80	17.14	9.9
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	19.11	18.11	10.6
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	14.96	14.86	0.0
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	12.75	12.65	10.4
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	44.37	44.07	36.3
09124	Grapefruit juice, white, canned, sweetened	11.13	11.03	2.2
09123	Grapefruit juice, white, canned, unsweetened	8.96	8.86	0.0
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	9.73	9.63	0.0
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	34.56	34.16	0.0
09128	Grapefruit juice, white, raw	9.20	9.10	0.0
09111	Grapefruit, raw, pink and red and white, all areas	8.08	6.98	0.0
09112	Grapefruit, raw, pink and red, all areas	10.66	6.89	0.0
09116	Grapefruit, raw, white, all areas	8.41	7.31	0.0
09120	Grapefruit, sections, canned, juice pack, solids and liquids	9.21	8.80	0.0
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	15.44	15.04	6.3
09119	Grapefruit, sections, canned, water pack, solids and liquids	9.15	8.75	0.0
09131	Grapes, american type (slip skin), raw	17.15	16.25	0.0
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	19.65	19.05	9.4
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	10.30	9.70	0.0
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	18.10	15.48	0.0
09143	Guava sauce, cooked	9.48	5.88	0.0
09139	Guavas, common, raw	14.32	8.92	0.0
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	14.66	8.99	0.0
09149	Kumquats, raw	15.90	9.36	0.0
09153	Lemon juice, canned or bottled	6.48	2.40	0.0
09154	Lemon juice, frozen, unsweetened, single strength	6.50	2.40	0.0
09152	Lemon juice, raw	8.63	2.40	0.0
09156	Lemon peel, raw	16.00	4.17	0.0
09150	Lemons, raw, without peel	9.32	2.50	0.0
09161	Lime juice, canned or bottled, unsweetened	6.69	1.37	0.0
09160	Lime juice, raw	8.42	1.69	0.0
09159	Limes, raw	10.54	1.69	0.0
09165	Litchis, dried	70.70	66.10	0.0
09164	Litchis, raw	16.53	15.23	0.0
09167	Loganberries, frozen	13.02	7.70	0.0
09176	Mangos, raw	17.00	14.80	0.0
09328	Maraschino cherries, canned, drained	41.97	38.77	29.8

NDB No.	Description	Carbohydrate, by difference	Total Sugars	Added Sugars
		g/100		
09181	Melons, cantaloupe, raw	8.16	7.86	0.0
09183	Melons, casaba, raw	6.58	5.69	0.0
09184	Melons, honeydew, raw	9.09	8.12	0.0
09190	Mulberries, raw	9.80	8.10	0.0
09191	Nectarines, raw	10.55	7.89	0.0
09195	Olives, pickled, canned or bottled, green	3.84	0.54	0.0
09194	Olives, ripe, canned (jumbo-super colossal)	5.61	0.00	0.0
09193	Olives, ripe, canned (small-extra large)	6.26	0.00	0.0
09207	Orange juice, canned, unsweetened	9.85	8.40	0.0
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	10.78	8.40	0.0
09214	Orange juice, frozen concentrate, unsweetened, undiluted	38.17	37.37	0.0
09206	Orange juice, raw	10.40	8.40	0.0
09217	Orange-grapefruit juice, canned, unsweetened	10.28	10.18	0.0
09200	Oranges, raw, all commercial varieties	11.75	9.35	0.0
09203	Oranges, raw, Florida	11.54	9.14	0.0
42149	Orange-strawberry-banana juice	12.47	10.42	0.0
09229	Papaya nectar, canned	14.51	13.91	11.0
09226	Papayas, raw	9.81	5.90	0.0
09232	Passion-fruit juice, purple, raw	13.60	13.40	0.0
09231	Passion-fruit, (granadilla), purple, raw	23.38	11.20	0.0
09251	Peach nectar, canned, without added ascorbic acid	13.92	13.32	9.5
09241	Peaches, canned, heavy syrup pack, solids and liquids	19.94	18.64	13.8
09370	Peaches, canned, heavy syrup, drained	19.79	17.63	13.0
09238	Peaches, canned, juice pack, solids and liquids	11.57	10.27	0.0
09240	Peaches, canned, light syrup pack, solids and liquids	14.55	13.25	8.4
09237	Peaches, canned, water pack, solids and liquids	6.11	4.81	0.0
09247	Peaches, dried, sulfured, stewed, without added sugar	19.69	16.99	0.0
09246	Peaches, dried, sulfured, uncooked	61.33	41.74	0.0
09250	Peaches, frozen, sliced, sweetened	23.98	22.18	13.8
09236	Peaches, raw	9.54	8.39	0.0
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	20.08	18.78	14.0
09262	Pear nectar, canned, without added ascorbic acid	15.76	15.16	11.2
09340	Pears, asian, raw	10.65	7.05	0.0
09257	Pears, canned, heavy syrup pack, solids and liquids	19.17	15.20	9.1
09374	Pears, canned, heavy syrup, drained	19.08	16.42	9.9
09254	Pears, canned, juice pack, solids and liquids	12.94	9.70	0.0
09256	Pears, canned, light syrup pack, solids and liquids	15.17	12.10	6.0
09253	Pears, canned, water pack, solids and liquids	7.81	6.10	0.0
09260	Pears, dried, sulfured, stewed, without added sugar	33.81	27.41	0.0
09259	Pears, dried, sulfured, uncooked	69.70	62.20	0.0
09252	Pears, raw	15.46	9.80	0.0
09263	Persimmons, japanese, raw	18.59	12.53	0.0
09409	Pineapple juice, canned, unsweetened, with added ascorbic acid	12.87	9.98	0.0
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	12.87	9.98	0.0
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	12.77	12.57	0.0

NDB No.	Description	Carbohydrate, by difference	Total Sugars	Added Sugars
		g/100		
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	44.30	43.60	0.0
09270	Pineapple, canned, heavy syrup pack, solids and liquids	20.20	16.90	9.4
09354	Pineapple, canned, juice pack, drained	15.56	14.26	0.0
09268	Pineapple, canned, juice pack, solids and liquids	15.70	14.45	0.0
09269	Pineapple, canned, light syrup pack, solids and liquids	13.45	12.65	5.2
09267	Pineapple, canned, water pack, solids and liquids	8.30	7.50	0.0
09272	Pineapple, frozen, chunks, sweetened	22.20	21.10	11.8
09266	Pineapple, raw, all varieties	12.63	9.26	0.0
09278	Plantains, cooked	31.15	14.00	0.0
09277	Plantains, raw	31.89	15.00	0.0
09379	Plums, canned, heavy syrup, drained	23.12	21.58	11.9
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	23.24	22.31	12.2
09282	Plums, canned, purple, juice pack, solids and liquids	15.15	14.22	0.0
09283	Plums, canned, purple, light syrup pack, solids and liquids	16.28	15.35	5.3
09281	Plums, canned, purple, water pack, solids and liquids	11.03	10.10	0.0
09292	Plums, dried (prunes), stewed, without added sugar	28.08	24.98	0.0
09291	Plums, dried (prunes), uncooked	63.88	38.13	0.0
09279	Plums, raw	11.42	9.92	0.0
09286	Pomegranates, raw	17.17	16.57	0.0
09294	Prune juice, canned	17.45	16.45	0.0
09297	Raisins, golden seedless	79.52	59.19	0.0
09298	Raisins, seedless	79.18	59.19	0.0
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	23.36	20.06	15.6
09306	Raspberries, frozen, red, sweetened	26.16	21.76	17.3
09302	Raspberries, raw	11.94	4.42	0.0
09310	Rhubarb, frozen, cooked, with sugar	31.20	28.70	27.9
09309	Rhubarb, frozen, uncooked	5.10	1.10	0.0
09307	Rhubarb, raw	4.54	1.10	0.0
09315	Soursop, raw	16.84	13.54	0.0
09317	Strawberries, canned, heavy syrup pack, solids and liquids	23.53	21.83	17.2
09320	Strawberries, frozen, sweetened, sliced	25.92	24.01	19.5
09319	Strawberries, frozen, sweetened, whole	21.00	18.97	14.4
09318	Strawberries, frozen, unsweetened	9.13	4.56	0.0
09316	Strawberries, raw	7.68	4.66	0.0
09322	Tamarinds, raw	62.50	57.40	0.0
09223	Tangerine juice, canned, sweetened	12.00	11.80	1.9
09221	Tangerine juice, raw	10.10	9.90	0.0
09219	Tangerines, (mandarin oranges), canned, juice pack	9.57	8.87	0.0
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	9.41	8.25	0.0
09220	Tangerines, (mandarin oranges), canned, light syrup pack	16.19	15.49	4.9
09218	Tangerines, (mandarin oranges), raw	13.34	10.58	0.0
09326	Watermelon, raw	7.55	6.20	0.0

Lamb, Veal, and Game Products

17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	9.78	0.57	0.0
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NDB No.	Description	Carbohydrate, by difference	Total Sugars	Added Sugars
		g/100		
Legumes and Legume Products				
43212	Bacon bits, meatless	28.60	0.00	0.0
16104	Bacon, meatless	6.32	0.00	0.0
43449	Baked beans, canned, no salt added	20.61	7.32	5.9
42182	Bean beverage	5.80	0.09	0.0
16006	Beans, baked, canned, plain or vegetarian	21.14	9.04	6.1
16008	Beans, baked, canned, with franks	15.39	6.53	5.2
16010	Beans, baked, canned, with pork and sweet sauce	21.12	8.56	8.3
16011	Beans, baked, canned, with pork and tomato sauce	18.69	5.67	4.5
16017	Beans, black turtle soup, mature seeds, cooked, boiled, without salt	24.35	0.33	0.0
16014	Beans, black, mature seeds, raw	62.36	2.25	0.0
43112	Beans, chili, barbeque, ranch style, cooked	16.95	4.47	3.7
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	22.80	0.32	0.0
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	22.80	0.32	0.0
16034	Beans, kidney, red, mature seeds, canned	15.59	0.22	0.0
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	22.80	0.32	0.0
16032	Beans, kidney, red, mature seeds, raw	61.29	2.23	0.0
43125	Beans, liquid from stewed kidney beans	2.80	0.00	0.0
16039	Beans, navy, mature seeds, canned	20.45	0.28	0.0
16041	Beans, pink, mature seeds, cooked, boiled, without salt	27.91	0.37	0.0
16040	Beans, pink, mature seeds, raw	64.19	2.28	0.0
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	26.22	0.34	0.0
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	26.22	0.34	0.0
16042	Beans, pinto, mature seeds, raw	62.55	2.11	0.0
16050	Beans, white, mature seeds, cooked, boiled, without salt	25.09	0.36	0.0
16049	Beans, white, mature seeds, raw	60.27	2.24	0.0
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	19.65	1.82	0.0
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	19.65	1.82	0.0
16052	Broadbeans (fava beans), mature seeds, raw	58.29	5.70	0.0
16055	Carob flour	88.88	49.08	0.0
43128	Chicken, meatless	3.64	0.00	0.0
43410	Chicken, meatless, breaded, fried	8.51	0.00	0.0
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	27.42	4.80	0.0
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	27.42	4.80	0.0
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	60.65	10.70	0.0
16059	Chili with beans, canned	11.91	1.32	0.0
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	20.76	3.30	0.0
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	20.76	3.30	0.0
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	60.03	6.90	0.0
43129	Fish sticks, meatless	9.00	0.80	0.7
43130	Frankfurter, meatless	7.70	0.00	0.0
16137	Hummus, home prepared	20.12	0.46	0.0
16370	Lentils, mature seeds, cooked, boiled, with salt	20.13	1.80	0.0

NDB No.	Description	Carbohydrate, by difference	Total Sugars	Added Sugars
		g/100		
16070	Lentils, mature seeds, cooked, boiled, without salt	20.13	1.80	0.0
16069	Lentils, raw	60.08	2.03	0.0
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	20.88	2.90	0.0
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	20.88	2.90	0.0
16071	Lima beans, large, mature seeds, raw	63.38	8.50	0.0
43131	Luncheon slices, meatless	4.44	2.22	0.0
43132	Meatballs, meatless	8.00	1.25	0.0
16112	Miso	26.47	6.20	0.0
16381	Mung beans, mature seeds, cooked, boiled, with salt	19.15	2.00	0.0
16081	Mung beans, mature seeds, cooked, boiled, without salt	19.15	2.00	0.0
16080	Mung beans, mature seeds, raw	62.62	6.60	0.0
16384	Mungo beans, mature seeds, cooked, boiled, with salt	18.34	2.01	0.0
16084	Mungo beans, mature seeds, cooked, boiled, without salt	18.34	2.01	0.0
16113	Natto	14.36	3.60	0.0
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	86.09	0.00	0.0
42200	Papad	59.87	0.00	0.0
16397	Peanut butter, chunk style, without salt	21.57	8.41	3.1
16156	Peanut butter, chunky, vitamin and mineral fortified	17.69	10.94	3.1
42291	Peanut butter, reduced sodium	21.95	7.82	3.1
16098	Peanut butter, smooth style, with salt	19.56	9.22	3.1
16398	Peanut butter, smooth style, without salt	19.56	9.22	3.1
16150	Peanut butter, smooth, reduced fat	35.65	7.81	4.4
16155	Peanut butter, smooth, vitamin and mineral fortified	18.75	10.47	3.1
16099	Peanut flour, defatted	34.70	8.22	0.0
16088	Peanuts, all types, cooked, boiled, with salt	21.26	2.47	0.0
16090	Peanuts, all types, dry-roasted, with salt	21.51	4.18	0.0
16390	Peanuts, all types, dry-roasted, without salt	21.51	4.18	0.0
16089	Peanuts, all types, oil-roasted, with salt	15.26	4.18	0.0
16389	Peanuts, all types, oil-roasted, without salt	18.92	4.16	0.0
16087	Peanuts, all types, raw	16.13	3.97	0.0
16386	Peas, split, mature seeds, cooked, boiled, with salt	21.10	2.90	0.0
16086	Peas, split, mature seeds, cooked, boiled, without salt	21.10	2.90	0.0
16085	Peas, split, mature seeds, raw	60.37	8.00	0.0
16103	Refried beans, canned (includes USDA commodity)	15.53	0.23	0.0
43135	Sandwich spread, meatless	9.00	1.29	0.0
16107	Sausage, meatless	9.84	0.00	0.0
16117	Soy flour, defatted	38.37	20.00	0.0
16417	Soy flour, defatted, crude protein basis (N x 6.25)	33.92	17.68	0.0
16115	Soy flour, full-fat, raw	35.19	7.50	0.0
16116	Soy flour, full-fat, roasted	33.67	7.61	0.0
16118	Soy flour, low-fat	37.98	19.80	0.0
16166	Soy milk, chocolate, fluid	5.81	4.51	4.0
16120	Soy milk, fluid	4.93	0.50	0.0
16139	Soy milk, fluid, calcium fortified	3.42	0.37	0.0
16121	Soy protein concentrate, produced by alcohol extraction	30.91	20.00	0.0

NDB No.	Description	Carbohydrate, by difference	Total Sugars	Added Sugars
		g/100		
16122	Soy protein isolate	7.36	0.00	0.0
16125	Soy sauce made from hydrolyzed vegetable protein	7.73	1.70	0.0
16124	Soy sauce made from soy (tamari)	5.57	1.70	0.0
16123	Soy sauce made from soy and wheat (shoyu)	7.61	1.70	0.0
16424	Soy sauce made from soy and wheat (shoyu), low sodium	8.51	1.70	0.0
43299	Soybean, curd cheese	6.90	1.60	0.0
16109	Soybeans, mature cooked, boiled, without salt	9.93	3.00	0.0
16409	Soybeans, mature seeds, cooked, boiled, with salt	9.93	3.00	0.0
16110	Soybeans, mature seeds, roasted, salted	33.55	4.20	0.0
43133	Soyburger	13.40	1.49	0.0
43476	Tofu yogurt	15.96	1.24	1.2
16129	Tofu, fried	10.49	2.72	0.0
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	1.80	0.70	0.0
43134	Vegetarian fillets	9.00	0.80	0.7
43137	Vegetarian meatloaf or patties	8.00	1.20	0.0
43136	Vegetarian stew	7.00	1.25	0.0
43114	Vermicelli, made from soy	82.06	19.00	0.0
Meals, Entrees, and Sidedishes				
22905	Beef stew, canned entree	6.77	0.96	0.0
22908	Beef, corned beef hash, with potato, canned	9.27	0.34	0.0
22247	Macaroni and Cheese, canned entree	11.52	0.50	0.0
22907	Pasta with meatballs in tomato sauce, canned entree	12.29	3.97	2.1
22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	11.90	3.20	1.3
22401	Spaghetti with meat sauce, frozen entree	15.24	2.60	1.2
22901	Tortellini, pasta with cheese filling	47.00	0.95	0.0
Nut and Seed Products				
12695	Nuts, almond butter, plain, with salt added	21.22	4.90	0.0
12071	Nuts, almond paste	47.81	36.25	33.5
12061	Nuts, almonds	19.74	4.80	0.0
12062	Nuts, almonds, blanched	19.94	4.96	0.0
12563	Nuts, almonds, dry roasted, with salt added	19.29	4.90	0.0
12063	Nuts, almonds, dry roasted, without salt added	19.29	4.90	0.0
12565	Nuts, almonds, oil roasted, with salt added	17.68	4.55	0.0
12065	Nuts, almonds, oil roasted, without salt added	17.68	4.55	0.0
12078	Nuts, brazilnuts, dried, unblanched	12.27	2.33	0.0
12588	Nuts, cashew butter, plain, with salt added	27.57	5.01	0.0
12585	Nuts, cashew nuts, dry roasted, with salt added	32.69	5.01	0.0
12085	Nuts, cashew nuts, dry roasted, without salt added	32.69	5.01	0.0
12586	Nuts, cashew nuts, oil roasted, with salt added	30.16	5.01	0.0
12086	Nuts, cashew nuts, oil roasted, without salt added	29.87	5.01	0.0
12167	Nuts, chestnuts, european, roasted	52.96	10.60	0.0
12116	Nuts, coconut cream, canned (liquid expressed from grated meat)	8.35	6.15	0.0
12108	Nuts, coconut meat, dried (desiccated), not sweetened	23.65	7.35	0.0
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	47.59	43.29	35.9

NDB No.	Description	Carbohydrate, by difference	Total Sugars	Added Sugars
		g/100		
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	47.67	43.17	35.6
12104	Nuts, coconut meat, raw	15.23	6.23	0.0
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	5.54	3.34	0.0
12119	Nuts, coconut water (liquid from coconuts)	3.71	2.61	0.0
12120	Nuts, hazelnuts or filberts	16.70	4.34	0.0
12632	Nuts, macadamia nuts, dry roasted, with salt added	12.83	4.14	0.0
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	25.35	4.64	0.0
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	21.41	4.22	0.0
12638	Nuts, mixed nuts, without peanuts, oil roasted, with salt added	22.27	4.38	0.0
12142	Nuts, pecans	13.86	3.97	0.0
12143	Nuts, pecans, dry roasted, without salt added	13.55	4.06	0.0
12147	Nuts, pine nuts, dried	13.08	3.59	0.0
12652	Nuts, pistachio nuts, dry roasted, with salt added	26.78	7.81	0.0
12152	Nuts, pistachio nuts, dry roasted, without salt added	27.65	7.81	0.0
12154	Nuts, walnuts, black, dried	9.91	1.10	0.0
12155	Nuts, walnuts, english	13.71	2.61	0.0
12220	Seeds, flaxseed	28.88	1.55	0.0
12014	Seeds, pumpkin and squash seed kernels, dried	17.81	1.00	0.0
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	13.43	2.30	0.0
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	13.43	1.00	0.0
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	21.19	0.49	0.0
12201	Seeds, sesame seed kernels, dried (decorticated)	11.73	0.48	0.0
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	26.04	0.48	0.0
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	26.04	0.48	0.0
12023	Seeds, sesame seeds, whole, dried	23.45	0.30	0.0
12036	Seeds, sunflower seed kernels, dried	18.76	2.62	0.0
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	24.07	2.73	0.0
12037	Seeds, sunflower seed kernels, dry roasted, without salt	24.07	2.73	0.0
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	22.89	3.11	0.0
12038	Seeds, sunflower seed kernels, oil roasted, without salt	22.89	3.11	0.0
Pork Products				
10132	Pork, cured, feet, pickled	0.30	0.30	0.0
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	2.28	0.00	0.0
Poultry Products				
42130	Turkey bacon, cooked	3.10	0.00	0.0
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	3.07	0.00	0.0
Sausages and Luncheon Meats				
43384	Beef, bologna, reduced sodium	2.00	0.00	0.0
13350	Beef, cured, dried	2.76	2.45	2.4
13360	Beef, cured, thin-sliced beef	5.71	0.00	0.0
07002	Beerwurst, beer salami, pork and beef	3.76	0.00	0.0
07005	Blood sausage	1.29	1.29	1.3
07007	Bologna, beef	3.98	0.00	0.0
07008	Bologna, beef and pork	5.49	4.42	4.4

NDB No.	Description	Carbohydrate, by difference	Total Sugars	Added Sugars
		g/100		
42129	Bologna, beef and pork, low fat	2.60	0.00	0.0
42161	Bologna, beef, low fat	5.20	0.00	0.0
07011	Bologna, turkey	4.68	2.90	0.0
07013	Bratwurst, pork, cooked	2.85	0.00	0.0
07014	Braunschweiger (a liver sausage), pork	3.10	0.00	0.0
07015	Brotwurst, pork, beef, link	2.97	2.98	3.0
07016	Cheesefurter, cheese smokie, pork, beef	1.51	1.51	0.0
07017	Chicken roll, light meat	2.44	0.00	0.0
07021	Dutch brand loaf, chicken, pork and beef	3.93	0.00	0.0
07022	Frankfurter, beef	4.06	3.39	0.0
42188	Frankfurter, beef and pork, low fat	4.40	0.00	0.0
07905	Frankfurter, beef, pork, and turkey, fat free	11.21	0.00	0.0
07024	Frankfurter, chicken	6.78	0.00	0.0
42280	Frankfurter, meat and poultry, low fat	8.40	0.00	0.0
07032	Ham and cheese loaf or roll	4.00	0.00	0.0
07031	Ham salad spread	10.65	0.00	0.0
07027	Ham, chopped, not canned	4.20	0.00	0.0
07028	Ham, sliced, extra lean	2.63	0.00	0.0
07029	Ham, sliced, regular (approximately 11% fat)	3.83	0.00	0.0
07035	Honey loaf, pork, beef	5.33	0.00	0.0
07037	Kielbasa, kolbassy, pork, beef, nonfat dry milk added	2.14	0.00	0.0
07038	Knackwurst, knockwurst, pork, beef	3.20	0.00	0.0
07042	Luncheon meat, beef, loaved	2.90	0.00	0.0
07047	Luncheon meat, pork, beef	2.33	0.00	0.0
07045	Luncheon meat, pork, canned	2.10	0.00	0.0
07050	Mortadella, beef, pork	3.05	0.00	0.0
07051	Olive loaf, pork	9.20	0.00	0.0
07052	Pastrami, turkey	3.68	3.34	0.0
07053	Pate, chicken liver, canned	6.55	0.00	0.0
07056	Peppered loaf, pork, beef	4.60	0.00	0.0
07057	Pepperoni, pork, beef	4.04	0.75	0.7
07058	Pickle and pimiento loaf, pork	8.46	3.26	3.3
07065	Pork and beef sausage, fresh, cooked	2.70	0.00	0.0
42190	Pork sausage rice links, brown and serve, cooked	2.36	0.00	0.0
07067	Poultry salad sandwich spread	7.41	0.00	0.0
07068	Salami, cooked, beef	1.90	1.50	0.0
07069	Salami, cooked, beef and pork	2.25	0.00	0.0
07070	Salami, cooked, turkey	0.40	0.40	0.0
07072	Salami, dry or hard, pork, beef	3.80	0.00	0.0
07073	Sandwich spread, pork, beef	11.94	0.00	0.0
07089	Sausage, Italian, pork, cooked	4.27	0.86	0.0
07075	Sausage, smoked link sausage, pork and beef	2.42	0.00	0.0
07083	Sausage, Vienna, canned, chicken, beef, pork	2.60	0.00	0.0
07951	Scrapple, pork	14.06	0.20	0.0
07074	Smoked link sausage, pork	2.10	0.00	0.0

NDB No.	Description	Carbohydrate, by difference	Total Sugars	Added Sugars
		g/100		
07078	Thuringer, cervelat, summer sausage, beef, pork	3.33	0.85	0.0
07079	Turkey breast meat	4.21	3.51	0.0
07080	Turkey ham, cured turkey thigh meat	2.04	1.43	0.0
07082	Turkey roll, light and dark meat	2.13	0.00	0.0
07900	Turkey, pork, and beef sausage, low fat, smoked	11.50	0.00	0.0
42241	Turkey, pork, and beef sausage, reduced fat, smoked	2.60	0.00	0.0
Snacks				
43595	Breakfast bar, corn flake crust with fruit	72.90	35.10	34.1
43100	Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	66.70	27.52	23.4
19434	Cheese puffs and twists, corn based, low fat	72.35	7.29	0.0
43572	Popcorn, microwave, low fat and sodium	73.39	0.54	0.0
19436	Popcorn, sugar syrup/caramel, fat-free	90.06	64.68	64.5
19823	Potato chips, without salt, reduced fat	67.80	0.22	0.0
43109	Pretzels, soft	69.39	0.25	0.0
42204	Rice cake, cracker (include hain mini rice cakes)	81.10	0.88	0.0
19400	Snacks, banana chips	58.40	35.34	25.7
19002	Snacks, beef jerky, chopped and formed	11.00	9.00	0.0
19003	Snacks, corn-based, extruded, chips, plain	63.01	1.16	0.0
43447	Snacks, corn-based, extruded, chips, unsalted	57.40	1.41	0.0
19007	Snacks, corn-based, extruded, onion-flavor	65.10	4.83	1.5
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	54.10	2.76	0.0
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	54.10	2.76	0.0
42272	Snacks, granola bar, with coconut, chocolate coated	55.20	34.27	31.7
19023	Snacks, granola bars, oats, fruits and nut	77.42	43.50	40.7
19031	Snacks, oriental mix, rice-based	51.62	3.00	0.0
19034	Snacks, popcorn, air-popped	77.78	0.87	0.0
19036	Snacks, popcorn, cakes	80.10	0.72	0.0
19038	Snacks, popcorn, caramel-coated, with peanuts	80.70	45.36	44.8
19039	Snacks, popcorn, caramel-coated, without peanuts	79.10	53.19	52.9
42271	Snacks, popcorn, oil-popped, low fat	72.20	0.69	0.0
19035	Snacks, popcorn, oil-popped, microwaved	57.54	0.50	0.0
42259	Snacks, popcorn, oil-popped, unsalted	58.10	0.54	0.0
19437	Snacks, potato chips, fat free, salted	83.76	3.69	0.0
19423	Snacks, potato chips, fat-free, made with olestra	59.20	0.22	0.0
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	56.00	2.00	0.0
19045	Snacks, potato chips, made from dried potatoes, light	64.90	5.01	0.0
19410	Snacks, potato chips, made from dried potatoes, plain	51.00	5.01	2.9
19411	Snacks, potato chips, plain, salted	49.74	4.12	0.0
19811	Snacks, potato chips, plain, unsalted	52.90	0.22	0.0
19422	Snacks, potato chips, reduced fat	66.90	0.22	0.0
42283	Snacks, potato chips, white, restructured, baked	71.40	5.01	0.0
19415	Snacks, potato sticks	53.30	0.22	0.0
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	79.20	2.21	0.0
19047	Snacks, pretzels, hard, plain, salted	79.76	2.76	1.1
19051	Snacks, rice cakes, brown rice, plain	81.50	0.88	0.0

NDB No.	Description	Carbohydrate, by difference	Total Sugars	Added Sugars
		g/100		
19816	Snacks, rice cakes, brown rice, plain, unsalted	81.50	0.88	0.0
19418	Snacks, sesame sticks, wheat-based, salted	46.50	0.19	0.0
19524	Snacks, taro chips	68.10	3.82	0.0
43566	Snacks, tortilla chips, light (baked with less oil)	73.40	0.53	0.0
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	63.10	1.92	0.0
19833	Snacks, tortilla chips, low fat, unsalted	80.10	0.85	0.0
19056	Snacks, tortilla chips, plain, white corn	65.32	1.00	0.0
43364	Snacks, tortilla chips, unsalted, white corn	65.32	1.00	0.0
19433	Tortilla chips, low fat, baked without fat	80.00	0.67	0.0
Soups, Sauces, and Gravies				
06979	Adobo fresco	18.60	2.03	1.1
06963	Fish broth	0.40	0.09	0.0
06116	Gravy, beef, canned	4.81	0.21	0.0
06957	Gravy, brown instant, dry	59.78	9.23	1.7
06119	Gravy, chicken, canned	5.42	0.78	0.3
06958	Gravy, instant beef, dry	61.10	23.90	4.1
06959	Gravy, instant turkey, dry	57.56	7.60	0.0
06977	Gravy, meat or poultry, prepared, low sodium	6.16	0.01	0.0
06122	Gravy, mushroom, dehydrated, dry	64.66	3.26	1.1
06124	Gravy, pork, dry	63.57	24.73	9.2
06125	Gravy, turkey, canned	5.10	0.21	0.1
06962	Peppers, hot, chili, immature green, canned, chili sauce	5.00	2.55	0.0
06961	Peppers, hot, chili, mature red, canned, chili sauce	3.90	2.55	0.0
06969	Potato soup, instant, dry mix	76.14	10.00	1.2
06150	Sauce, barbecue sauce	12.80	3.92	3.3
06975	Sauce, barbeque, low sodium, commercially canned	12.80	5.39	3.6
06103	Sauce, cheese, dehydrated, dry	33.66	25.13	0.0
06179	Sauce, fish, ready-to-serve	3.64	3.64	3.6
06175	Sauce, hoisin, ready-to-serve	44.08	27.26	25.8
06166	Sauce, homemade, white, medium	9.17	4.36	0.0
06167	Sauce, homemade, white, thick	11.61	3.96	0.0
06165	Sauce, homemade, white, thin	7.40	4.77	0.0
06176	Sauce, oyster, ready-to-serve	10.92	0.00	0.0
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	11.27	8.88	0.4
06164	Sauce, ready-to-serve, salsa	6.26	3.06	0.0
06976	Sauce, spaghetti, low sodium	15.90	11.57	6.5
06112	Sauce, teriyaki, ready-to-serve	15.95	13.06	11.9
06189	Sauce, teriyaki, ready-to-serve, reduced sodium	15.90	14.08	13.3
06973	Sauce, tomato chili sauce, bottled, no salt, low sodium	28.73	8.96	7.9
06972	Sauce, tomato chili sauce, bottled, with salt	19.79	10.54	4.3
06971	Sauce, worcestershire	19.46	10.03	10.0
06190	Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve	13.66	3.17	1.8
06474	Soup, bean with bacon, dehydrated, prepared with water	6.18	0.23	0.0
06004	Soup, bean with pork, canned, condensed, commercial	16.97	3.00	1.1
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	9.01	1.18	0.4

NDB No.	Description	Carbohydrate, by difference	Total Sugars	Added Sugars
		g/100		
06978	Soup, beef and mushroom, low sodium, chunk style	9.58	0.84	0.0
06032	Soup, beef broth bouillon and consommé, canned, condensed, commercial	1.44	0.11	0.1
06075	Soup, beef broth or bouillon, powder, dry	23.65	16.71	14.3
06475	Soup, beef broth or bouillon, powder, prepared with water	0.77	0.51	0.4
06076	Soup, beef broth, cubed, dry	16.10	14.51	14.5
06476	Soup, beef broth, cubed, prepared with water	0.33	0.26	0.2
06077	Soup, beef noodle mix, dehydrated, dry form	48.64	5.10	0.0
06009	Soup, beef noodle, canned, condensed, commercial	7.16	2.06	0.1
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	3.68	0.62	0.2
06980	Soup, beef stroganoff, canned, chunky style, ready-to-serve	9.00	1.68	0.0
06070	Soup, beef, canned, chunky, ready-to-serve	8.15	0.81	0.0
06402	Soup, black bean, canned, prepared with equal volume water, commercial	8.02	1.20	1.1
06981	Soup, bouillon cubes and granules, low sodium, dry	64.88	14.47	12.4
06584	Soup, broccoli cheese, canned, condensed, commercial	7.70	2.12	1.4
06011	Soup, cheese, canned, condensed, commercial	8.19	0.60	0.0
06080	Soup, chicken broth or bouillon, dehydrated, dry	18.01	17.36	17.4
06480	Soup, chicken broth or bouillon, dehydrated, prepared with water	0.59	0.59	0.3
06013	Soup, chicken broth, canned, condensed, commercial	0.75	0.35	0.3
06183	Soup, chicken broth, canned, less/reduced sodium	0.38	0.22	0.2
06413	Soup, chicken broth, canned, prepared with equal volume water, commercial	0.38	0.29	0.3
06970	Soup, chicken broth, low sodium, canned	1.20	0.13	0.1
06417	Soup, chicken gumbo, canned, prepared with equal volume water, commercial	3.43	1.02	0.5
06149	Soup, chicken mushroom, canned, condensed, commercial	7.60	1.31	0.0
06128	Soup, chicken noodle mix, dehydrated, dry form	62.32	1.90	0.0
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	7.10	0.65	0.3
06019	Soup, chicken noodle, canned, condensed, commercial	6.03	0.86	0.2
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	3.88	0.11	0.0
06528	Soup, chicken noodle, dehydrated, prepared with water	3.67	0.31	0.2
06966	Soup, chicken noodle, low sodium	4.58	0.12	0.0
06022	Soup, chicken rice, canned, chunky, ready-to-serve	5.41	0.60	0.0
06485	Soup, chicken rice, dehydrated, prepared with water	3.66	0.29	0.1
06208	Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	5.20	0.64	0.2
06025	Soup, chicken vegetable, canned, condensed, commercial	7.01	1.26	0.1
06425	Soup, chicken vegetable, canned, prepared with equal volume water, commercial	3.56	0.54	0.0
06012	Soup, chicken with dumplings, canned, condensed, commercial	4.93	0.46	0.1
06412	Soup, chicken with dumplings, canned, prepared with equal volume water, commercial	2.51	0.33	0.0
06023	Soup, chicken with rice, canned, condensed, commercial	5.84	0.16	0.1
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	2.97	0.32	0.0
06015	Soup, chicken, canned, chunky, ready-to-serve, commercial	6.88	0.87	0.2
06426	Soup, chili beef, canned, prepared with equal volume water, commercial	8.58	2.89	2.5
06027	Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	7.84	1.67	0.1
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	5.01	0.47	0.0
06030	Soup, clam chowder, new england, canned, condensed, commercial	8.69	0.44	0.2
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	6.70	3.01	0.1

NDB No.	Description	Carbohydrate, by difference	Total Sugars	Added Sugars
		g/100		
06430	Soup, clam chowder, new england, canned, prepared with equal volume water, commercial	5.09	0.09	0.1
06489	Soup, consomme with gelatin, dehydrated, prepared with water	0.83	0.45	0.4
06001	Soup, cream of asparagus, canned, condensed, commercial	8.52	0.72	0.1
06010	Soup, cream of celery, canned, condensed, commercial	7.03	1.35	0.0
06016	Soup, cream of chicken, canned, condensed, commercial	7.16	0.54	0.2
06955	Soup, cream of chicken, canned, condensed, reduced sodium	9.50	0.39	0.3
06483	Soup, cream of chicken, dehydrated, prepared with water	5.11	1.59	0.4
06043	Soup, cream of mushroom, canned, condensed, commercial	6.72	1.46	0.0
06182	Soup, cream of mushroom, canned, condensed, reduced sodium	8.10	2.13	0.9
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	6.05	3.77	0.0
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	3.81	0.60	0.0
06968	Soup, cream of mushroom, low sodium, ready-to-serve, canned	4.53	1.72	0.0
06046	Soup, cream of onion, canned, condensed, commercial	10.40	3.64	0.0
06053	Soup, cream of potato, canned, condensed	9.14	1.69	0.0
06256	Soup, cream of shrimp, canned, prepared with equal volume milk, commercial	5.61	3.19	0.0
06456	Soup, cream of shrimp, canned, prepared with equal volume water, commercial	3.36	0.24	0.0
06101	Soup, cream of vegetable, dehydrated, dry	52.10	17.51	8.3
06036	Soup, gazpacho, canned, ready-to-serve	1.80	0.59	0.2
06490	Soup, leek, dehydrated, prepared with water	4.50	0.76	0.0
06039	Soup, minestrone, canned, chunky, ready-to-serve	8.64	2.17	0.1
06040	Soup, minestrone, canned, condensed, commercial	9.17	1.50	0.0
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	9.00	2.13	0.0
06044	Soup, mushroom with beef stock, canned, condensed, commercial	7.41	2.28	0.1
06493	Soup, mushroom, dehydrated, prepared with water	4.40	0.19	0.0
06094	Soup, onion mix, dehydrated, dry form	60.32	19.66	3.0
06045	Soup, onion, canned, condensed, commercial	6.68	2.72	1.0
06445	Soup, onion, canned, prepared with equal volume water, commercial	3.39	1.27	0.3
06494	Soup, onion, dehydrated, prepared with water	2.06	0.95	0.1
06495	Soup, oxtail, dehydrated, prepared with water	3.54	0.98	0.7
06049	Soup, pea, green, canned, condensed, commercial	20.18	6.52	4.6
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	10.60	3.26	2.3
06496	Soup, pea, green, mix, dehydrated, prepared with water	8.37	1.06	0.5
06965	Soup, pea, low sodium, with water	10.60	1.38	0.0
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	11.17	1.91	0.6
06452	Soup, pepperpot, canned, prepared with equal volume water, commercial	3.89	0.45	0.1
06583	Soup, ramen noodle, any flavor, dehydrated, dry	65.50	0.73	0.0
06455	Soup, scotch broth, canned, prepared with equal volume water, commercial	3.93	0.26	0.0
06170	Soup, stock, beef, home-prepared	1.20	0.54	0.0
06172	Soup, stock, chicken, home-prepared	3.53	1.58	0.0
06461	Soup, tomato beef with noodle, canned, prepared with equal volume water, commercial	8.67	0.29	0.0
06063	Soup, tomato rice, canned, condensed, commercial	17.08	5.90	2.2
06463	Soup, tomato rice, canned, prepared with equal volume water, commercial	8.88	2.98	1.2
06099	Soup, tomato vegetable mix, dehydrated, dry form	59.90	3.77	0.9
06499	Soup, tomato vegetable, dehydrated, prepared with water	4.04	0.96	0.4

NDB No.	Description	Carbohydrate, by difference	Total Sugars	Added Sugars
		g/100		
06159	Soup, tomato, canned, condensed, commercial	13.41	8.11	1.5
06956	Soup, tomato, canned, condensed, reduced sodium	6.80	3.20	0.8
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	8.99	6.23	1.4
06559	Soup, tomato, canned, prepared with equal volume water, commercial	6.80	3.68	1.8
06498	Soup, tomato, dehydrated, prepared with water	7.32	3.91	1.3
06964	Soup, tomato, low sodium, with water	7.30	3.00	0.7
06065	Soup, turkey noodle, canned, condensed, commercial	6.88	0.41	0.2
06066	Soup, turkey vegetable, canned, condensed, commercial	7.05	1.09	0.1
06071	Soup, vegetable beef, canned, condensed, commercial	8.11	0.89	0.0
06500	Soup, vegetable beef, dehydrated, prepared with water	3.17	0.31	0.1
06471	Soup, vegetable beef, prepared with equal volume water, commercial	4.17	0.57	0.1
06974	Soup, vegetable chicken, low sodium	8.76	1.42	0.0
06072	Soup, vegetable with beef broth, canned, condensed, commercial	10.70	1.64	0.0
06472	Soup, vegetable with beef broth, canned, prepared with equal volume water, commercial	5.44	1.31	0.6
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	7.92	1.64	0.2
06217	Soup, vegetable, canned, low sodium, condensed	12.11	4.31	0.3
06068	Soup, vegetarian vegetable, canned, condensed, commercial	9.78	3.13	0.0
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	4.97	1.45	0.2
06967	Vegetable soup, low sodium, with water	4.80	1.60	0.0
Spices and Herbs				
02054	Capers, canned	4.89	0.41	0.0
02055	Horseradish, prepared	11.29	7.99	0.0
02046	Mustard, prepared, yellow	7.78	2.84	0.0
02003	Spices, basil, dried	60.96	1.71	0.0
02005	Spices, caraway seed	49.90	0.64	0.0
02007	Spices, celery seed	41.35	0.67	0.0
02009	Spices, chili powder	54.66	7.19	0.0
02010	Spices, cinnamon, ground	79.85	2.17	0.0
02011	Spices, cloves, ground	61.21	2.38	0.0
02012	Spices, coriander leaf, dried	52.10	7.27	0.0
02014	Spices, cumin seed	44.24	2.25	0.0
02015	Spices, curry powder	58.15	2.76	0.0
02020	Spices, garlic powder	72.71	24.30	0.0
02021	Spices, ginger, ground	70.79	3.39	0.0
02023	Spices, marjoram, dried	60.56	4.09	0.0
02024	Spices, mustard seed, yellow	34.94	6.79	0.0
02025	Spices, nutmeg, ground	49.29	28.49	0.0
02026	Spices, onion powder	80.67	35.48	0.0
02027	Spices, oregano, dried	64.43	4.09	0.0
02028	Spices, paprika	55.74	10.34	0.0
02029	Spices, parsley, dried	51.66	7.27	0.0
02030	Spices, pepper, black	64.81	0.64	0.0
02031	Spices, pepper, red or cayenne	56.63	10.34	0.0

NDB No.	Description	Carbohydrate, by difference	Total Sugars	Added Sugars
		g/100		
02033	Spices, poppy seed	23.69	13.69	0.0
02034	Spices, poultry seasoning	65.59	3.08	0.0
02035	Spices, pumpkin pie spice	69.28	7.76	0.0
02038	Spices, sage, ground	60.73	1.71	0.0
02042	Spices, thyme, dried	63.94	1.71	0.0
02043	Spices, turmeric, ground	64.93	3.21	0.0
02050	Vanilla extract	12.65	12.65	0.0
02052	Vanilla extract, imitation, no alcohol	14.40	14.40	0.0
02048	Vinegar, cider	0.93	0.40	0.0
02053	Vinegar, distilled	0.04	0.04	0.0
Sweets				
19124	Baking chocolate, mexican, squares	77.41	69.40	68.6
19077	Baking chocolate, unsweetened, liquid	33.90	0.00	0.0
19078	Baking chocolate, unsweetened, squares	29.84	0.91	0.0
19070	Candies, butterscotch	90.40	80.46	80.5
19074	Candies, caramels	77.00	65.50	50.7
19076	Candies, caramels, chocolate-flavor roll	87.73	56.40	48.8
19071	Candies, carob, unsweetened	56.29	52.00	0.0
43031	Candies, chocolate covered, caramel with nuts	60.67	41.35	37.8
43059	Candies, chocolate covered, dietetic or low calorie	42.50	14.57	0.0
19085	Candies, confectioner's coating, butterscotch	67.10	67.09	63.6
19086	Candies, confectioner's coating, peanut butter	47.05	39.65	34.4
19079	Candies, confectioner's coating, yogurt	63.94	62.36	53.7
19099	Candies, fondant, prepared-from-recipe	93.42	88.90	88.9
19100	Candies, fudge, chocolate, prepared-from-recipe	76.48	73.76	71.2
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	67.96	63.92	61.3
19104	Candies, fudge, vanilla with nuts	74.74	71.00	69.1
19103	Candies, fudge, vanilla, prepared-from-recipe	82.28	79.77	78.1
43057	Candies, gum drops, dietetic or low calorie (sorbitol)	88.00	70.00	0.0
19106	Candies, gumdrops, starch jelly pieces	98.90	58.97	59.0
19107	Candies, hard	98.00	62.90	62.9
43058	Candies, hard, dietetic or low calorie (sorbitol)	93.40	93.00	0.0
19108	Candies, jellybeans	93.55	70.00	70.0
19116	Candies, marshmallows	81.30	57.56	57.6
19120	Candies, milk chocolate	59.40	51.50	44.0
19279	Candies, milk chocolate coated coffee beans	62.42	50.75	44.3
19126	Candies, milk chocolate coated peanuts	49.40	37.59	31.0
19127	Candies, milk chocolate coated raisins	68.30	62.22	39.5
19132	Candies, milk chocolate, with almonds	53.20	43.90	37.1
19134	Candies, milk chocolate, with rice cereal	63.40	55.00	47.0
43046	Candies, nougat, with almonds	92.39	83.33	81.3
19147	Candies, peanut bar	47.40	42.22	39.9
19148	Candies, peanut brittle, prepared-from-recipe	71.24	51.33	50.2
19080	Candies, semisweet chocolate	63.10	54.50	54.0
19154	Candies, sesame crunch	50.30	31.17	31.0

NDB No.	Description	Carbohydrate, by difference	Total Sugars	Added Sugars
		g/100		
19866	Candies, soft fruit and nut squares	73.81	45.95	42.9
19858	Candies, sugar-coated almonds	68.69	62.50	49.0
19081	Candies, sweet chocolate	59.60	51.48	51.0
19083	Candies, sweet chocolate coated fondant	80.20	76.68	76.7
19087	Candies, white chocolate	59.24	59.08	50.9
19163	Chewing gum	66.08	66.08	66.1
43060	Chewing gum, sugarless	94.80	0.00	0.0
19125	Chocolate-flavored hazelnut spread	62.16	54.84	50.7
19859	Cocoa, dry powder, hi-fat or breakfast, plain	48.30	1.55	0.0
19860	Cocoa, dry powder, hi-fat or breakfast, processed with alkali	45.40	1.53	0.0
19165	Cocoa, dry powder, unsweetened	54.30	1.75	0.0
19166	Cocoa, dry powder, unsweetened, processed with alkali	54.80	1.76	0.0
19227	Frostings, coconut-nut, ready-to-eat	52.70	40.00	38.1
19230	Frostings, vanilla, creamy, ready-to-eat	67.89	63.10	62.7
43450	Frozen novelites, juice type, juice with cream	24.11	20.61	0.0
19263	Frozen novelties, fruit and juice bars	20.20	17.48	0.0
43269	Frozen novelties, ice cream type, sundae, prepackaged	29.40	20.74	20.7
42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	27.49	8.52	0.0
19280	Frozen novelties, ice type, lime	32.60	32.60	32.6
19283	Frozen novelties, ice type, pop	19.23	13.66	13.4
43514	Frozen novelties, ice type, pop, with low calorie sweetener	5.92	1.52	0.3
43346	Frozen novelties, juice type, orange	23.17	19.99	0.0
42186	Frozen yogurts, chocolate	21.60	21.42	15.9
42185	Frozen yogurts, chocolate, nonfat milk, sweetened without sugar	19.70	12.61	0.0
42187	Frozen yogurts, flavors other than chocolate	21.60	21.42	15.9
19293	Frozen yogurts, vanilla, soft-serve	24.20	24.00	17.8
19294	Fruit butters, apple	42.77	35.30	25.3
19172	Gelatin desserts, dry mix	90.50	86.04	86.0
19173	Gelatin desserts, dry mix, prepared with water	14.19	13.49	13.5
19175	Gelatin desserts, dry mix, reduced calorie, with aspartame	80.21	0.00	0.0
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	4.22	0.00	0.0
19296	Honey	82.40	82.12	0.0
19270	Ice creams, chocolate	28.20	25.36	21.8
19114	Ice creams, chocolate, light	29.04	24.71	23.2
19265	Ice creams, chocolate, light, no sugar added	25.40	5.43	0.0
43541	Ice creams, chocolate, rich	20.75	17.35	13.9
19090	Ice creams, french vanilla, soft-serve	22.20	21.16	18.7
19095	Ice creams, vanilla	23.60	21.22	18.2
19867	Ice creams, vanilla, fat free	30.06	6.30	3.9
19260	Ice creams, vanilla, light, no sugar added	21.42	6.46	0.0
19096	Ice creams, vanilla, light, soft-serve	21.80	10.84	6.5
19089	Ice creams, vanilla, rich	22.29	20.65	17.2
19297	Jams and preserves	68.86	48.50	42.8
19719	Jams and preserves, apricot	64.40	36.79	35.7

NDB No.	Description	Carbohydrate, by difference	Total Sugars	Added Sugars
		g/100		
43028	Jams and preserves, dietetic (with sodium saccharin), any flavor	53.60	37.81	0.0
19300	Jellies	69.95	51.22	42.0
19303	Marmalade, orange	66.30	60.00	56.6
42131	Milk dessert, frozen, milk-fat free, chocolate	37.70	37.70	37.7
19304	Molasses	74.73	55.49	0.0
42063	Pectin, liquid	2.10	0.00	0.0
19312	Pie fillings, apple, canned	26.20	13.80	5.5
44158	Pie fillings, blueberry, canned	44.38	37.75	24.9
43098	Pie fillings, cherry, low calorie	10.33	9.15	0.0
44260	Puddings, all flavors except chocolate, low calorie, instant, dry mix	84.66	0.90	0.0
44259	Puddings, all flavors except chocolate, low calorie, regular, dry mix	86.04	2.90	0.0
19318	Puddings, banana, dry mix, instant	92.70	76.57	76.6
19319	Puddings, banana, dry mix, instant, prepared with whole milk	19.63	17.38	13.0
19320	Puddings, banana, dry mix, regular	92.90	74.32	74.3
19321	Puddings, banana, dry mix, regular, prepared with whole milk	18.31	15.98	11.4
44061	Puddings, chocolate flavor, low calorie, instant, dry mix	78.20	0.70	0.0
44258	Puddings, chocolate flavor, low calorie, regular, dry mix	74.42	0.70	0.0
19184	Puddings, chocolate, dry mix, instant	87.70	51.58	50.3
19188	Puddings, chocolate, dry mix, regular	89.30	42.87	42.6
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	19.40	11.96	7.4
19183	Puddings, chocolate, ready-to-eat	23.00	17.85	14.3
19235	Puddings, chocolate, ready-to-eat, fat free	20.30	15.30	11.7
19322	Puddings, coconut cream, dry mix, instant	85.02	64.00	50.0
19324	Puddings, coconut cream, dry mix, regular	81.84	80.54	79.2
19218	Puddings, tapioca, ready-to-eat	19.40	17.70	14.6
19234	Puddings, tapioca, ready-to-eat, fat free	20.40	15.90	13.0
19202	Puddings, vanilla, dry mix, instant	92.90	92.90	92.6
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	19.70	18.03	13.2
19206	Puddings, vanilla, dry mix, regular	93.50	79.34	79.2
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	18.68	17.09	12.5
19201	Puddings, vanilla, ready-to-eat	22.00	20.20	17.3
19233	Puddings, vanilla, ready-to-eat, fat free	22.68	15.90	11.9
19097	Sherbet, orange	30.40	24.32	20.8
19013	Snacks, fruit leather, pieces	82.82	57.58	30.0
19014	Snacks, fruit leather, rolls	85.80	49.16	30.5
19334	Sugars, brown	97.33	96.21	0.0
19335	Sugars, granulated	99.98	99.91	0.0
19340	Sugars, maple	90.90	84.87	0.0
19336	Sugars, powdered	99.60	97.91	0.0
19348	Syrups, chocolate, fudge-type	62.90	33.37	32.2
19349	Syrups, corn, dark	77.59	26.70	0.0
19351	Syrups, corn, high-fructose	76.00	26.36	0.0
19350	Syrups, corn, light	76.79	26.77	0.0
43026	Syrups, dietetic	49.20	0.01	0.0
42040	Syrups, grenadine	66.91	46.55	42.1

NDB No.	Description	Carbohydrate, by difference	Total Sugars	Added Sugars
		g/100		
19352	Syrups, malt	71.30	71.30	0.0
19353	Syrups, maple	67.09	59.52	0.0
19355	Syrups, sorghum	74.90	74.90	0.0
19361	Syrups, table blends, cane and 15% maple	69.52	68.20	68.2
19129	Syrups, table blends, pancake	61.47	33.10	33.1
19128	Syrups, table blends, pancake, reduced-calorie	44.30	15.47	15.5
19360	Syrups, table blends, pancake, with 2% maple	69.60	42.00	42.0
19365	Toppings, marshmallow cream	79.00	46.80	46.8
19367	Toppings, nuts in syrup	58.08	36.72	35.2
19366	Toppings, pineapple	66.40	21.01	17.0
19137	Toppings, strawberry	66.30	27.38	26.6
Vegetables and Vegetable Products				
11001	Alfalfa seeds, sprouted, raw	3.78	0.18	0.0
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	11.18	0.99	0.0
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	11.18	0.99	0.0
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	9.18	0.83	0.0
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	9.18	0.83	0.0
11959	Arugula, raw	3.65	2.05	0.0
11015	Asparagus, canned, drained solids	2.46	1.06	0.0
11012	Asparagus, cooked, boiled, drained	4.11	1.30	0.0
11705	Asparagus, cooked, boiled, drained, with salt	4.11	1.30	0.0
11709	Asparagus, frozen, cooked, boiled, drained, with salt	1.92	0.32	0.0
11019	Asparagus, frozen, cooked, boiled, drained, without salt	1.92	0.32	0.0
11011	Asparagus, raw	3.88	1.88	0.0
11710	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	6.78	1.04	0.0
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	6.78	1.04	0.0
11711	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	4.32	1.95	0.0
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	4.32	1.95	0.0
11028	Bamboo shoots, canned, drained solids	3.22	1.89	0.0
11026	Bamboo shoots, raw	5.20	3.00	0.0
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	2.14	1.34	0.0
11050	Beans, shellie, canned, solids and liquids	6.19	0.78	0.0
11729	Beans, snap, green, canned, no salt added, drained solids	4.50	0.96	0.0
11056	Beans, snap, green, canned, regular pack, drained solids	4.50	0.96	0.0
11723	Beans, snap, green, cooked, boiled, drained, with salt	7.88	1.55	0.0
11053	Beans, snap, green, cooked, boiled, drained, without salt	7.88	1.55	0.0
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	6.45	1.23	0.0
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	6.45	1.23	0.0
11052	Beans, snap, green, raw	7.13	1.40	0.0
11933	Beans, snap, yellow, canned, no salt added, drained solids	4.50	0.96	0.0
11932	Beans, snap, yellow, canned, regular pack, drained solids	4.50	0.96	0.0
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	7.88	1.55	0.0
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	7.88	1.55	0.0
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	6.45	1.23	0.0
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	6.45	1.23	0.0

NDB No.	Description	Carbohydrate, by difference	Total Sugars	Added Sugars
		g/100		
11087	Beet greens, cooked, boiled, drained, without salt	5.46	0.60	0.0
11086	Beet greens, raw	4.33	0.50	0.0
11084	Beets, canned, drained solids	7.21	5.51	0.0
11735	Beets, canned, no salt added, solids and liquids	6.57	5.38	0.0
11081	Beets, cooked, boiled, drained	9.96	7.96	0.0
11734	Beets, cooked, boiled, drained, with salt	9.96	7.96	0.0
11080	Beets, raw	9.56	6.76	0.0
11969	Broccoli, chinese, cooked	3.81	0.84	0.0
11742	Broccoli, cooked, boiled, drained, with salt	5.06	1.39	0.0
11091	Broccoli, cooked, boiled, drained, without salt	7.18	1.39	0.0
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	5.35	1.44	0.0
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	5.35	1.44	0.0
11092	Broccoli, frozen, chopped, unprepared	4.78	1.32	0.0
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	5.35	1.44	0.0
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	5.35	1.44	0.0
11090	Broccoli, raw	6.64	1.70	0.0
11099	Brussels sprouts, cooked, boiled, drained, without salt	7.10	1.74	0.0
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	8.32	2.08	0.0
11098	Brussels sprouts, raw	8.95	2.20	0.0
11747	Burdock root, cooked, boiled, drained, with salt	21.15	3.55	0.0
11105	Burdock root, cooked, boiled, drained, without salt	21.15	3.55	0.0
11104	Burdock root, raw	17.34	2.90	0.0
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	1.78	0.83	0.0
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	1.78	0.83	0.0
11116	Cabbage, chinese (pak-choi), raw	2.18	1.18	0.0
11119	Cabbage, chinese (pe-tsai), raw	3.23	1.41	0.0
11751	Cabbage, common, cooked, boiled, drained, with salt	4.46	2.92	0.0
11110	Cabbage, cooked, boiled, drained, without salt	4.46	2.92	0.0
43143	Cabbage, japanese style, fresh, pickled	5.67	1.30	0.2
43144	Cabbage, mustard, salted	5.63	1.40	0.0
11109	Cabbage, raw	5.58	3.58	0.0
11113	Cabbage, red, cooked, boiled, drained, without salt	6.94	3.32	0.0
11112	Cabbage, red, raw	7.37	3.91	0.0
11114	Cabbage, savoy, raw	6.10	2.27	0.0
11655	Carrot juice, canned	9.29	3.91	0.0
11683	Carrot, dehydrated	79.57	37.96	0.0
11759	Carrots, canned, no salt added, drained solids	5.54	2.48	0.0
11758	Carrots, canned, no salt added, solids and liquids	5.37	2.46	0.0
11128	Carrots, canned, regular pack, drained solids	5.54	2.48	0.0
11757	Carrots, cooked, boiled, drained, with salt	8.22	3.45	0.0
11125	Carrots, cooked, boiled, drained, without salt	8.22	3.45	0.0
11760	Carrots, frozen, cooked, boiled, drained, with salt	7.73	4.08	0.0
11131	Carrots, frozen, cooked, boiled, drained, without salt	7.73	4.08	0.0
11130	Carrots, frozen, unprepared	7.90	4.76	0.0
11124	Carrots, raw	9.58	4.54	0.0

NDB No.	Description	Carbohydrate, by difference	Total Sugars	Added Sugars
		g/100		
11134	Cassava, raw	38.06	1.70	0.0
11935	Catsup	25.08	22.77	16.4
11949	Catsup, low sodium	27.86	22.77	16.9
11761	Cauliflower, cooked, boiled, drained, with salt	4.11	1.41	0.0
11136	Cauliflower, cooked, boiled, drained, without salt	4.11	1.41	0.0
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	3.75	1.05	0.0
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	3.75	1.05	0.0
11137	Cauliflower, frozen, unprepared	4.68	2.22	0.0
11965	Cauliflower, green, raw	6.09	3.03	0.0
11135	Cauliflower, raw	5.30	2.40	0.0
11141	Celeriac, raw	9.20	1.60	0.0
44055	Celery flakes, dried	63.70	35.90	0.0
11764	Celery, cooked, boiled, drained, with salt	4.01	2.37	0.0
11144	Celery, cooked, boiled, drained, without salt	4.01	2.37	0.0
11143	Celery, raw	2.97	1.83	0.0
11765	Chard, swiss, cooked, boiled, drained, with salt	4.13	1.10	0.0
11148	Chard, swiss, cooked, boiled, drained, without salt	4.13	1.10	0.0
11147	Chard, swiss, raw	3.74	1.10	0.0
11149	Chayote, fruit, raw	3.90	1.85	0.0
11152	Chicory greens, raw	4.70	0.70	0.0
11156	Chives, raw	4.35	1.85	0.0
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	4.31	2.01	0.0
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	4.31	2.01	0.0
11768	Collards, cooked, boiled, drained, with salt	4.91	0.40	0.0
11162	Collards, cooked, boiled, drained, without salt	4.91	0.40	0.0
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	7.11	0.57	0.0
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	7.11	0.57	0.0
11161	Collards, raw	5.69	0.46	0.0
11165	Coriander (cilantro) leaves, raw	3.67	0.87	0.0
11656	Corn pudding, home prepared	17.00	6.97	3.8
11907	Corn, sweet, white, canned, cream style, no salt added	18.13	2.21	1.6
11906	Corn, sweet, white, canned, cream style, regular pack	18.13	2.21	1.6
11905	Corn, sweet, white, canned, whole kernel, drained solids	18.59	2.40	0.0
11902	Corn, sweet, white, cooked, boiled, drained, with salt	25.11	4.07	0.0
11901	Corn, sweet, white, cooked, boiled, drained, without salt	25.11	4.07	0.0
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	19.56	3.12	0.0
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	19.56	3.12	0.0
11772	Corn, sweet, yellow, canned, cream style, no salt added	18.13	3.23	2.4
11174	Corn, sweet, yellow, canned, cream style, regular pack	18.13	3.23	2.4
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	15.41	2.83	0.0
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	19.44	3.56	0.0
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	19.44	3.56	0.0
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	18.59	3.50	0.0
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	25.11	3.17	0.0
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	25.11	3.17	0.0

NDB No.	Description	Carbohydrate, by difference	Total Sugars	Added Sugars
		g/100		
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	19.30	3.07	0.0
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	20.80	3.36	0.0
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	22.33	3.59	0.0
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	19.30	3.07	0.0
11167	Corn, sweet, yellow, raw	19.02	3.22	0.0
11777	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, with salt	20.32	3.23	0.0
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	20.32	3.23	0.0
11778	Cowpeas (Blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	23.76	4.46	0.0
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	23.76	4.46	0.0
11781	Cress, garden, cooked, boiled, drained, with salt	3.80	3.11	0.0
11204	Cress, garden, cooked, boiled, drained, without salt	3.80	3.11	0.0
11203	Cress, garden, raw	5.50	4.40	0.0
11206	Cucumber, peeled, raw	2.16	1.38	0.0
11205	Cucumber, with peel, raw	3.63	1.67	0.0
11782	Dandelion greens, cooked, boiled, drained, with salt	6.40	2.73	0.0
11208	Dandelion greens, cooked, boiled, drained, without salt	6.40	2.73	0.0
11207	Dandelion greens, raw	9.20	3.85	0.0
11783	Eggplant, cooked, boiled, drained, with salt	8.73	3.20	0.0
11210	Eggplant, cooked, boiled, drained, without salt	8.73	3.20	0.0
43146	Eggplant, pickled	9.77	4.80	3.8
11209	Eggplant, raw	5.70	2.35	0.0
11213	Endive, raw	3.35	0.25	0.0
11215	Garlic, raw	33.06	1.00	0.0
11216	Ginger root, raw	17.77	1.70	0.0
11974	Grape leaves, raw	17.31	6.30	0.0
11786	Horseradish-tree, leafy tips, cooked, boiled, drained, with salt	11.15	1.00	0.0
11223	Horseradish-tree, leafy tips, cooked, boiled, drained, without salt	11.15	1.00	0.0
11226	Jerusalem-artichokes, raw	17.44	9.60	0.0
11789	Jute, potherb, cooked, boiled, drained, with salt	7.29	1.00	0.0
11232	Jute, potherb, cooked, boiled, drained, without salt	7.29	1.00	0.0
11790	Kale, cooked, boiled, drained, with salt	5.63	1.25	0.0
11234	Kale, cooked, boiled, drained, without salt	5.63	1.25	0.0
11791	Kale, frozen, cooked, boiled, drained, with salt	5.23	1.34	0.0
11236	Kale, frozen, cooked, boiled, drained, without salt	5.23	1.34	0.0
11793	Kohlrabi, cooked, boiled, drained, with salt	6.69	2.80	0.0
11242	Kohlrabi, cooked, boiled, drained, without salt	6.69	2.80	0.0
11241	Kohlrabi, raw	6.20	2.60	0.0
11245	Lambquarters, cooked, boiled, drained, without salt	5.00	0.62	0.0
11246	Leeks, (bulb and lower leaf-portion), raw	14.15	3.90	0.0
11250	Lettuce, butterhead (includes boston and bibb types), raw	2.23	0.94	0.0
11251	Lettuce, cos or romaine, raw	3.28	1.19	0.0
11253	Lettuce, green leaf, raw	2.79	0.78	0.0
11252	Lettuce, iceberg (includes crisphead types), raw	2.97	1.76	0.0
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	13.33	0.93	0.0
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	23.64	1.63	0.0

NDB No.	Description	Carbohydrate, by difference	Total Sugars	Added Sugars
		g/100		
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	23.64	1.63	0.0
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	19.45	1.37	0.0
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	19.45	1.37	0.0
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	19.32	1.34	0.0
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	19.32	1.34	0.0
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	19.83	1.39	0.0
11031	Lima beans, immature seeds, raw	20.17	1.48	0.0
11255	Lotus root, cooked, boiled, drained, without salt	16.02	0.50	0.0
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	4.19	2.84	0.0
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	4.19	2.84	0.0
11043	Mung beans, mature seeds, sprouted, raw	5.94	4.13	0.0
11264	Mushrooms, canned, drained solids	5.09	2.20	0.0
11797	Mushrooms, cooked, boiled, drained, with salt	5.29	2.20	0.0
11261	Mushrooms, cooked, boiled, drained, without salt	5.29	2.20	0.0
11265	Mushrooms, portabella, raw	5.07	1.80	0.0
11260	Mushrooms, raw	3.28	1.65	0.0
11798	Mushrooms, shiitake, cooked, with salt	14.39	4.08	0.0
11269	Mushrooms, shiitake, cooked, without salt	14.39	4.08	0.0
11268	Mushrooms, shiitake, dried	75.37	22.37	0.0
11799	Mustard greens, cooked, boiled, drained, with salt	2.10	0.10	0.0
11271	Mustard greens, cooked, boiled, drained, without salt	2.10	0.10	0.0
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	3.11	0.32	0.0
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	3.11	0.32	0.0
11270	Mustard greens, raw	4.90	1.60	0.0
11964	Nopales, cooked, without salt	3.28	1.12	0.0
11963	Nopales, raw	3.33	1.15	0.0
11803	Okra, cooked, boiled, drained, with salt	4.51	2.40	0.0
11279	Okra, cooked, boiled, drained, without salt	4.55	2.40	0.0
11804	Okra, frozen, cooked, boiled, drained, with salt	5.75	2.87	0.0
11281	Okra, frozen, cooked, boiled, drained, without salt	5.75	2.87	0.0
11280	Okra, frozen, unprepared	6.63	2.97	0.0
11278	Okra, raw	7.03	1.20	0.0
11805	Onions, cooked, boiled, drained, with salt	10.15	4.53	0.0
11283	Onions, cooked, boiled, drained, without salt	10.15	4.53	0.0
11284	Onions, dehydrated flakes	83.28	35.89	0.0
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	6.59	2.90	0.0
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	6.60	2.90	0.0
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	6.70	2.90	0.0
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	6.70	2.90	0.0
11289	Onions, frozen, whole, unprepared	8.44	3.65	0.0
11282	Onions, raw	10.11	4.28	0.0
11291	Onions, spring or scallions (includes tops and bulb), raw	7.34	2.33	0.0
11292	Onions, young green, tops only	5.65	2.10	0.0
43392	Palm hearts, raw	25.61	17.16	0.0
11297	Parsley, raw	6.33	0.85	0.0

NDB No.	Description	Carbohydrate, by difference	Total Sugars	Added Sugars
		g/100		
11808	Parsnips, cooked, boiled, drained, with salt	19.53	4.80	0.0
11299	Parsnips, cooked, boiled, drained, without salt	17.01	4.80	0.0
11816	Peas and carrots, canned, no salt added, solids and liquids	8.48	2.83	0.0
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	10.12	4.36	0.0
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	10.12	4.36	0.0
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	8.63	3.77	0.0
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	8.63	3.77	0.0
11301	Peas, edible-podded, boiled, drained, without salt	7.05	3.99	0.0
11809	Peas, edible-podded, cooked, boiled, drained, with salt	7.05	3.99	0.0
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	9.02	4.82	0.0
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	9.02	4.82	0.0
11300	Peas, edible-podded, raw	7.55	4.00	0.0
11813	Peas, green, canned, no salt added, drained solids	12.58	4.16	0.0
11812	Peas, green, canned, no salt added, solids and liquids	9.75	3.20	0.0
11308	Peas, green, canned, regular pack, drained solids	12.58	4.16	0.0
11811	Peas, green, cooked, boiled, drained, with salt	15.64	5.93	0.0
11305	Peas, green, cooked, boiled, drained, without salt	15.64	5.93	0.0
11814	Peas, green, frozen, cooked, boiled, drained, with salt	14.26	4.65	0.0
11313	Peas, green, frozen, cooked, boiled, drained, without salt	14.26	4.65	0.0
11312	Peas, green, frozen, unprepared	13.71	5.38	0.0
11304	Peas, green, raw	14.46	5.67	0.0
11976	Pepper, banana, raw	5.35	1.95	0.0
11977	Pepper, serrano, raw	6.70	4.06	0.0
11962	Peppers, hot chile, sun-dried	69.86	41.06	0.0
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	5.10	3.12	0.0
11670	Peppers, hot chili, green, raw	9.46	5.10	0.0
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	5.10	3.32	0.0
11819	Peppers, hot chili, red, raw	8.81	5.30	0.0
11979	Peppers, jalapeno, raw	5.91	3.46	0.0
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	6.57	3.38	0.0
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	6.70	3.38	0.0
11634	Peppers, sweet, green, freeze-dried	68.70	40.77	0.0
11333	Peppers, sweet, green, raw	4.64	2.40	0.0
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	6.57	4.39	0.0
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	6.70	4.39	0.0
11931	Peppers, sweet, red, freeze-dried	68.70	40.77	0.0
11917	Peppers, sweet, red, frozen, chopped, unprepared	4.45	3.26	0.0
11821	Peppers, sweet, red, raw	6.03	4.20	0.0
11945	Pickle relish, sweet	35.06	15.98	3.4
11941	Pickle, cucumber, sour	2.26	1.06	0.0
11946	Pickle, cucumber, sour, low sodium	2.26	1.06	0.0
11940	Pickle, cucumber, sweet	31.81	14.63	3.4
11948	Pickle, cucumber, sweet, low sodium	33.73	14.63	3.4
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	26.64	13.10	4.7
11937	Pickles, cucumber, dill	4.12	3.51	0.0

NDB No.	Description	Carbohydrate, by difference	Total Sugars	Added Sugars
		g/100		
11942	Pickles, cucumber, fresh, (bread and butter pickles)	18.79	8.97	3.7
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	19.49	2.48	0.0
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	19.49	2.48	0.0
11344	Pigeonpeas, immature seeds, raw	23.88	3.00	0.0
11943	Pimento, canned	5.10	2.87	0.0
11349	Poi	27.23	0.39	0.0
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	3.10	1.60	0.0
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	3.10	1.60	0.0
11413	Potato flour	83.08	3.52	0.0
11672	Potato pancakes	27.90	1.80	0.0
11399	Potato puffs, frozen, oven-heated	27.75	0.25	0.0
11674	Potato, baked, flesh and skin, without salt	21.15	1.18	0.0
11352	Potato, flesh and skin, raw	17.47	0.78	0.0
11828	Potatoes, baked, flesh and skin, with salt	21.15	1.18	0.0
11829	Potatoes, baked, flesh, with salt	21.55	1.70	0.0
11363	Potatoes, baked, flesh, without salt	21.55	1.70	0.0
11830	Potatoes, baked, skin, with salt	46.06	1.40	0.0
11364	Potatoes, baked, skin, without salt	46.06	1.40	0.0
11831	Potatoes, boiled, cooked in skin, flesh, with salt	20.13	0.87	0.0
11365	Potatoes, boiled, cooked in skin, flesh, without salt	20.13	0.87	0.0
11833	Potatoes, boiled, cooked without skin, flesh, with salt	20.01	0.85	0.0
11367	Potatoes, boiled, cooked without skin, flesh, without salt	20.01	0.85	0.0
43311	Potatoes, canned, drained solids, no salt added	13.60	0.59	0.0
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	30.27	0.28	0.0
11400	Potatoes, frozen, whole, unprepared	17.48	0.78	0.0
11391	Potatoes, hashed brown, frozen, plain, prepared	28.10	1.57	0.0
11370	Potatoes, hashed brown, home-prepared	35.11	1.49	0.0
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	81.21	3.52	0.0
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	77.70	3.53	0.0
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	10.81	1.63	0.0
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	16.08	1.77	0.0
11657	Potatoes, mashed, home-prepared, whole milk added	17.53	1.51	0.0
11934	Potatoes, mashed, home-prepared, whole milk and butter added	16.77	1.43	0.0
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	16.91	1.44	0.0
11417	Pumpkin flowers, cooked, boiled, drained, without salt	3.30	2.40	0.0
11419	Pumpkin leaves, cooked, boiled, drained, without salt	3.39	0.69	0.0
11846	Pumpkin, canned, with salt	8.09	3.30	0.0
11424	Pumpkin, canned, without salt	8.09	3.30	0.0
11845	Pumpkin, cooked, boiled, drained, with salt	4.90	1.02	0.0
11423	Pumpkin, cooked, boiled, drained, without salt	4.90	1.02	0.0
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	3.19	2.40	0.0
11848	Pumpkin, leaves, cooked, boiled, drained, with salt	3.39	0.69	0.0
11422	Pumpkin, raw	6.50	1.36	0.0

NDB No.	Description	Carbohydrate, by difference	Total Sugars	Added Sugars
		g/100		
11952	Radicchio, raw	4.48	0.60	0.0
43142	Radishes, hawaiian style, pickled	5.20	2.00	0.0
11850	Radishes, oriental, cooked, boiled, drained, with salt	3.43	1.83	0.0
11431	Radishes, oriental, cooked, boiled, drained, without salt	3.43	1.83	0.0
11430	Radishes, oriental, raw	4.10	2.50	0.0
11429	Radishes, raw	3.40	2.12	0.0
11851	Rutabagas, cooked, boiled, drained, with salt	8.74	6.02	0.0
11436	Rutabagas, cooked, boiled, drained, without salt	8.74	6.02	0.0
11435	Rutabagas, raw	8.13	5.60	0.0
11852	Salsify, cooked, boiled, drained, with salt	15.36	2.90	0.0
11438	Salsify, cooked, boiled, drained, without salt	15.36	2.90	0.0
43350	Sauerkraut, canned, low sodium	4.35	1.78	0.0
11439	Sauerkraut, canned, solids and liquids	4.28	1.78	0.0
11663	Seaweed, agar, dried	80.88	2.97	0.0
11442	Seaweed, agar, raw	6.75	0.28	0.0
11444	Seaweed, irishmoss, raw	12.29	0.61	0.0
11445	Seaweed, kelp, raw	9.57	0.60	0.0
11446	Seaweed, laver, raw	5.11	0.49	0.0
11667	Seaweed, spirulina, dried	23.90	3.10	0.0
11669	Seaweed, wakame, raw	9.14	0.65	0.0
11453	Soybeans, mature seeds, sprouted, cooked, steamed	6.53	0.43	0.0
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	6.53	0.43	0.0
11658	Spinach souffle	5.82	1.85	0.0
11461	Spinach, canned, drained solids	3.40	0.40	0.0
11854	Spinach, cooked, boiled, drained, with salt	3.75	0.43	0.0
11458	Spinach, cooked, boiled, drained, without salt	3.75	0.43	0.0
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	5.16	0.51	0.0
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	5.16	0.51	0.0
11463	Spinach, frozen, chopped or leaf, unprepared	4.33	0.87	0.0
11457	Spinach, raw	3.63	0.42	0.0
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	4.31	2.59	0.0
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	4.31	2.59	0.0
11641	Squash, summer, all varieties, raw	3.35	2.20	0.0
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	2.96	1.19	0.0
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	4.31	2.43	0.0
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	4.31	1.89	0.0
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	5.54	2.33	0.0
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	5.54	2.33	0.0
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	3.30	1.40	0.0
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	3.30	1.40	0.0
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	3.93	1.69	0.0
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	3.93	1.69	0.0
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	3.56	1.69	0.0

NDB No.	Description	Carbohydrate, by difference	Total Sugars	Added Sugars
		g/100		
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	3.56	1.69	0.0
11477	Squash, summer, zucchini, includes skin, raw	3.35	1.73	0.0
11863	Squash, winter, all varieties, cooked, baked, with salt	8.74	3.30	0.0
11644	Squash, winter, all varieties, cooked, baked, without salt	8.85	3.30	0.0
11643	Squash, winter, all varieties, raw	8.59	2.20	0.0
11866	Squash, winter, butternut, cooked, baked, with salt	10.49	1.97	0.0
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	6.46	2.93	0.0
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	6.46	2.93	0.0
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	6.46	2.53	0.0
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	6.46	2.53	0.0
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	19.95	2.21	0.0
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	19.95	2.21	0.0
11874	Sweet potato leaves, cooked, steamed, with salt	7.32	5.42	0.0
11506	Sweet potato leaves, cooked, steamed, without salt	7.32	5.42	0.0
11645	Sweet potato, canned, syrup pack, solids and liquids	20.93	15.40	9.5
11512	Sweet potato, canned, vacuum pack	21.12	5.00	0.0
11875	Sweet potato, cooked, baked in skin, with salt	20.71	8.44	0.0
11508	Sweet potato, cooked, baked in skin, without salt	20.71	8.44	0.0
11510	Sweet potato, cooked, boiled, without skin	17.72	5.74	0.0
11507	Sweet potato, raw, unprepared	20.12	4.18	0.0
11520	Taro leaves, raw	6.70	3.01	0.0
11878	Taro, cooked, with salt	34.60	0.49	0.0
11519	Taro, cooked, without salt	34.60	0.49	0.0
11518	Taro, raw	26.46	0.40	0.0
11954	Tomatillos, raw	5.84	3.93	0.0
43365	Tomato and vegetable juice, low sodium	4.59	3.80	0.0
11540	Tomato juice, canned, with salt added	4.24	3.56	0.0
11886	Tomato juice, canned, without salt added	4.24	3.56	0.0
11548	Tomato powder	74.68	43.90	0.0
11887	Tomato products, canned, paste, with salt added	18.91	12.18	0.0
11546	Tomato products, canned, paste, without salt added	18.91	10.41	0.0
11888	Tomato products, canned, puree, with salt added	8.98	4.83	0.0
11547	Tomato products, canned, puree, without salt added	8.98	4.83	0.0
11549	Tomato products, canned, sauce	7.37	4.25	0.0
11551	Tomato products, canned, sauce, with mushrooms	8.43	4.68	0.0
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	8.77	7.36	2.9
43217	Tomato sauce, no salt added	7.41	4.24	0.0
11527	Tomatoes, green, raw	5.10	4.00	0.0
11533	Tomatoes, red, ripe, canned, stewed	6.19	4.41	1.4
11535	Tomatoes, red, ripe, canned, wedges in tomato juice	6.31	3.72	0.0
11885	Tomatoes, red, ripe, canned, whole, no salt added	4.37	2.88	0.0
11531	Tomatoes, red, ripe, canned, whole, regular pack	3.91	2.56	0.0
11530	Tomatoes, red, ripe, cooked	4.01	2.49	0.0
11884	Tomatoes, red, ripe, cooked, with salt	4.01	2.49	0.0

NDB No.	Description	Carbohydrate, by difference	Total Sugars	Added Sugars
		g/100		
11529	Tomatoes, red, ripe, raw, year round average	3.92	2.63	0.0
11955	Tomatoes, sun-dried	55.76	37.59	0.0
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	2.87	1.07	0.0
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	2.87	1.07	0.0
43387	Turnip greens, canned, no salt added	2.81	0.42	0.0
11891	Turnip greens, cooked, boiled, drained, with salt	4.36	0.53	0.0
11569	Turnip greens, cooked, boiled, drained, without salt	4.36	0.53	0.0
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	4.98	0.75	0.0
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	4.98	0.75	0.0
11889	Turnips, cooked, boiled, drained, with salt	5.06	2.99	0.0
11565	Turnips, cooked, boiled, drained, without salt	5.06	2.99	0.0
11890	Turnips, frozen, cooked, boiled, drained, with salt	4.35	2.35	0.0
11567	Turnips, frozen, cooked, boiled, drained, without salt	4.35	2.35	0.0
11564	Turnips, raw	6.43	3.80	0.0
11578	Vegetable juice cocktail, canned	4.55	3.30	0.0
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	7.31	2.45	0.0
11581	Vegetables, mixed, canned, drained solids	9.26	2.45	0.0
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	13.09	3.16	0.0
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	13.09	3.16	0.0
11588	Waterchestnuts, chinese, (matai), raw	23.94	4.80	0.0
11590	Waterchestnuts, chinese, canned, solids and liquids	12.30	2.46	0.0
11591	Watercress, raw	1.29	0.20	0.0
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	3.04	1.18	0.0
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	3.04	1.18	0.0
11897	Yam, cooked, boiled, drained, or baked, with salt	27.58	0.49	0.0
11602	Yam, cooked, boiled, drained, or baked, without salt	27.58	0.49	0.0
11601	Yam, raw	27.88	0.50	0.0
11603	Yambean (jicama), raw	8.82	1.80	0.0
43406	Yeast extract spread	11.80	0.00	0.0