

USDA National Nutrient Database for Standard ReferenceRelease 27

Nutrients: Calcium, Ca (mg)

Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: Household
Report Run at: January 05, 2015 00:19 EST

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	262.0	1.0 cup	1514
12023	Seeds, sesame seeds, whole, dried	144.0	1.0 cup	1404
12193	Seeds, sisymbrium sp. seeds, whole, dried	74.0	1.0 cup	1208
01113	Whey, acid, dried	57.0	1.0 cup	1171
01212	Milk, dry, whole, without added vitamin D	128.0	1.0 cup	1167
01115	Whey, sweet, dried	145.0	1.0 cup	1154
01204	Cheese, parmesan, dry grated, reduced fat	100.0	1.0 cup	1109
42304	Cheese, mozzarella, nonfat	113.0	1.0 cup, shredded	1086
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	1081
01040	Cheese, swiss	132.0	1.0 cup, diced	1044
01182	USDA Commodity, cheese, cheddar, reduced fat	113.0	1.0 cup shredded	1023
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	53.0	1.0 cup (1 NLEA serving)	1000
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30.0	0.75 cup (1 NLEA serving)	1000
01035	Cheese, provolone	132.0	1.0 cup, diced	998
01208	Cheese, provolone, reduced fat	132.0	1.0 cup, diced	998
01025	Cheese, monterey	132.0	1.0 cup, diced	985
43597	Cheese, mozzarella, low sodium	132.0	1.0 cup, diced	965
43275	Cheese, pasteurized process, American, low fat	140.0	1.0 cup, diced	958
43379	Cheese, pasteurized process, swiss, low fat	140.0	1.0 cup, diced	958
01030	Cheese, muenster	132.0	1.0 cup, diced	946
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	945
42155	Cheese, monterey, low fat	132.0	1.0 cup, diced	931
01169	Cheese, low-sodium, cheddar or colby	132.0	1.0 cup, diced	928
01011	Cheese, colby	132.0	1.0 cup, diced	904
36041	Restaurant, Italian, lasagna with meat	457.0	1.0 serving	900
01165	Cheese, mexican, queso anejo	132.0	1.0 cup, crumbled	898
01009	Cheese, cheddar	132.0	1.0 cup, diced	891
36042	OLIVE GARDEN, lasagna classico	422.0	1.0 serving	890
01005	Cheese, brick	132.0	1.0 cup, diced	890

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
36052	Restaurant, Mexican, cheese quesadilla	205.0	1.0 serving serving size varied on diameter and count of quesadila	882
36051	ON THE BORDER, cheese quesadilla	203.0	1.0 serving 1 quesadilla	877
01166	Cheese, mexican, queso asadero	132.0	1.0 cup, diced	873
43398	Cheese, pasteurized process, cheddar or American, low sodium	140.0	1.0 cup, diced	862
16426	Tofu, raw, firm, prepared with calcium sulfate	126.0	0.5 cup	861
01043	Cheese, pasteurized process, pimento	140.0	1.0 cup, diced	860
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	859
01034	Cheese, port de salut	132.0	1.0 cup, diced	858
01032	Cheese, parmesan, grated	100.0	1.0 cup	853
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	68.0	1.0 cup	837
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	68.0	1.0 cup	837
25006	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Double Chocolate Nut Bar	55.0	1.0 bar	822
36012	Restaurant, family style, fried mozzarella sticks	245.0	1.0 serving	818
01229	Cheese, white, queso blanco	118.0	1.0 cup crumbled	814
36043	CARRABBA'S ITALIAN GRILL, lasagne	437.0	1.0 serving	808
16135	Winged beans, mature seeds, raw	182.0	1.0 cup	801
43340	Cheese, parmesan, low sodium	100.0	1.0 cup, grated	800
42117	Imitation cheese, american or cheddar, low cholesterol	113.0	1.0 cup, shredded	797
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	787
19182	Desserts, mousse, chocolate, prepared-from-recipe	808.0	1.0 recipe yield	776
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	771
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	771
36050	Restaurant, Mexican, cheese enchilada	244.0	1.0 serving serving size varied from 1 to 3 enchiladas	766
36611	DENNY'S, mozzarella cheese sticks	228.0	1.0 serving	755
01019	Cheese, feta	150.0	1.0 cup, crumbled	740
36049	ON THE BORDER, cheese enchilada	250.0	1.0 serving serving size varied from 1 to 3 enchiladas	732
11432	Radishes, oriental, dried	116.0	1.0 cup	730
01020	Cheese, fontina	132.0	1.0 cup, diced	726
14315	Beverages, OVALTINE, chocolate malt powder	78.0	1.0 cup	709
19304	Molasses	337.0	1.0 cup	691
01228	Cheese, fresh, queso fresco	122.0	1.0 cup crumbled	691
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	689
01024	Cheese, limburger	134.0	1.0 cup	666
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	252.0	1.0 cup	658
01227	Cheese, dry white, queso seco	97.0	1.0 cup grated	641

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01271	Cheese, mozzarella, low moisture, part-skim, shredded	86.0	1.0 cup	616
14058	Beverages, Whey protein powder isolate	86.0	3.0 scoop	600
01224	Protein supplement, milk based, Muscle Milk Light, powder	50.0	2.0 scoop	600
14083	Beverages, Chocolate malt, powder, prepared with fat free milk	256.0	1.0 serving	599
42303	Cheese, muenster, low fat	113.0	1.0 cup, shredded	598
22985	KASHI, Lemongrass Coconut Chicken, Frozen Entree	283.0	1.0 package	580
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	149.0	1.0 cup, drained	569
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	566
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	454.0	1.0 serving varied from 7-9 ravioli per serving	549
01168	Cheese, low fat, cheddar or colby	132.0	1.0 cup, diced	548
25004	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Chewy Chocolate Peanut Bar	55.0	1.0 bar	531
25005	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON MULTIGRAIN CRUNCH BAR	55.0	1.0 bar	524
16108	Soybeans, mature seeds, raw	186.0	1.0 cup	515
36055	Restaurant, Italian, cheese ravioli with marinara sauce	427.0	1.0 serving serving size varied by diameter and count of raviloi	512
20024	Cornmeal, self-rising, bolted, with wheat flour added, enriched, yellow	170.0	1.0 cup	508
20324	Cornmeal, self-rising, bolted, with wheat flour added, enriched, white	170.0	1.0 cup	508
21270	TACO BELL, Taco Salad	533.0	1.0 item	506
11450	Soybeans, green, raw	256.0	1.0 cup	504
42290	Milk, fluid, nonfat, calcium fortified (fat free or skim)	247.0	1.0 cup	504
14043	Beverages, NESTLE, CARNATION BREAKFAST ESSENTIALS , nutritional drink, ready-to-drink, Rich milk chocolate flavor, no sugar added	337.0	11.0 fl oz	502
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	80.0	1.0 bar	500
19355	Syrups, sorghum	330.0	1.0 cup	495
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	365.0	1.0 serving varied from 8 to 10 ravioli per serving	493
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	250.0	1.0 cup	485
16049	Beans, white, mature seeds, raw	202.0	1.0 cup	485
21488	Fast foods, quesadilla, with chicken	180.0	1.0 each quesadilla	484
20325	Cornmeal, self-rising, degermed, enriched, white	138.0	1.0 cup	483
20025	Cornmeal, self-rising, degermed, enriched, yellow	138.0	1.0 cup	483
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	339.0	1.0 serving	481
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	295.0	1.0 bottle	475
01109	Milk, sheep, fluid	245.0	1.0 cup	473
21338	McDONALD'S, McFLURRY with M&M'S CANDIES	348.0	12.0 fl oz cup regular	470
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	348.0	12.0 fl oz cup	470

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11794	Lambs quarters, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	464
11245	Lambsquarters, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	464
12565	Nuts, almonds, oil roasted, with salt added	157.0	1.0 cup whole kernels	457
12665	Nuts, almonds, oil roasted, lightly salted	157.0	1.0 cup whole kernels	457
12065	Nuts, almonds, oil roasted, without salt added	157.0	1.0 cup whole kernels	457
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	240.0	8.0 fl oz	451
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	451
12007	Seeds, cottonseed flour, partially defatted (glandless)	94.0	1.0 cup	449
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	161.0	1.0 slice 1/4 of pie	443
20023	Cornmeal, self-rising, bolted, plain, enriched, yellow	122.0	1.0 cup	440
20323	Cornmeal, self-rising, bolted, plain, enriched, white	122.0	1.0 cup	440
21413	Light Ice Cream, soft serve, blended with cookie pieces	337.0	12.0 fl oz cup	435
21339	McDONALD'S, McFLURRY with OREO cookies	337.0	12.0 fl oz cup regular	435
16427	Tofu, raw, regular, prepared with calcium sulfate	124.0	0.5 cup	434
21101	Fast foods, cheeseburger; triple, regular patty; plain	249.0	1.0 item	433
35205	Stinging Nettles, blanched (Northern Plains Indians)	89.0	1.0 cup	428
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	425
05303	Poultry, mechanically deboned, from mature hens, raw	227.0	0.5 lb	424
43299	Soybean, curd cheese	225.0	1.0 cup	423
21088	Tostada with guacamole	261.0	2.0 pieces	423
20082	Wheat flour, white, all-purpose, self-rising, enriched	125.0	1.0 cup	422
16160	Tofu, hard, prepared with nigari	122.0	0.25 block	421
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	55.0	1.0 bar	415
01108	Milk, indian buffalo, fluid	244.0	1.0 cup	412
21134	Fast foods, potato, baked and topped with cheese sauce and chili	395.0	1.0 piece	411
21476	DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	179.0	1.0 slice 1/4 of pie	405
16242	SILK Plus for Bone Health, soymilk	243.0	1.0 cup	401
14634	Ready-to-drink reduced fat milk beverage, flavored and sweetened, with added calcium, vitamin A and vitamin D	244.0	1.0 cup	400
08669	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Chocolate Squares	30.0	0.75 cup (1 NLEA serving)	400
01263	Ice cream, light, soft serve, chocolate	298.0	1.0 medium	399
36060	ON THE BORDER, soft taco with ground beef, cheese and lettuce	324.0	1.0 serving varied from 2-3 tacos per serving	399
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	164.0	1.0 slice 1/4 of pie	385
12061	Nuts, almonds	143.0	1.0 cup, whole	385
14044	Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan	295.0	1.0 bottle	384
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	117.0	1.0 piece	380

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
16113	Natto	175.0	1.0 cup	380
12206	Nuts, almonds, honey roasted, unblanched	144.0	1.0 cup whole kernels	379
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup	377
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	30.0	0.25 cup	377
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	257.0	1.0 serving	375
14558	Chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	266.0	1.0 serving	375
16045	Beans, small white, mature seeds, raw	215.0	1.0 cup	372
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	370
12563	Nuts, almonds, dry roasted, with salt added	138.0	1.0 cup whole kernels	370
19225	Desserts, rennin, tablets, unsweetened	9.9	1.0 package (0.35 oz)	370
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	368
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	55.0	1.0 bar	367
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	249.0	1.0 cup	364
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	17.0	1.0 piece	363
16030	Beans, kidney, california red, mature seeds, raw	184.0	1.0 cup	359
16272	Vitasoy USA Nasoya, Lite Silken Tofu	91.0	0.2 package	359
16055	Carob flour	103.0	1.0 cup	358
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.0	1.0 cup, chopped	357
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	170.0	1.0 cup, chopped	357
21398	Fast foods, cheeseburger; single, large patty; with condiments	199.0	1.0 item	356
01094	Milk, buttermilk, dried	30.0	0.25 cup	355
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	246.0	1.0 cup	352
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	352
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	183.0	1.0 slice 1/4 of pie	351
32015	Turnover, cheese-filled, tomato-based sauce, frozen, unprepared	127.0	1.0 serving 4.5 oz	351
42189	Milk, buttermilk, fluid, cultured, reduced fat	245.0	1.0 cup	350
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A	245.0	1.0 cup	350
28012	KELLOGG'S, EGGO, FIBERPLUS Waffles, Buttermilk	70.0	2.0 waffles	350
16241	SILK Plus Omega-3 DHA, soymilk	243.0	1.0 cup	350
16245	SILK Very Vanilla, soymilk	243.0	1.0 cup	350
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	349
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	349
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	349
19079	Candies, confectioner's coating, yogurt	170.0	1.0 cup chips	348
09310	Rhubarb, frozen, cooked, with sugar	240.0	1.0 cup	348
20142	Teff, uncooked	193.0	1.0 cup	347

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
25017	Formulated bar, POWER BAR, chocolate	68.0	1.0 bar	343
16022	Beans, french, mature seeds, raw	184.0	1.0 cup	342
12062	Nuts, almonds, blanched	145.0	1.0 cup whole kernels	342
22956	Lasagna, Vegetable, frozen, baked	227.0	1.0 serving	340
16223	Soymilk (All flavors), enhanced	243.0	1.0 cup	340
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1.0 tsp	339
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	170.0	1.0 container (6 oz)	338
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	337
01033	Cheese, parmesan, hard	28.35	1.0 oz	336
21133	Fast foods, potato, baked and topped with cheese sauce and broccoli	339.0	1.0 piece	336
36056	Restaurant, Mexican, cheese tamales	302.0	1.0 serving serving size varied from 1 to 3 tamales	335
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	196.0	6.0 inch sub	335
21213	SUBWAY, cold cut sub on white bread, with lettuce and tomato	196.0	6.0 inch sub	335
14059	Beverages, KELLOGG'S, SPECIAL K Protein Shake	296.0	1.0 serving	334
22915	Lasagna with meat & sauce, low-fat, frozen entree	309.0	1.0 package	334
01057	Eggnog	254.0	1.0 cup	330
05304	Turkey, mechanically deboned, from turkey frames, raw	227.0	0.5 lb	329
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	281.0	1.0 serving varied from 1 to 3 tacos per serving	326
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	326
16047	Beans, yellow, mature seeds, raw	196.0	1.0 cup	325
21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	207.0	1.0 slice 1/4 of pie	325
01209	Cheese, Mexican, blend, reduced fat	28.35	1.0 oz	325
21074	Fast foods, enchilada, with cheese	163.0	1.0 enchilada	324
14062	Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	254.0	8.0 fl oz	323
21214	SUBWAY, tuna sub on white bread, with lettuce and tomato	237.0	6.0 inch sub	322
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	237.0	6.0 inch sub	322
16024	Beans, great northern, mature seeds, raw	183.0	1.0 cup	320
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	237.0	1.0 bottle	320
36059	Restaurant, Italian, chicken parmesan without pasta	301.0	1.0 serving	319
36621	Restaurant, Chinese, sweet and sour chicken	706.0	1.0 order	318
16076	Lupins, mature seeds, raw	180.0	1.0 cup	317
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	316
21479	DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	227.0	1.0 slice 1/4 of pie	316
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	125.0	1.0 cup	315
11274	Mustard spinach, (tendergreen), raw	150.0	1.0 cup, chopped	315
06165	Sauce, homemade, white, thin	250.0	1.0 cup	315

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01252	Dairy, Cheese product, pasteurized process, American, vitamin D fortified	19.0	1.0 slice 2/3 oz.	314
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	245.0	1.0 cup	314
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	245.0	1.0 cup	314
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	227.0	0.5 lb	313
01059	Milk, filled, fluid, with blend of hydrogenated vegetable oils	244.0	1.0 cup	312
01060	Milk, filled, fluid, with lauric acid oil	244.0	1.0 cup	312
21210	SUBWAY, roast beef sub on white bread, with lettuce and tomato	190.0	6.0 inch sub	312
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	190.0	6.0 inch sub	312
21255	BURGER KING, DOUBLE WHOPPER, with cheese	399.0	1.0 item	311
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	311
21131	Fast foods, potato, baked and topped with cheese sauce	296.0	1.0 piece	311
14312	Malted drink mix, natural, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	310
43476	Tofu yogurt	262.0	1.0 cup	309
14423	Dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	243.0	1.0 serving	309
16215	Vitasoy USA, Vitasoy Organic Creamy Original Soymilk	243.0	1.0 cup	309
21132	Fast foods, potato, baked and topped with cheese sauce and bacon	299.0	1.0 piece	308
20001	Amaranth grain, uncooked	193.0	1.0 cup	307
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	245.0	1.0 cup	306
16168	Soymilk, chocolate, with added calcium, vitamins A and D	243.0	1.0 cup	306
16037	Beans, navy, mature seeds, raw	208.0	1.0 cup	306
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	244.0	1.0 cup	305
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	305
19440	Snacks, M&M MARS, KUDOS Whole Grain Bar, chocolate chip	28.0	1.0 bar	304
21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	145.0	1.0 slice 1/4 of pie	303
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	231.0	1.0 cup	303
21099	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham	254.0	1.0 sandwich	302
01038	Cheese, romano	28.35	1.0 oz	302
16222	Soymilk (all flavors), unsweetened, with added calcium, vitamins A and D	243.0	1.0 cup	301
08651	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Honey Squares	30.0	0.75 cup (1 NLEA serving)	300
22938	SPAGHETTIOS, SpaghettiOs plus Calcium	252.0	1.0 cup (1 serving)	300
16250	SILK Vanilla soy yogurt (family size)	227.0	1.0 container	300
16252	SILK Plain soy yogurt	227.0	1.0 container	300
16257	SILK Blueberry soy yogurt	170.0	1.0 container	299
16254	SILK Raspberry soy yogurt	170.0	1.0 container	299
16251	SILK Vanilla soy yogurt (single serving size)	170.0	1.0 container	299
16258	SILK Key Lime soy yogurt	170.0	1.0 container	299

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16255	SILK Peach soy yogurt	170.0	1.0 container	299
16259	SILK Banana-Strawberry soy yogurt	170.0	1.0 container	299
16256	SILK Black Cherry soy yogurt	170.0	1.0 container	299
16253	SILK Strawberry soy yogurt	170.0	1.0 container	299
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	299
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	299
16228	Soymilk, original and vanilla, light, unsweetened, with added calcium, vitamins A and D	243.0	1.0 cup	299
16247	SILK Chai, soymilk	243.0	1.0 cup	299
16244	SILK Unsweetened, soymilk	243.0	1.0 cup	299
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	243.0	1.0 cup	299
16238	SILK Light Plain, soymilk	243.0	1.0 cup	299
16235	SILK Plain, soymilk	243.0	1.0 cup	299
16225	Soymilk, original and vanilla, light, with added calcium, vitamins A and D	243.0	1.0 cup	299
16248	SILK Mocha, soymilk	243.0	1.0 cup	299
16219	Vitasoy USA, Vitasoy Light Vanilla Soymilk	243.0	1.0 cup	299
16239	SILK Light Vanilla, soymilk	243.0	1.0 cup	299
16236	SILK Vanilla, soymilk	243.0	1.0 cup	299
16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	243.0	1.0 cup	299
16249	SILK Coffee, soymilk	243.0	1.0 cup	299
16243	SILK Plus Fiber, soymilk	243.0	1.0 cup	299
31011	CAMPBELL'S, V8 Vegetable Juice, Calcium Enriched V8	243.0	8.0 fl oz	299
16240	SILK Light Chocolate, soymilk	243.0	1.0 cup	299
16237	SILK Chocolate, soymilk	243.0	1.0 cup	299
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	237.0	1.0 cup	299
16419	Soy meal, defatted, raw, crude protein basis (N x 6.25)	122.0	1.0 cup	298
16119	Soy meal, defatted, raw	122.0	1.0 cup	298
21396	Fast foods, cheeseburger; double, large patty; with condiments	280.0	1.0 item	297
21345	McDONALD'S, DOUBLE QUARTER POUNDER with Cheese	280.0	1.0 item	297
14422	Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	21.0	1.0 packet (.75 oz)	297
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	296
01253	Cheese, pasteurized process, American, without added vitamin D	28.35	1.0 oz	296
42185	Frozen yogurts, chocolate, nonfat milk, sweetened without sugar	186.0	1.0 cup	296
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup	295
06166	Sauce, homemade, white, medium	250.0	1.0 cup	295
16016	Beans, black turtle, mature seeds, raw	184.0	1.0 cup	294
16078	Mothbeans, mature seeds, raw	196.0	1.0 cup	294

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	293
14351	Strawberry-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	293
01090	Milk, dry, whole, with added vitamin D	32.0	0.25 cup	292
11373	Potatoes, au gratin, home-prepared from recipe using butter	245.0	1.0 cup	292
11843	Potatoes, au gratin, home-prepared from recipe using margarine	245.0	1.0 cup	292
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	33.0	3.0 tablespoon (1 NLEA serving)	291
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	170.0	1.0 container	291
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	291
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	291
01078	Milk, producer, fluid, 3.7% milkfat	244.0	1.0 cup	290
01104	Milk, chocolate, fluid, commercial, lowfat, with added vitamin A and vitamin D	250.0	1.0 cup	290
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	211.0	1.0 item	289
21065	Fast foods, burrito, with beans, cheese, and chili peppers	336.0	2.0 pieces	289
36058	OLIVE GARDEN, chicken parmigiana without pasta	304.0	1.0 serving	289
06211	Soup, cheese, canned, prepared with equal volume milk	251.0	1.0 cup	289
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	287
01023	Cheese, gruyere	28.35	1.0 oz	287
21235	McDONALD'S, QUARTER POUNDER with Cheese	199.0	1.0 item 7.1 oz	287
16083	Mungo beans, mature seeds, raw	207.0	1.0 cup	286
14036	Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	414.0	14.0 fl oz	286
01105	Milk, chocolate beverage, hot cocoa, homemade	250.0	1.0 cup	285
16417	Soy flour, defatted, crude protein basis (N x 6.25)	100.0	1.0 cup, stirred	285
11801	Mustard spinach, (tendergreen), cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	284
11275	Mustard spinach, (tendergreen), cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	284
01088	Milk, buttermilk, fluid, cultured, lowfat	245.0	1.0 cup	284
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	200.0	1.0 cup	284
21359	McDONALD'S, Sausage McMUFFIN with Egg	165.0	1.0 item 5.8 oz	284
21145	School Lunch Pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Cheese Pizza- frozen	155.0	1.0 slice 1/8 per pizza	284
14639	Rice drink, unsweetened, with added calcium, vitamins A and D	240.0	8.0 fl oz (approximate weight, 1 serving)	283
16231	Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	282
16230	Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	282
01230	Milk, buttermilk, fluid, whole	245.0	1.0 cup	282
12024	Seeds, sesame seeds, whole, roasted and toasted	28.35	1.0 oz	280
36622	Restaurant, Chinese, sweet and sour pork	609.0	1.0 order	280
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	280
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	227.0	0.5 lb	279

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	117.0	1.0 slice 1/8 pizza	278
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	117.0	1.0 slice	278
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	1071.0	1.0 ribs	278
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	219.0	1.0 item	278
06167	Sauce, homemade, white, thick	250.0	1.0 cup	278
21022	Fast foods, english muffin, with egg, cheese, and sausage	165.0	1.0 item	277
21344	McDONALD'S, Double Cheeseburger	155.0	1.0 sandwich	276
11004	Amaranth leaves, cooked, boiled, drained, without salt	132.0	1.0 cup	276
11700	Amaranth leaves, cooked, boiled, drained, with salt	132.0	1.0 cup	276
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	244.0	1.0 cup	276
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244.0	1.0 cup	276
16080	Mung beans, mature seeds, raw	207.0	1.0 cup	273
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	273
16067	Hyacinth beans, mature seeds, raw	210.0	1.0 cup	273
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	272
11461	Spinach, canned, regular pack, drained solids	214.0	1.0 cup	272
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1.0 tsp	270
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, powder, 3-2-1 Plan	26.0	1.0 scoop	270
21147	School Lunch Pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Cheese Pizza 50/50 Cheese- frozen	130.0	1.0 piece 4" x 6"	269
43405	Cheese, swiss, low sodium	28.0	1.0 slice	269
43589	Cheese, swiss, low fat	28.0	1.0 slice (1 oz)	269
01266	Cheese, Swiss, nonfat or fat free	28.0	1.0 serving	269
21092	Fast foods, cheeseburger; double, regular patty; plain	149.0	1.0 item	268
11162	Collards, cooked, boiled, drained, without salt	190.0	1.0 cup, chopped	268
11768	Collards, cooked, boiled, drained, with salt	190.0	1.0 cup, chopped	268
16101	Pigeon peas (red gram), mature seeds, raw	205.0	1.0 cup	266
25010	Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Almond Snack Bar	22.0	1.0 bar	266
09309	Rhubarb, frozen, uncooked	137.0	1.0 cup, diced	266
25018	Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Blueberry Snack Bar	22.0	1.0 bar	266
18505	KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat	70.0	2.0 waffles 1 serving	265
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	33.0	3.0 tablespoon (1 serving)	264
21227	Pizza, meat and vegetable topping, rising crust, frozen, cooked	170.0	1.0 serving 6 servings per 34.98 oz package	264
16027	Beans, kidney, all types, mature seeds, raw	184.0	1.0 cup	263
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	261
11853	Soybeans, green, cooked, boiled, drained, with salt	180.0	1.0 cup	261
14318	Malted drink mix, chocolate, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	260

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
21253	BURGER KING, WHOPPER, with cheese	316.0	1.0 item	259
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	258
43261	Yogurt, fruit variety, nonfat	170.0	1.0 container (6 oz)	258
01203	Yogurt, fruit, lowfat, with low calorie sweetener	170.0	1.0 6 oz container (6 oz)	258
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	170.0	1.0 container (6 oz)	258
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	170.0	1.0 container (6 oz)	258
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	170.0	1.0 6 oz container (6 oz)	258
03861	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA	28.0	3.0 scoop	258
21358	McDONALD'S, Sausage McMUFFIN	115.0	1.0 item 4 oz	258
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	257
19326	Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Bar	22.0	1.0 serving 0.78 oz bar	256
36404	Restaurant, Latino, arroz con leche (rice pudding)	283.0	1.0 serving	255
21461	Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise	268.0	1.0 sandwich	255
36032	DENNY'S, spaghetti and meatballs	565.0	1.0 serving	254
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	110.0	1.0 item	254
21237	McDONALD'S, BIG MAC	219.0	1.0 item 7.6 oz	254
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	244.0	1.0 cup	254
36040	CRACKER BARREL, macaroni n' cheese	175.0	1.0 serving	254
01156	Cheese, goat, hard type	28.35	1.0 oz	254
01112	Whey, acid, fluid	246.0	1.0 cup	253
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	126.0	0.5 cup	253
16117	Soy flour, defatted	105.0	1.0 cup	253
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	253
14182	Chocolate syrup, prepared with whole milk	282.0	1.0 cup (8 fl oz)	251
22963	Lean Pockets, Meatballs & Mozzarella	128.0	1.0 each	251
14169	Carob-flavor beverage mix, powder, prepared with whole milk	256.0	1.0 cup (8 fl oz)	251
16118	Soy flour, low-fat	88.0	1.0 cup, stirred	251
21267	TACO BELL, BURRITO SUPREME with steak	248.0	1.0 item	250
28026	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Original	55.0	1.0 waffle	250
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55.0	1.0 cup (1 NLEA serving)	250
28025	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Brown Sugar	55.0	1.0 waffle	250
28011	KELLOGG'S, EGGO, Waffles, Cinnamon Toast	92.0	3.0 sets	250
25051	Snacks, CLIF BAR, mixed flavors	68.0	1.0 bar	250
14245	Eggnog-flavor mix, powder, prepared with whole milk	272.0	1.0 cup (8 fl oz)	250
01265	Cheese, cheddar, nonfat or fat free	28.0	1.0 serving	250
16594	MORNINGSTAR FARMS Lasagna with Veggie Sausage, frozen, unprepared	284.0	1.0 Entre	250

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
28010	KELLOGG'S, EGGO, Waffles, Buttermilk	70.0	2.0 waffles	250
18951	Waffles, chocolate chip, frozen, ready-to-heat	70.0	2.0 waffles	250
28009	KELLOGG'S, EGGO, Waffles, Blueberry	70.0	2.0 waffles	250
28016	KELLOGG'S, EGGO Protein, Waffles, Homestyle	70.0	2.0 waffles	250
28260	KELLOGG'S, EGGO, Waffles, Chocolate Chip	70.0	2.0 waffles	250
28013	KELLOGG'S, EGGO, FIBERPLUS Waffles, Chocolate Chip	70.0	2.0 waffles	250
22910	Lasagna, cheese, frozen, prepared	225.0	1.0 cup 1 serving	250
01250	Nutritional supplement for people with diabetes, liquid	227.0	1.0 can	250
21480	DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	155.0	1.0 slice 1/4 of pie	250
21462	Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise	271.0	1.0 sandwich	249
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	249
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	249
22962	LEAN POCKETS, Ham N Cheddar	127.0	1.0 hot pocket (1 NLEA serving)	249
21336	MCDONALD'S, Hot Fudge Sundae	179.0	1.0 item 6.314 oz	249
21350	MCDONALD'S, BIG MAC (without Big Mac Sauce)	200.0	1.0 item	248
16019	Beans, cranberry (roman), mature seeds, raw	195.0	1.0 cup	248
01089	Milk, low sodium, fluid	244.0	1.0 cup	246
11215	Garlic, raw	136.0	1.0 cup	246
21225	Pizza, cheese topping, rising crust, frozen, cooked	139.0	1.0 serving 6 servings per 29.25 oz package	246
21084	Fast foods, taco salad with chili con carne	261.0	1.5 cup	245
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	245
11854	Spinach, cooked, boiled, drained, with salt	180.0	1.0 cup	245
11964	Nopales, cooked, without salt	149.0	1.0 cup	244
16436	Winged beans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	244
16136	Winged beans, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	244
43369	Chocolate-flavored drink, whey and milk based	244.0	1.0 cup	244
25007	Snacks, M&M MARS, KUDOS Whole Grain Bars, peanut butter	28.0	1.0 bar	244
21148	School Lunch Pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Pepperoni Pizza 50/50 Cheese- frozen	127.0	1.0 piece 4"x6"	244
21011	Fast foods, croissant, with egg and cheese	127.0	1.0 croissant	244
01221	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	243
01184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	170.0	1.0 container (6 oz)	243
21357	MCDONALD'S, Egg McMUFFIN	126.0	1.0 sandwich	242
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	126.0	1.0 sandwich	242
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	355.0	1.0 item	241
09094	Figs, dried, uncooked	149.0	1.0 cup	241

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
16035	Beans, kidney, royal red, mature seeds, raw	184.0	1.0 cup	241
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	241
03269	Babyfood, juice, apple, with calcium	189.0	1.0 serving	240
21100	Fast foods, cheeseburger; double, large patty, with condiments and vegetables	258.0	1.0 sandwich	240
22996	KASHI Three Cheese Penne, frozen, unprepared	269.0	1.0 Entre	239
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	239
21071	Fast foods, chimichanga, with beef and cheese	183.0	1.0 chimichanga	238
16110	Soybeans, mature seeds, roasted, salted	172.0	1.0 cup	237
16410	Soybeans, mature seeds, roasted, no salt added	172.0	1.0 cup	237
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	254.0	1.0 item	236
19897	Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Covered Almonds	28.0	1.0 serving 1oz pack	235
18962	Crackers, cream, LA MODERNA RIKIS CREAM CRACKERS	32.0	10.0 crackers (1 NLEA serving)	235
21057	Fast foods, salad, vegetables tossed, without dressing, with turkey, ham and cheese	326.0	1.5 cup	235
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	235
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	235
21405	McDONALD'S, Premium Crispy Chicken Club Sandwich	254.0	1.0 item 9 oz	234
21266	TACO BELL, BURRITO SUPREME with chicken	248.0	1.0 item	233
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	233
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	240.0	1.0 cup	233
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	155.0	1.0 sandwich	232
21395	Fast foods, cheeseburger; double, regular patty; with condiments	155.0	1.0 sandwich	232
21335	McDONALD'S, Hot Caramel Sundae	182.0	1.0 item 6.42 oz	231
16133	Yardlong beans, mature seeds, raw	167.0	1.0 cup	230
21008	Fast foods, biscuit, with ham	162.0	1.0 biscuit	230
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	230
21061	Fast foods, burrito, with beans and cheese	185.0	1.0 each burrito	229
21264	TACO BELL, Bean Burrito	185.0	1.0 each burrito	229
21146	School Lunch Pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Turkey Pepperoni Pizza-frozen	156.0	1.0 slice 1/8 per pizza	229
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	102.0	1.0 slice	228
21075	Fast foods, enchilada, with cheese and beef	192.0	1.0 enchilada	228
20086	Wheat flour, white, tortilla mix, enriched	111.0	1.0 cup	228
35197	Lambsquarters, steamed (Northern Plains Indians)	65.0	1.0 cup	227
21020	Fast foods, english muffin, with cheese and sausage	108.0	1.0 item	227
25009	Snacks, M&M MARS, KUDOS Whole Grain Bar, M&M's milk chocolate	24.0	1.0 bar	226

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
08173	Cereals, farina, enriched, cooked with water, with salt	233.0	1.0 cup	226
19890	Frozen novelties, KLONDIKE, SLIM-A-BEAR, No Sugar Added, Stickless Bar	78.0	1.0 serving 1 bar	225
21104	Fast foods, egg and cheese sandwich	146.0	1.0 sandwich	225
11658	Spinach souffle	136.0	1.0 cup	224
21295	PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	79.0	1.0 slice	224
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	251.0	1.0 cup (1 serving)	223
28007	KELLOGG'S, EGGO, Waffles, Brown Sugar Cinnamon Roll	76.0	2.0 waffles	223
28008	KELLOGG'S, EGGO, Waffles, Strawberry Strudel	76.0	2.0 waffles	223
21068	Fast foods, burrito, with beef, cheese, and chili peppers	304.0	2.0 pieces	222
01028	Cheese, mozzarella, part skim milk	28.35	1.0 oz	222
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	233.0	1.0 sandwich	221
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	146.0	1.0 serving	220
14421	Coffee substitute, cereal grain beverage, powder, prepared with whole milk	185.0	6.0 fl oz	220
21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	105.0	1.0 slice	219
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	76.0	1.0 slice	219
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251.0	1.0 cup (1 serving)	218
21076	Fast foods, enchirito, with cheese, beef, and beans	193.0	1.0 enchirito	218
16042	Beans, pinto, mature seeds, raw	193.0	1.0 cup	218
21073	Fast foods, chimichanga, with beef, cheese, and red chili peppers	180.0	1.0 chimichanga	218
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	143.0	1.0 serving 5 servings per 24.2 oz package	217
21501	KASHI Pizza, Margherita	113.0	0.33 pizza	217
21063	Fast foods, burrito, with beans and beef	241.0	1.0 item	217
21064	Fast foods, burrito, with beans, cheese, and beef	241.0	1.0 burrito	217
21265	TACO BELL, BURRITO SUPREME with beef	241.0	1.0 burrito	217
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	99.0	1.0 bagel	217
21087	Fast foods, tostada, with beef and cheese	163.0	1.0 piece	217
19327	Candies, MARS SNACKFOOD US, COCOAVIA Blueberry and Almond Chocolate Bar	22.0	1.0 serving 0.78 oz bar	217
18371	Leavening agents, baking powder, low-sodium	5.0	1.0 tsp	217
36620	Restaurant, Chinese, shrimp and vegetables	601.0	1.0 order	216
14538	Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A	15.0	1.0 envelope Swiss Miss (.53 oz)	216
21294	PIZZA HUT 14" Cheese Pizza, Pan Crust	112.0	1.0 slice	215
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	215
35203	Rose Hips, wild (Northern Plains Indians)	127.0	1.0 cup	215
19328	Candies, MARS SNACKFOOD US, COCOAVIA Crispy Chocolate Bar	20.0	1.0 serving 0.7 oz bar	214
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	89.0	1.0 cup	214

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
03127	Babyfood, vegetables, spinach, creamed, strained	240.0	1.0 cup	214
12078	Nuts, brazilnuts, dried, unblanched	133.0	1.0 cup, whole	213
21404	McDONALD'S, Premium Grilled Chicken Club Sandwich	223.0	1.0 item 7.9 oz	212
15080	Fish, salmon, chum, canned, drained solids with bone	85.0	3.0 oz	212
15180	Fish, salmon, chum, canned, without salt, drained solids with bone	85.0	3.0 oz	212
21117	Fast foods, ham, egg, and cheese sandwich	143.0	1.0 sandwich	212
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	165.0	1.0 cup	211
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	211
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	205.0	1.0 item	211
43241	Cereals ready-to-eat, FAMILIA	122.0	1.0 cup	211
42131	Milk dessert, frozen, milk-fat free, chocolate	137.0	1.0 cup	211
21504	KASHI Pizza, Four Cheese	115.0	0.33 pizza	210
21085	Fast foods, tostada, with beans and cheese	144.0	1.0 piece	210
43541	Ice creams, chocolate, rich	148.0	1.0 cup	210
21363	McDONALD'S, Deluxe Breakfast, with syrup and margarine	420.0	1.0 item 14.8 oz	210
21004	Fast foods, biscuit, with egg and ham	182.0	1.0 biscuit	209
16273	Vitasoy USA Organic Nasoya, Tofu Plus Extra Firm	85.0	3.0 oz	209
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	104.0	1.0 slice	209
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	163.0	1.0 cup	209
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	209
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	100.0	1.0 slice	208
21096	Fast foods, cheeseburger; single, large patty; plain	182.0	1.0 sandwich	207
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	89.0	1.0 slice	207
01018	Cheese, edam	28.35	1.0 oz	207
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	87.0	1.0 slice	207
21033	Fast foods, sundae, hot fudge	158.0	1.0 sundae	207
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	219.0	1.0 item	206
19205	Egg custards, dry mix, prepared with 2% milk	141.0	0.5 cup	206
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	115.0	1.0 slice	206
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	206
01137	Egg, yolk, dried	67.0	1.0 cup, sifted	206
21500	KASHI Pizza, Mushroom Trio & Spinach	113.0	0.33 pizza	206
01047	Cheese food, pasteurized process, swiss	28.35	1.0 oz	205
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	70.0	1.0 slice	204
21499	KASHI Pizza, Roasted Vegetable	116.0	0.33 pizza	204
11881	Taro, tahitian, cooked, with salt	137.0	1.0 cup slices	204

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
11526	Taro, tahitian, cooked, without salt	137.0	1.0 cup slices	204
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	47.0	1.0 bar	204
21340	McDONALD'S, Sausage Burrito	113.0	1.0 item 3.993 oz	203
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	85.0	3.0 oz	203
16275	Vitasoy USA Organic Nasoya Sprouted, Tofu Plus Super Firm	85.0	3.0 oz	203
07939	Frankfurter, pork	76.0	1.0 link	203
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	48.0	1.0 slice	203
19352	Syrups, malt	332.0	1.0 cup	203
21046	Entrees, crab cake	60.0	1.0 cake	202
16274	Vitasoy USA Organic Nasoya, Tofu Plus Firm	85.0	3.0 oz	201
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	201
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	107.0	1.0 slice	201
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	96.0	1.0 slice	201
01133	Egg, whole, dried	85.0	1.0 cup, sifted	201
08704	Cereals, KELLOGG'S SPECIAL K NOURISH, Maple Brown Sugar Crunch, dry	52.0	1.0 Container (1 NLEA serving)	200
08702	Cereals, KELLOGG'S SPECIAL K NOURISH, Cinnamon Raisin Pecan, dry	52.0	1.0 Container (1 NLEA serving)	200
08703	Cereals, KELLOGG'S SPECIAL K NOURISH, Cranberry Almond, dry	52.0	1.0 Container (1 NLEA serving)	200
19441	Snacks, KELLOGG'S, NUTRI-GRAIN Cereal Bars, fruit	37.0	1.0 bar	200
32016	Macaroni or noodles with cheese, microwaveable, unprepared	61.0	1.0 serving 1 pouch	200
43543	Milk, imitation, non-soy	244.0	1.0 cup	200
03964	Baby food, fortified cereal bar, fruit filling	19.0	1.0 bar	200
08142	Cereals, WHEATENA, dry	40.0	0.33 cup (1 NLEA serving)	200
32014	Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared	99.0	3.5 oz 1 serving	200
08579	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH	28.0	1.0 bowl (3/4 cup) (1 NLEA serving)	200
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	60.0	1.0 bar	200
16229	Soymilk (All flavors), lowfat, with added calcium, vitamins A and D	243.0	1.0 cup	199
43528	Beverages, ABBOTT, ENSURE PLUS, ready-to-drink	252.0	1.0 cup	199
32019	Lasagna, cheese, frozen, unprepared	237.0	1.0 cup 1 serving	199
21233	McDONALD'S, Cheeseburger	119.0	1.0 item 4 oz	199
21495	DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust	129.0	1.0 slice	199
01041	Cheese, tilsit	28.35	1.0 oz	198
01022	Cheese, gouda	28.35	1.0 oz	198
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	197
11891	Turnip greens, cooked, boiled, drained, with salt	144.0	1.0 cup, chopped	197
15087	Fish, salmon, sockeye, canned, drained solids	85.0	3.0 oz	197
19170	Egg custards, dry mix, prepared with whole milk	141.0	0.5 cup	196

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	118.0	1.0 slice	196
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW , ready-to-feed, with ARA and DHA (formerly ROSS)	153.0	5.0 fl oz	196
21334	MCDONALD'S, Strawberry Sundae	178.0	1.0 item 6.279 oz	196
32022	KASHI Three Cheese Ravioli with Mediterranean Tomato Sauce, frozen, unprepared	241.0	0.5 Package	195
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	152.0	5.0 fl oz	195
21506	BURGER KING, Double Cheeseburger	162.0	1.0 sandwich	194
08182	Cereals, WHEATENA, cooked with water, with salt	243.0	1.0 cup	194
08143	Cereals, WHEATENA, cooked with water	243.0	1.0 cup	194
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	777.0	1.0 order	194
11855	Spinach, canned, no salt added, solids and liquids	234.0	1.0 cup	194
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	117.0	1.0 slice	194
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	194
19169	Egg custards, dry mix	85.0	1.0 package (3 oz)	194
21515	MORNINGSTAR FARMS Pizza, Baja Black Bean, single serve	160.0	1.0 Pizza	194
22535	HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	193
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	193
21083	Fast foods, taco salad	198.0	1.5 cup	192
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	115.0	1.0 slice	192
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	69.0	1.0 slice	192
18967	Bread, wheat, white wheat	28.0	1.0 slice	192
16051	Beans, white, mature seeds, canned	262.0	1.0 cup	191
21329	MCDONALD'S, Sausage, Egg & Cheese McGRIDDLES	199.0	1.0 item 7 oz	191
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	199.0	1.0 item 7.017 oz	191
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	191
14309	Beverages, OVALTINE, Classic Malt powder	21.0	1.0 serving (4 tbsp or 1 envelope)	191
01008	Cheese, caraway	28.35	1.0 oz	191
32023	KASHI Mushroom & Asparagus Risotto, frozen, unprepared	284.0	0.5 Package	190
21307	Fast foods, griddle cake sandwich, egg, cheese, and bacon	174.0	1.0 item 6.1 oz	190
21032	Fast foods, sundae, caramel	155.0	1.0 sundae	189
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	90.0	1.0 slice	189
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	189
21086	Fast foods, tostada, with beans, beef, and cheese	225.0	1.0 piece	189
21077	Fast foods, frijoles with cheese	167.0	1.0 cup	189
01134	Egg, whole, dried, stabilized, glucose reduced	85.0	1.0 cup, sifted	189
08605	Cereals ready-to-eat, KASHI, KASHI U	55.0	1.0 cup (1 NLEA serving)	189

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
01039	Cheese, roquefort	28.35	1.0 oz	188
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	88.0	1.0 slice	187
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	234.0	1.0 cup, cooked	187
01256	Yogurt, Greek, plain, nonfat	170.0	1.0 container	187
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	123.0	1.0 slice	187
21492	DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust	79.0	1.0 slice	186
06210	Soup, cream of celery, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	186
06358	Soup, tomato bisque, canned, prepared with equal volume milk	251.0	1.0 cup (8 fl oz)	186
16605	MORNINGSTAR FARMS Entree Chik'n Enchilada with Rice, frozen, unprepared	269.0	1.0 package	186
15152	Crustaceans, shrimp, mixed species, canned	128.0	1.0 cup	186
19086	Candies, confectioner's coating, peanut butter	168.0	1.0 cup chips	185
01251	Cheese, Mexican blend	28.0	0.25 cup shredded	185
16114	Tempeh	166.0	1.0 cup	184
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	28.35	1.0 oz	184
22987	KASHI Pesto Pasta Primavera, frozen, unprepared	283.0	1.0 Entre	184
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	167.0	1.0 cup	184
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	184
11789	Jute, potherb, cooked, boiled, drained, with salt	87.0	1.0 cup	184
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	123.0	1.0 slice	183
15084	Fish, salmon, pink, canned, total can contents	85.0	3.0 oz	183
11191	Cowpeas (blackeyes), immature seeds, raw	145.0	1.0 cup	183
21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	110.0	1.0 slice	183
21493	DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust	78.0	1.0 slice	183
01010	Cheese, cheshire	28.35	1.0 oz	182
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	127.0	1.0 slice	182
09095	Figs, dried, stewed	259.0	1.0 cup	181
19154	Candies, sesame crunch	28.35	1.0 oz	181
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	85.0	3.0 oz	181
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	181
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	108.0	1.0 slice	180
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	250.0	8.0 fl oz	180
21327	McDONALD'S, Bacon, Egg & Cheese McGRIDDLES	165.0	1.0 item 5.8 oz	180
21243	WENDY'S, CLASSIC DOUBLE, with cheese	310.0	1.0 item	180
16106	Meat extender	88.0	1.0 cup	180
11791	Kale, frozen, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	179
11236	Kale, frozen, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	179

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
12006	Seeds, chia seeds, dried	28.35	1.0 oz	179
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	52.0	0.333 cup	179
06246	Soup, cream of onion, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	179
21497	PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust	119.0	1.0 slice	178
21496	PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust	92.0	1.0 slice	178
22994	KASHI Spinach Artichoke Pasta, frozen, unprepared	269.0	1.0 Entre	178
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	236.0	1.0 item	177
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	176
16109	Soybeans, mature cooked, boiled, without salt	172.0	1.0 cup	175
16409	Soybeans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	175
16415	Soy flour, full-fat, raw, crude protein basis (N x 6.25)	85.0	1.0 cup, stirred	175
15204	Fish, pike, walleye, cooked, dry heat	124.0	1.0 fillet	175
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	118.0	1.0 slice	175
06256	Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	253.0	1.0 cup (8 fl oz)	175
16146	Beans, pinto, canned, drained solids	277.0	1.0 can drained solids	175
42186	Frozen yogurts, chocolate	174.0	1.0 cup	174
12145	Nuts, pilinuts, dried	120.0	1.0 cup	174
42187	Frozen yogurts, flavors other than chocolate	174.0	1.0 cup	174
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	174
14632	Meal supplement drink, NESTLE, SUPLIGEN, canned, peanut flavor	158.0	1.0 cup	174
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	174
06006	Soup, bean with frankfurters, canned, condensed	263.0	1.0 cup (8 fl oz)	174
42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	78.0	1.0 bar	173
16115	Soy flour, full-fat, raw	84.0	1.0 cup, stirred	173
21513	KASHI Pizza, Greek Tzatziki, single serve	149.0	1.0 Pizza	173
06249	Soup, pea, green, canned, prepared with equal volume milk	254.0	1.0 cup (8 fl oz)	173
22984	KASHI, Chicken Pasta Pomodoro, Frozen Entree	283.0	1.0 package	173
11623	Kale, scotch, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	172
11792	Kale, scotch, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	172
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	171
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30.0	1.25 cup (1 NLEA serving)	171
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166.0	1.0 sandwich	171
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	79.0	1.0 slice	171
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	151.0	1.0 slice	171
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	461.0	1.0 serving	171
43387	Turnip greens, canned, no salt added	144.0	1.0 cup	170

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	111.0	1.0 slice	170
11272	Mustard greens, frozen, unprepared	146.0	1.0 cup, chopped	169
19087	Candies, white chocolate	85.0	1.0 bar (3 oz)	169
21095	Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables	228.0	1.0 sandwich	169
15253	Salmon, sockeye, canned, total can contents	85.0	3.0 oz	168
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	128.0	1.0 cup	168
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	128.0	1.0 cup	168
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	116.0	1.0 slice	167
06248	Soup, oyster stew, canned, prepared with equal volume milk	245.0	1.0 cup (8 fl oz)	167
11990	Wasabi, root, raw	130.0	1.0 cup, sliced	166
06253	Soup, cream of potato, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	166
21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	113.0	1.0 slice	166
21503	KASHI Pizza, Mediterranean	120.0	0.33 pizza	166
16418	Soy flour, low-fat, crude protein basis (N x 6.25)	88.0	1.0 cup, stirred	165
11271	Mustard greens, cooked, boiled, drained, without salt	140.0	1.0 cup, chopped	165
11799	Mustard greens, cooked, boiled, drained, with salt	140.0	1.0 cup, chopped	165
03945	Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA (formerly ROSS)	30.5	1.0 fl oz	165
21498	PIZZA HUT 14" Sausage Pizza, Pan Crust	125.0	1.0 slice	165
11736	Beet greens, cooked, boiled, drained, with salt	144.0	1.0 cup (1" pieces)	164
11087	Beet greens, cooked, boiled, drained, without salt	144.0	1.0 cup (1" pieces)	164
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	127.0	1.0 slice	164
16074	Lima beans, thin seeded (baby), mature seeds, raw	202.0	1.0 cup	164
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	136.0	1.0 slice	163
01027	Cheese, mozzarella, whole milk, low moisture	28.35	1.0 oz	163
28015	KELLOGG'S, EGGO, Waffles, Homestyle	70.0	2.0 waffles	162
11525	Taro, tahitian, raw	125.0	1.0 cup slices	161
16050	Beans, white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	161
16350	Beans, white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	161
21232	McDONALD'S, FILET-O-FISH	134.0	1.0 sandwich	161
21106	Fast foods, fish sandwich, with tartar sauce and cheese	134.0	1.0 sandwich	161
01192	KRAFT VELVEETA LIGHT Reduced Fat Pasteurized Process Cheese Product	28.0	1.0 oz	161
21034	Fast foods, sundae, strawberry	153.0	1.0 sundae	161
32005	Macaroni and cheese, box mix with cheese sauce, prepared	189.0	1.0 cup prepared	161
21149	School Lunch Pizza, TONY'S Breakfast Pizza Sausage- frozen	91.0	1.0 piece 3.2 oz	160
01260	Cheese, cheddar, reduced fat	21.0	1.0 slice	160

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
16416	Soy flour, full-fat, roasted, crude protein basis (N x 6.25)	85.0	1.0 cup, stirred	160
16116	Soy flour, full-fat, roasted	85.0	1.0 cup, stirred	160
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	113.0	1.0 slice	159
16159	Tofu, extra firm, prepared with nigari	91.0	0.2 block	159
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	146.0	1.0 cup	159
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146.0	1.0 cup	159
01275	Yogurt, Greek, non fat, vanilla, CHOBANI	150.0	5.3 oz	159
21382	McDONALD'S, FILET-O-FISH (without tartar sauce)	124.0	1.0 item	159
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	140.0	0.5 cup	158
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	158
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	158
21505	Pizza, cheese topping, thin crust, frozen, cooked	69.0	1.0 slice	157
20019	Corn flour, masa, unenriched, white	114.0	1.0 cup	157
20317	Corn flour, masa, enriched, yellow	114.0	1.0 cup	157
20017	Corn flour, masa, enriched, white	114.0	1.0 cup	157
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	215.0	1.0 sandwich	157
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	215.0	1.0 sandwich	157
11683	Carrot, dehydrated	74.0	1.0 cup	157
21491	PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust	80.0	1.0 slice	157
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	134.0	1.0 cup	157
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	134.0	1.0 cup	157
21463	Yogurt parfait, lowfat, with fruit and granola	149.0	1.0 item	156
21090	Fast foods, cheeseburger; single, regular patty, with condiments	127.0	1.0 item	156
21494	DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust	114.0	1.0 slice	156
22970	Macaroni and cheese, frozen entree	137.0	1.0 cup	156
03092	Babyfood, vegetables, green beans, junior	240.0	1.0 cup	156
36625	Restaurant, Chinese, vegetable lo mein, without meat	741.0	1.0 order	156
19325	Puddings, coconut cream, dry mix, regular, prepared with whole milk	140.0	0.5 cup	155
19126	Candies, milk chocolate coated peanuts	149.0	1.0 cup	155
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	120.0	1.0 item	155
21360	McDONALD'S, Bacon Egg & Cheese Biscuit	142.0	1.0 item 4.9 oz	155
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	142.0	0.5 cup From 19211	155
16091	Peanuts, spanish, raw	146.0	1.0 cup	155
16052	Broadbeans (fava beans), mature seeds, raw	150.0	1.0 cup	154
16005	Beans, baked, home prepared	253.0	1.0 cup	154
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	154

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
21514	KASHI Pizza, Tikka Masala, single serve	159.0	1.0 Pizza	154
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	154
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	171.0	1.0 sandwich	154
12169	Seeds, sesame butter, paste	16.0	1.0 tbsp	154
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	85.0	3.0 oz	153
16032	Beans, kidney, red, mature seeds, raw	184.0	1.0 cup	153
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	144.0	1.0 cup	153
12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	144.0	1.0 cup	153
15197	Fish, herring, Pacific, cooked, dry heat	144.0	1.0 fillet	153
16145	Beans, red, kidney, mature seeds, canned, drained solids	266.0	1.0 can drained solids	152
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	150.0	1.0 cup, chopped	152
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	150.0	1.0 cup, chopped or diced	152
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	153.0	1.0 slice	151
22941	SPAGHETTIOS, SpaghettiOs with Sliced Franks	252.0	1.0 cup (1 serving)	151
22942	SPAGHETTIOS, SpaghettiOs A to Z's with Meatballs	252.0	1.0 cup (1 serving)	151
22932	SPAGHETTIOS, SpaghettiOs A to Z's	252.0	1.0 cup (1 serving)	151
22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	252.0	1.0 serving (1 cup)	151
22940	SPAGHETTIOS, SpaghettiOs with Meatballs	252.0	1.0 cup (1 serving)	151
22937	SPAGHETTIOS, SpaghettiOs in Meat Sauce	252.0	1.0 cup (1 serving)	151
21012	Fast foods, croissant, with egg, cheese, and bacon	129.0	1.0 croissant	151
19168	Desserts, egg custard, baked, prepared-from-recipe	141.0	0.5 cup	151
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	142.0	0.5 cup	151
36416	Restaurant, Latino, bunuelos (fried yeast bread)	70.0	1.0 piece	150
12005	Seeds, breadnut tree seeds, dried	160.0	1.0 cup	150
28302	Cookies, graham crackers, plain or honey, lowfat	35.0	1.0 serving	150
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	33.0	1.25 cup (1 NLEA serving)	150
14066	Beverages, Protein powder whey based	32.0	0.33 cup	150
28043	KEEBLER, ANIMALS, Cookies	40.0	1.0 package 1 serving	150
19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	147.0	0.5 cup	150
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	147.0	0.5 cup	150
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	147.0	0.5 cup From 19191	150
01061	Cheese, American, nonfat or fat free	19.0	1.0 serving	150
19130	Candies, HERSHEY'S POT OF GOLD Almond Bar	78.0	1.0 bar 2.8 oz	150
21364	McDONALD'S, Hotcakes and Sausage	192.0	1.0 item	150
01004	Cheese, blue	28.35	1.0 oz	150
01222	Yogurt, chocolate, nonfat milk, fortified with vitamin D	170.0	1.0 container (6 oz)	150

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
16526	WORTHINGTON Meatless Chicken Roll, frozen, unprepared	55.0	1.0 slices , 3/8"	150
01187	Yogurt, chocolate, nonfat milk	170.0	1.0 container (6 oz)	150
01190	KRAFT FREE Singles American Nonfat Pasteurized Process Cheese Product	21.0	1.0 slice	150
36613	DENNY'S, macaroni & cheese, from kid's menu	180.0	1.0 serving	149
21007	Fast foods, biscuit, with egg, cheese, and bacon	145.0	1.0 item	149
12160	Seeds, cottonseed kernels, roasted (glandless)	149.0	1.0 cup	149
19348	Syrups, chocolate, fudge-type	304.0	1.0 cup	149
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	96.0	1.0 slice	149
21202	Fast foods, hamburger, large, single patty, with condiments	171.0	1.0 item	149
22118	MORNINGSTAR FARMS Garden Veggie Patties, frozen, unprepared	252.0	1.0 cup	149
21263	TACO BELL, Soft Taco with steak	127.0	1.0 item	149
16211	Vitasoy USA, Organic Nasoya Super Firm Cubed Tofu	79.0	0.2 package	149
01281	Yogurt, Greek, non fat, strawberry, CHOBANI	150.0	5.3 oz	148
42258	Cheese product, pasteurized process, cheddar, reduced fat	28.0	1.0 slice 1 oz	148
07969	Kielbasa, fully cooked, pan-fried	370.0	1.0 link	148
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	142.0	0.5 cup From 19211	148
22983	KASHI, Chicken Florentine, Frozen Entree	283.0	1.0 package	147
16092	Peanuts, spanish, oil-roasted, with salt	147.0	1.0 cup	147
19323	Puddings, coconut cream, dry mix, instant, prepared with whole milk	147.0	0.5 cup	147
11208	Dandelion greens, cooked, boiled, drained, without salt	105.0	1.0 cup, chopped	147
11782	Dandelion greens, cooked, boiled, drained, with salt	105.0	1.0 cup, chopped	147
16392	Peanuts, spanish, oil-roasted, without salt	147.0	1.0 cup	147
21377	McDONALD'S Bacon Ranch Salad with Crispy Chicken	319.0	1.0 item 11.3 oz	147
21376	McDONALD'S, Bacon Ranch Salad with Grilled Chicken	305.0	1.0 item 10.8 oz	146
08129	Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	240.0	1.0 cup	146
01189	KRAFT CHEEZ WHIZ LIGHT Pasteurized Process Cheese Product	35.0	2.0 tbsp	146
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	147.0	0.5 cup	146
16210	Vitasoy USA, Nasoya Lite Firm Tofu	79.0	0.2 package	145
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	145
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	145
21224	Pizza, cheese topping, regular crust, frozen, cooked	81.0	1.0 serving 9 servings per 24 oz package	145
14426	Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	145
21248	WENDY'S, Frosty Dairy Dessert	113.0	1.0 junior 6 oz. cup	145
21013	Fast foods, croissant, with egg, cheese, and ham	152.0	1.0 croissant	144
16071	Lima beans, large, mature seeds, raw	178.0	1.0 cup	144
21234	McDONALD'S, QUARTER POUNDER	171.0	1.0 item	144

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	142.0	0.5 cup	143
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	143
08489	Cereals, MALT-O-MEAL, Maple & Brown Sugar Hot Wheat Cereal, dry	45.0	0.25 cup (1 NLEA serving)	143
12011	Seeds, cottonseed meal, partially defatted (glandless)	28.35	1.0 oz	143
21490	Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread	230.0	1.0 sandwich	143
16277	Vitasoy USA Azumaya, Firm Tofu	79.0	0.2 package	142
16060	Cowpeas, catjang, mature seeds, raw	167.0	1.0 cup	142
11963	Nopales, raw	86.0	1.0 cup, sliced	141
01280	Yogurt, Greek, non fat, strawberry, DANNON OIKOS	150.0	5.3 oz	141
01045	Cheese food, cold pack, American	28.35	1.0 oz	141
06411	Soup, cheese, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	141
21378	McDONALD'S, Bacon Ranch Salad without chicken	223.0	1.0 item 7.8 oz	140
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	131.0	1.0 item	140
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	96.0	1.0 slice	140
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	219.0	1.0 cup	140
11372	Potatoes, scalloped, home-prepared with butter	245.0	1.0 cup	140
18996	KELLOGG'S, EGGO, Biscuit Scramblers, Egg & Cheese	105.0	1.0 bscuit	140
11844	Potatoes, scalloped, home-prepared with margarine	245.0	1.0 cup	140
15148	Crustaceans, lobster, northern, cooked, moist heat	145.0	1.0 cup	139
16276	Vitasoy USA Azumaya, Extra Firm Tofu	79.0	0.2 package	139
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	33.0	1.25 cup (1 NLEA serving)	139
16326	Beans, great northern, mature seeds, canned, low sodium	262.0	1.0 cup	139
16026	Beans, great northern, mature seeds, canned	262.0	1.0 cup	139
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	140.0	0.5 cup	139
36626	Restaurant, Chinese, chicken and vegetables	693.0	1.0 order	139
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	138
19096	Ice creams, vanilla, light, soft-serve	88.0	1.0 serving 1/2 cup	138
11570	Turnip greens, canned, solids and liquids	117.0	0.5 cup	138
08216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	57.0	1.25 cup (1 NLEA serving)	138
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	197.0	1.0 serving	138
16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	138
21006	Fast foods, biscuit with egg and steak	148.0	1.0 biscuit	138
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	138
13330	Beef, variety meats and by-products, mechanically separated beef, raw	28.35	1.0 oz	137
11622	Kale, scotch, raw	67.0	1.0 cup, chopped	137
21341	McDONALD'S, BIG BREAKFAST	269.0	1.0 item 9.5 oz	137

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	30.0	1.0 cup	137
43506	Frozen novelties, ice cream type, chocolate or caramel covered, with nuts	54.0	1.0 bar	136
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	11.0	1.0 block	135
01270	Cheese, cheddar, sharp, sliced	19.0	1.0 slice 2/3 oz. slice	135
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	135
36017	Restaurant, family style, macaroni & cheese, from kids' menu	136.0	1.0 cup	135
21130	Fast foods, onion rings, breaded and fried	117.0	1.0 package (18 onion rings)	135
19208	Puddings, rice, dry mix, prepared with 2% milk	128.0	0.5 cup	134
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	240.0	1.0 cup	134
19209	Puddings, tapioca, dry mix, prepared with 2% milk	128.0	0.5 cup	134
11667	Seaweed, spirulina, dried	112.0	1.0 cup	134
12008	Seeds, cottonseed flour, low fat (glandless)	28.35	1.0 oz	134
23444	Beef, New Zealand, imported, tripe uncooked, cooked, boiled	85.0	3.0 oz	134
16009	Beans, baked, canned, with pork	253.0	1.0 cup	134
01278	Yogurt, Greek, non fat, vanilla, DANNON OIKOS	150.0	5.3 oz	134
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120.0	1.0 piece (2-1/2" x 2-3/4" x 1")	133
03948	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA (formerly ROSS)	30.5	1.0 fl oz	133
21356	McDONALD'S, McCHICKEN Sandwich (without mayonnaise)	138.0	1.0 item	132
16598	MORNINGSTAR FARMS Bacon, Egg & Cheese Biscuit, frozen, unprepared	105.0	1.0 Biscuit	132
08488	Cereals, MALT-O-MEAL, Farina Hot Wheat Cereal, dry	35.0	3.0 tbsp (1 NLEA serving)	132
19199	Puddings, tapioca, dry mix, prepared with whole milk	128.0	0.5 cup	132
19195	Puddings, rice, dry mix, prepared with whole milk	128.0	0.5 cup	132
03864	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA	103.0	1.0 serving 100 ml	132
12652	Nuts, pistachio nuts, dry roasted, with salt added	123.0	1.0 cup	132
12152	Nuts, pistachio nuts, dry roasted, without salt added	123.0	1.0 cup	132
20046	Rice, white, long-grain, parboiled, enriched, dry	185.0	1.0 cup	131
20446	Rice, white, long-grain, parboiled, unenriched, dry	185.0	1.0 cup	131
08512	Cereals, MALT-O-MEAL, chocolate, prepared with water, without salt	268.0	1.0 serving (3 T dry cereal plus 1 cup water)	131
08177	Cereals, MALT-O-MEAL, chocolate, dry	35.0	3.0 tbsp (1 NLEA serving)	131
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	131
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	374.0	1.0 item	131
21254	BURGER KING, DOUBLE WHOPPER, no cheese	374.0	1.0 item	131
16046	Beans, small white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	131
16346	Beans, small white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	131
01191	KRAFT VELVEETA Pasteurized Process Cheese Spread	28.0	1.0 oz	130

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	32.0	1.0 cup (1 NLEA serving)	130
18995	KELLOGG'S, EGGO, Biscuit Scramblers, Bacon, Egg & Cheese	105.0	1.0 biscuit	130
16111	Soybeans, mature seeds, dry roasted	93.0	1.0 cup	130
22993	KASHI Spicy Black Bean Enchilada, frozen, unprepared	255.0	1.0 Entree	130
16001	Beans, adzuki, mature seeds, raw	197.0	1.0 cup	130
16095	Peanuts, virginia, raw	146.0	1.0 cup	130
21116	Fast foods, ham and cheese sandwich	146.0	1.0 sandwich	130
12151	Nuts, pistachio nuts, raw	123.0	1.0 cup	129
01276	Yogurt, Greek, strawberry, DANNON OIKOS	150.0	5.3 oz	129
28019	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Honey Oat	70.0	2.0 waffles	129
19321	Puddings, banana, dry mix, regular, prepared with whole milk	127.0	0.5 cup	128
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	144.0	1.0 cup	128
21380	McDONALD'S, Fruit 'n Yogurt Parfait	149.0	1.0 item 5.2 oz	128
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	123.0	1.0 slice	128
11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	128
18299	Pancakes, whole-wheat, dry mix, incomplete	28.35	1.0 oz	127
19094	Desserts, flan, caramel custard, prepared-from-recipe	153.0	0.5 cup	127
36623	Restaurant, Chinese, chicken chow mein	604.0	1.0 order	127
23445	Beef, New Zealand, imported, tripe uncooked, raw	113.0	4.0 oz	127
43449	Beans, baked, canned, no salt added	253.0	1.0 cup	126
36603	Restaurant, Chinese, beef and vegetables	574.0	1.0 order	126
15147	Crustaceans, lobster, northern, raw	150.0	1.0 lobster	126
21365	McDONALD'S, Hotcakes (with 2 pats margarine & syrup)	221.0	1.0 item	126
03245	Babyfood, dessert, custard pudding, vanilla, strained	229.0	1.0 cup	126
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	159.0	1.0 cup	126
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	126
16338	Beans, navy, mature seeds, cooked, boiled, with salt	182.0	1.0 cup	126
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	102.0	1.0 each taco	125
21486	Fast foods, taco with beef, cheese and lettuce, soft	102.0	1.0 each taco	125
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	125
19089	Ice creams, vanilla, rich	107.0	0.5 cup	125
21321	McDONALD'S, Hotcakes (plain)	149.0	3.0 hotcakes 5.3 oz	125
01244	Milk dessert bar, frozen, made from lowfat milk	68.0	1.0 bar	125
08688	Cereals, QUAKER, Instant Oatmeal, Cinnamon Swirl, high fiber	45.0	1.0 packet (1 NLEA serving)	125
22981	KASHI, Chicken Enchilada with Ancho Sauce, Frozen Entree	255.0	1.0 package	125
15001	Fish, anchovy, european, raw	85.0	3.0 oz	125

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
16429	Tofu, fried, prepared with calcium sulfate	13.0	1.0 piece	125
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	198.0	1.0 cup	125
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	125
11521	Taro leaves, cooked, steamed, without salt	145.0	1.0 cup	125
11879	Taro, leaves, cooked, steamed, with salt	145.0	1.0 cup	125
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	125
11122	Cardoon, raw	178.0	1.0 cup, shredded	125
15250	Mollusks, conch, baked or broiled	127.0	1.0 cup, sliced	124
16008	Beans, baked, canned, with franks	259.0	1.0 cup	124
08116	Cereals, MALT-O-MEAL, original, plain, dry	35.0	3.0 tbsp (1 NLEA serving)	124
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	177.0	6.0 fl oz	124
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32.0	0.75 cup (1 NLEA serving)	124
09085	Currants, zante, dried	144.0	1.0 cup	124
21251	BURGER KING, Cheeseburger	133.0	1.0 item	124
03246	Babyfood, dessert, custard pudding, vanilla, junior	229.0	1.0 cup	124
21381	McDONALD'S, Fruit 'n Yogurt Parfait (without granola)	142.0	1.0 item	124
20143	Teff, cooked	252.0	1.0 cup	123
08444	Cereals, QUAKER, Instant Grits, Redeye Gravy & Country Ham flavor, dry	28.0	1.0 packet (1 NLEA serving)	123
08511	Cereals, MALT-O-MEAL, original, plain, prepared with water, without salt	268.0	1.0 serving (3 T dry cereal plus 1 cup water)	123
16039	Beans, navy, mature seeds, canned	262.0	1.0 cup	123
22901	Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased	81.0	0.75 cup	123
16096	Peanuts, virginia, oil-roasted, with salt	143.0	1.0 cup	123
16396	Peanuts, virginia, oil-roasted, without salt	143.0	1.0 cup	123
15116	Fish, trout, rainbow, wild, cooked, dry heat	143.0	1.0 fillet	123
16603	MORNINGSTAR FARMS Breakfast Biscuit Sausage, Egg & Cheese, frozen, unprepared	105.0	1.0 Biscuit	123
15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	123
36008	T.G.I. FRIDAY'S, fried mozzarella	35.0	1.0 piece	123
09311	Roselle, raw	57.0	1.0 cup, without refuse	123
21110	Fast foods, hamburger; double, regular, patty; plain	120.0	1.0 item	122
19088	Ice creams, vanilla, light	76.0	1.0 serving 1/2 cup	122
22919	Macaroni and Cheese, canned, microwavable	213.0	7.5 oz 1 serving	121
08493	Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS	33.0	1.0 cup (1 NLEA serving)	121
05711	Turkey, retail parts, breast, meat only, cooked, roasted	863.0	1.0 breast	121
36619	Restaurant, Chinese, kung pao chicken	604.0	1.0 order	121
21228	McDONALD'S, Hamburger	95.0	1.0 sandwich	121
08686	Cereals, QUAKER, Weight Control Instant Oatmeal, maple and brown sugar	45.0	1.0 packet (1 NLEA serving)	121

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	31.0	0.5 cup (1 NLEA serving)	121
28169	KELLOGG'S, POP-TARTS, Frosted Cookies & Creme Toaster Pastries	50.0	1.0 pastry	120
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	120
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	120
16059	Chili with beans, canned	256.0	1.0 cup	120
03996	Babyfood, Multigrain whole grain cereal, dry	16.0	3.0 tbsp	120
16007	Beans, baked, canned, with beef	266.0	1.0 cup	120
21487	Fast foods, taco with chicken, lettuce and cheese, soft	98.0	1.0 each taco	120
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	98.0	1.0 each taco	120
19319	Puddings, banana, dry mix, instant, prepared with whole milk	127.0	0.5 cup	119
16590	MORNINGSTAR FARMS BBQ Riblets, frozen, unprepared	142.0	1.0 Riblet with Sauce	119
08491	Cereals ready-to-eat, MALT-O-MEAL, Honey Nut TOASTY O'S Cereal	30.0	1.0 cup	119
09205	Oranges, raw, with peel	170.0	1.0 cup	119
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	28.0	0.75 cup (1 NLEA serving)	119
18964	Cinnamon buns, frosted (includes honey buns)	65.0	1.0 bun	119
21242	WENDY'S, Jr. Hamburger, with cheese	129.0	1.0 item	119
01188	KRAFT CHEEZ WHIZ Pasteurized Process Cheese Sauce	33.0	2.0 tbsp	118
43278	Cheese, american cheddar, imitation	21.0	1.0 slice	118
08215	Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon	56.0	1.0 cup (1 NLEA serving)	118
28274	MURRAY, Honey Graham	31.0	8.0 crackers	117
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	117
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	135.0	1.0 cup	117
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	27.0	0.75 cup (1 NLEA serving)	117
08549	Cereals ready-to-eat, QUAKER, QUAKER Honey Graham LIFE Cereal	32.0	0.75 cup (1 NLEA serving)	117
08094	Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	28.0	1.0 packet (1 NLEA serving)	117
08449	Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, dry	28.0	1.0 packet (1 NLEA serving)	117
08096	Cereals, QUAKER, Instant Grits, Country Bacon flavor, dry	28.0	1.0 packet (1 NLEA serving)	117
11374	Potatoes, canned, solids and liquids	300.0	1.0 cup, whole	117
19821	Snacks, trail mix, regular, unsalted	150.0	1.0 cup	117
19059	Snacks, trail mix, regular	150.0	1.0 cup	117
01259	Cheese spread, American or Cheddar cheese base, reduced fat	21.0	1.0 piece	117
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	117
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	117
08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	30.0	0.75 cup (1 NLEA serving)	116
21333	McDONALD'S, Vanilla Reduced Fat Ice Cream Cone	90.0	1.0 item 3.175 oz	116
06930	Sauce, cheese, ready-to-serve	63.0	0.25 cup	116

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
08221	Cereals, QUAKER, Instant Grits, Butter flavor, dry	28.0	1.0 packet (1 NLEA serving)	116
20002	Amaranth grain, cooked	246.0	1.0 cup	116
01114	Whey, sweet, fluid	246.0	1.0 cup	116
21355	McDONALD'S, McCHICKEN Sandwich	131.0	1.0 sandwich	115
03048	Babyfood, macaroni and cheese, toddler	113.0	1.0 container	115
35146	Stew, mutton, corn, squash (Navajo)	303.0	1.0 serving	115
19875	Ice creams, BREYERS, All Natural Light Vanilla	68.0	1.0 serving 1/2 cup	115
19367	Toppings, nuts in syrup	328.0	1.0 cup	115
12155	Nuts, walnuts, english	117.0	1.0 cup, chopped	115
08450	Cereals, QUAKER, Instant Grits, Ham 'n' Cheese flavor, dry	28.0	1.0 packet (1 NLEA serving)	115
28263	KEEBLER, Grahams, Cinnamon Crisp	30.0	8.0 crackers	114
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	200.0	1.0 cup	114
12131	Nuts, macadamia nuts, raw	134.0	1.0 cup, whole or halves	114
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	253.0	1.0 can drained	114
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	137.0	0.167 package (5.5 oz) yields	114
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	247.0	1.0 item	114
08417	Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry	41.0	1.0 packet (1 NLEA serving)	114
21252	BURGER KING, WHOPPER, no cheese	291.0	1.0 item	113
01021	Cheese, gjetost	28.35	1.0 oz	113
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	30.0	1.0 cup (NLEA serving)	113
21060	Fast foods, burrito, with beans	217.0	2.0 pieces	113
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	113
16044	Beans, pinto, mature seeds, canned, solids and liquids	240.0	1.0 cup	113
01236	Ice cream, soft serve, chocolate	86.0	0.5 cup	113
19090	Ice creams, french vanilla, soft-serve	86.0	0.5 cup (4 fl oz)	113
08214	Cereals ready-to-eat, QUAKER, Oatmeal Squares	56.0	1.0 cup (1 NLEA serving)	113
08632	Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	56.0	1.0 cup (1 NLEA serving)	113
21108	Fast foods, hamburger; single, regular patty; with condiments	97.0	1.0 sandwich	113
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32.0	0.75 cup (1 NLEA serving)	112
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	112
08676	Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS	30.0	1.0 cup (1 NLEA serving)	112
08628	Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	32.0	0.75 cup (1 NLEA serving)	112
15217	Fish, sucker, white, cooked, dry heat	124.0	1.0 fillet	112
12175	Nuts, chestnuts, japanese, dried	155.0	1.0 cup	112
16323	Beans, french, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	112
16023	Beans, french, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	112

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
01258	Egg, white, dried, stabilized, glucose reduced	107.0	1.0 cup, sifted	111
01215	Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	21.0	1.0 slice 3/4 oz	111
28101	KEEBLER, Cinnamon Toast Grahams	37.0	1.0 package	111
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	43.0	1.0 packet	111
08694	Cereals, QUAKER, Instant Oatmeal, weight control, cinnamon	45.0	1.0 packet (1 NLEA serving)	110
42205	Cheese, pasteurized process, cheddar or American, fat-free	16.0	1.0 cubic inch	110
08481	Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES	30.0	0.75 cup (1 NLEA serving)	110
19165	Cocoa, dry powder, unsweetened	86.0	1.0 cup	110
08642	Cereals, QUAKER, Instant Oatmeal, Apple and Cinnamon, reduced sugar	31.0	1.0 packet (1 NLEA serving)	110
11618	Eppaw, raw	100.0	1.0 cup	110
08411	Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry	50.0	1.0 packet (1 NLEA serving)	110
01007	Cheese, camembert	28.35	1.0 oz	110
08228	Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry	37.0	1.0 packet	110
08206	Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	30.0	0.75 cup (1 NLEA serving)	110
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	110
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	110
08092	Cereals, QUAKER, corn grits, instant, plain, dry	29.0	1.0 packet	110
22972	Pulled pork in barbecue sauce	249.0	1.0 cup	110
14196	Cocoa mix, no sugar added, powder	19.0	1.0 envelope Alba (.675 oz)	109
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	152.0	1.0 sandwich	109
07252	LOUIS RICH, Franks (turkey and chicken cheese)	45.0	1.0 serving	109
08687	Cereals, QUAKER, Weight Control Instant Oatmeal, banana bread	45.0	1.0 packet (1 NLEA serving)	109
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	254.0	1.0 can drained, rinsed	109
16597	MORNINGSTAR FARMS Entree Chili, frozen, unprepared	254.0	1.0 Cup	109
43447	Snacks, corn-based, extruded, chips, unsalted	88.0	1.0 cup, crushed	109
18932	Waffles, buttermilk, frozen, ready-to-heat	39.0	1.0 waffle, square	109
19879	Ice creams, BREYERS, All Natural Light Mint Chocolate Chip	68.0	1.0 serving 1/2 cup	109
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	108
11576	Turnip greens and turnips, frozen, unprepared	95.0	0.33 package (10 oz)	108
21089	Fast foods, cheeseburger; single, regular patty; plain	91.0	1.0 sandwich	108
22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	108
16345	Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water	169.0	1.0 cup	108
19114	Ice creams, chocolate, light	68.0	1.0 serving	108
01235	Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener	68.0	0.5 cup	108
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	108
08225	Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	35.0	1.0 packet	107

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
19893	Ice creams, BREYERS, All Natural Light French Chocolate	68.0	1.0 serving 1/2 cup	107
19878	Ice creams, BREYERS, All Natural Light Vanilla Chocolate Strawberry	68.0	1.0 serving 1/2 cup	107
15140	Crustaceans, crab, blue, cooked, moist heat	118.0	1.0 cup, flaked and pieces	107
19193	Puddings, rice, ready-to-eat	113.0	1.0 serving 4 oz pudding cup	107
21507	WENDY'S, Double Stack, with cheese	146.0	1.0 sandwich	107
08594	Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX	32.0	0.75 cup (1 NLEA serving)	107
36412	Restaurant, Latino, tamale, pork	142.0	1.0 piece	106
08639	Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar	34.0	1.0 packet (1 NLEA serving)	106
09512	Grape juice, canned or bottled, with added ascorbic acid and calcium	253.0	1.0 cup	106
19393	Frozen yogurts, chocolate, soft-serve	72.0	0.5 cup (4 fl oz)	106
15040	Fish, herring, Atlantic, cooked, dry heat	143.0	1.0 fillet	106
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	115.0	1.0 sandwich	106
21135	Fast foods, potato, baked and topped with sour cream and chives	302.0	1.0 piece	106
16129	Tofu, fried	28.35	1.0 oz	105
19093	Candies, SYMPHONY Milk Chocolate Bar	42.0	1.0 bar 1.5 oz	105
19876	Ice creams, BREYERS, All Natural Light French Vanilla	68.0	1.0 serving 1/2 cup	105
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	45.0	1.0 packet	105
09307	Rhubarb, raw	122.0	1.0 cup, diced	105
21509	BURGER KING, Onion Rings	91.0	1.0 small	105
11568	Turnip greens, raw	55.0	1.0 cup, chopped	104
28168	KELLOGG'S, POP-TARTS, Frosted Confetti Cake Toaster Pastries	50.0	1.0 pastry	104
08124	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry	43.0	1.0 packet (1 NLEA serving)	104
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	222.0	1.0 serving	104
21269	TACO BELL, Nachos Supreme	222.0	1.0 serving	104
11413	Potato flour	160.0	1.0 cup	104
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	385.0	1.0 serving	104
08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS	28.0	0.75 cup (1 NLEA serving)	104
36413	Restaurant, Latino, black bean soup	246.0	1.0 cup	103
19293	Frozen yogurts, vanilla, soft-serve	72.0	0.5 cup	103
16420	Soy protein concentrate, produced by acid wash	28.35	1.0 oz	103
16421	Soy protein concentrate, crude protein basis (N x 6.25), produced by acid wash	28.35	1.0 oz	103
16121	Soy protein concentrate, produced by alcohol extraction	28.35	1.0 oz	103
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	210.0	1.0 cup	103
11207	Dandelion greens, raw	55.0	1.0 cup, chopped	103
16271	Vitasoy USA Organic Nasoya, Soft Tofu	79.0	0.2 package	103
21019	Fast foods, english muffin, with butter	63.0	1.0 muffin	103

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
19881	Ice creams, BREYERS, No Sugar Added, French Vanilla	68.0	1.0 serving 1/2 cup	103
18639	GEORGE WESTON BAKERIES, Thomas English Muffins	57.0	1.0 serving	103
08510	Milk and cereal bar	25.0	1.0 bar	102
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	70.0	1.0 serving (makes about 1 cup prepared)	102
19874	Frozen novelties, KLONDIKE, SLIM-A-BEAR Fudge Bar, 98% fat free, no sugar added	74.0	1.0 serving 3.5 fl oz bar	102
36004	APPLEBEE'S, mozzarella sticks	32.0	1.0 piece	102
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	185.0	1.0 cup	102
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	102
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226.0	1.0 sandwich	102
11765	Chard, swiss, cooked, boiled, drained, with salt	175.0	1.0 cup, chopped	102
11148	Chard, swiss, cooked, boiled, drained, without salt	175.0	1.0 cup, chopped	102
21120	Fast foods, hotdog, with corn flour coating (corndog)	175.0	1.0 sandwich	102
08487	Cereals ready-to-eat, MALT-O-MEAL, Blueberry MUFFIN TOPS Cereal	30.0	0.75 cup (1 NLEA serving)	101
19434	Cheese puffs and twists, corn based, baked, low fat	28.35	1.0 oz	101
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	43.0	1.0 packet (1 NLEA serving)	101
22966	SPAGHETTIOS, SpaghettiOs with Meatballs - Easy Open	206.0	1.0 can (1 serving)	101
14088	V8 SPLASH Smoothies, Tropical Colada	246.0	1.0 serving 8 oz	101
14647	Fruit flavored drink, reduced sugar, greater than 3% fruit juice, high vitamin C, added calcium	240.0	8.0 fl oz	101
14086	V8 SPLASH Smoothies, Peach Mango	245.0	1.0 serving 8 oz	100
14087	V8 SPLASH Smoothies, Strawberry Banana	245.0	1.0 serving 8 oz	100
27009	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST New England Clam Chowder	245.0	1.0 cup	100
06987	HEALTHY REQUEST, Cream of Celery Soup, condensed	124.0	1.0 serving 1/2 cup	100
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	44.0	1.0 packet	100
11097	Broccoli raab, cooked	85.0	1.0 NLEA serving	100
93600	Turtle, green, raw	85.0	3.0 oz	100
43566	Snacks, tortilla chips, light (baked with less oil)	63.0	1.0 cup, crushed	100
08666	Cereals ready-to-eat, GENERAL MILLS, Cinnamon Burst CHEERIOS	32.0	1.0 cup (1 NLEA serving)	100
08078	Cereals ready-to-eat, GENERAL MILLS, TRI-X	32.0	1.0 cup (1 NLEA serving)	100
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	32.0	0.75 cup (1 NLEA serving)	100
08019	Cereals ready-to-eat, GENERAL MILLS Corn CHEX	31.0	1.0 cup (1 NLEA serving)	100
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	31.0	0.75 cup (1 NLEA serving)	100
08634	Cereals ready-to-eat, GENERAL MILLS, PEANUT BUTTER TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	100
08678	Cereals ready-to-eat, GENERAL MILLS, Apple Cinnamon CHEX	31.0	0.75 cup (1 NLEA serving)	100
43450	Frozen novelties, juice type, juice with cream	71.0	2.5 oz	100
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	47.0	0.75 cup (1 NLEA serving)	100
28022	KELLOGG'S, EGGO Seasons, Waffles, Pumpkin Spice	70.0	2.0 waffles	100

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
14557	Chocolate-flavor beverage mix for milk, powder, with added nutrients	22.0	1.0 serving	100
28018	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Blueberry	70.0	2.0 waffles	100
18506	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat	70.0	2.0 waffles 1 serving	100
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	26.0	0.75 cup (1 NLEA serving)	100
28024	KELLOGG'S, EGGO, Waffles, Strawberry	70.0	2.0 waffles	100
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	35.0	1.0 bar	100
08599	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS	55.0	1.0 cup (1 NLEA serving)	100
28304	Waffles, whole wheat, lowfat, frozen, ready-to-heat	70.0	1.0 serving 2 waffles	100
08668	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & Almonds	55.0	1.0 cup (1 NLEA serving)	100
28021	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Original	70.0	2.0 waffles	100
14407	Orange-flavor drink, breakfast type, powder	26.0	1.0 serving 2 tbsp	100
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	24.0	1.0 bar	100
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	29.0	0.75 cup (1 NLEA serving)	100
08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain Cheerios	29.0	1.0 cup (1 NLEA serving)	100
28046	KEEBLER, ANIMALS, Crackers	29.0	8.0 crackers 1 serving	100
28295	Tortillas, ready-to-bake or -fry, whole wheat	41.0	1.0 tortilla 1 serving	100
18497	Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted strawberry	50.0	1.0 pastry	100
25043	Snacks, candy bits, yogurt covered with vitamin C	20.0	1.0 package	100
28173	KELLOGG'S, POP-TARTS, Frosted Sugar Cookie Toaster Pastries	50.0	1.0 pastry	100
28165	KELLOGG'S, POP-TARTS, Chocolate Chip Cookie Dough Toaster Pastries	50.0	1.0 pastry	100
28104	KEEBLER, GRIPZ, Chocolate Chip Grahams, bite-size	25.0	1.0 pouch	100
28180	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Rainbow Chip Toaster Pastries	50.0	1.0 pastry	100
25045	Formulated bar, high fiber, chewy, oats and chocolate	40.0	1.0 bar	100
28174	KELLOGG'S, POP-TARTS, Frosted Waffle Cone Toaster Pastries	50.0	1.0 pastry	100
28193	KELLOGG'S, POP-TARTS, Yum-azing Vanilla Milkshake Toaster Pastries	50.0	1.0 pastry	100
28105	KEEBLER, GRIPZ, Cinnamon Grahams, bite-size	25.0	1.0 pouch	100
25031	Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	50.0	1.0 bar	100
18494	Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted brown sugar cinnamon	50.0	1.0 pastry	100
32012	Pizza rolls, frozen, unprepared	80.0	1.0 serving 6 rolls	100
08596	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight	50.0	1.0 cup (1 NLEA serving)	100
14063	Beverages, chocolate powder, no sugar added	11.0	2.0 tbsp	100
14080	Beverages, NESTLE, Ovaltine, rich chocolate, powder	11.0	2.0 tbsp	100
08268	Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	33.0	1.0 cup (1 NLEA serving)	100
08273	Cereals ready-to-eat, GENERAL MILLS, BOO BERRY	33.0	1.0 cup (1 NLEA serving)	100
08682	Cereals ready-to-eat, GENERAL MILLS, Multi Grain CHEERIOS, Peanut Butter	28.0	0.75 cup (1 NLEA serving)	100
01243	Fat free ice cream, no sugar added, flavors other than chocolate	68.0	0.5 cup	100

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
08513	Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS	28.0	0.75 cup (1 NLEA serving)	100
08592	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut	28.0	0.75 cup (1 NLEA serving)	100
08074	Cereals ready-to-eat, RALSTON TASTEEOS	28.0	1.0 cup (1 NLEA serving)	100
21062	Fast foods, burrito, with beans and chili peppers	204.0	2.0 pieces	100
08586	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIX	28.0	1.0 cup	100
18998	KELLOGG'S, EGGO, French Toaster Sticks, Original	90.0	2.0 pieces	100
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS	27.0	0.75 cup (1 NLEA serving)	100
08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	27.0	0.75 cup (1 NLEA serving)	100
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	27.0	1.0 cup (1 NLEA serving)	100
08679	Cereals ready-to-eat, GENERAL MILLS, FROSTED TOAST CRUNCH	30.0	0.75 cup (1 NLEA serving)	100
28014	KELLOGG'S, EGGO, Waffles, French Toast	45.0	1.0 waffle	100
11426	Pumpkin pie mix, canned	270.0	1.0 cup	100
08667	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS Brownie Crunch	27.0	0.75 cup (1 NLEA serving)	100
08595	Cereals ready-to-eat, GENERAL MILLS Cinnamon CHEX	30.0	0.75 cup (1 NLEA serving)	100
42236	Cereals ready-to-eat, frosted oat cereal with marshmallows	30.0	0.75 cup (1 NLEA serving)	100
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	27.0	0.75 cup (1 NLEA serving)	100
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30.0	0.75 cup (1 NLEA serving)	100
18997	KELLOGG'S, EGGO, French Toaster Sticks, Cinnamon	90.0	2.0 pieces	100
08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	30.0	0.5 cup (1 NLEA serving)	100
08553	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry	30.0	0.75 cup (1 NLEA serving)	100
08671	Cereals ready-to-eat, GENERAL MILLS, Dulce De Leche CHEERIOS	27.0	0.75 cup (1 NLEA serving)	100
08582	Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER	27.0	0.75 cup (1 NLEA serving)	100
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	27.0	0.75 cup (1 NLEA serving)	100
08593	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate	27.0	0.75 cup (1 NLEA serving)	100
28179	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Ice Creme Sandwich Toaster Pastries	48.0	1.0 pastry	100
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52.0	1.0 pastry	100
08598	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS	52.0	1.0 cup (1 NLEA serving)	100
14033	Beverages, ABBOTT, EAS whey protein powder	39.0	2.0 scoop	100
28181	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Strawberry Milkshake Toaster Pastries	48.0	1.0 pastry	100
28182	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Vanilla Milkshake Toaster Pastries	48.0	1.0 pastry	100
19867	Ice creams, vanilla, fat free	67.0	0.5 cup	100
18999	KELLOGG'S, EGGO, Mini Muffin Tops, Blueberry	46.0	1.0 set	100
28000	KELLOGG'S, EGGO, Mini Muffin Tops, Chocolate Chip	46.0	1.0 set	100
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217.0	1.5 cup	100
32020	Chicken, thighs, frozen, breaded, reheated	133.0	1.0 thigh with bone and breading	100
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	100

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
18146	Cake, yellow, prepared from recipe without frosting	68.0	1.0 piece (1/12 of 8" dia)	99
35239	Tortilla, blue corn, Sakwavikaviki (Hopi)	57.0	1.0 piece	99
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	23.0	1.0 Roll	99
16213	Vitasoy USA, Organic Nasoya Firm Tofu	79.0	0.2 package	99
19886	Frozen novelties, KLONDIKE, SLIM-A-BEAR Chocolate Cone	79.0	1.0 serving 1 cone	99
11985	Fireweed, leaves, raw	23.0	1.0 cup, chopped	99
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	99
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	43.0	1.0 packet (1 NLEA serving)	98
08122	Cereals, oats, instant, fortified, plain, dry	28.0	1.0 packet	98
19074	Candies, caramels	71.0	1.0 package (2.5 oz)	98
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	124.0	1.0 cup	98
22916	Lasagna with meat & sauce, frozen entree	134.0	1.0 piece side	98
11212	Edamame, frozen, prepared	155.0	1.0 cup	98
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	98
16130	Okara	122.0	1.0 cup	98
11656	Corn pudding, home prepared	250.0	1.0 cup	98
18616	MISSION FOODS, MISSION Flour Tortillas, Soft Taco, 8 inch	51.0	1.0 serving	97
08130	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	43.0	1.0 packet	97
16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	97
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	28.35	1.0 oz	97
08670	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS, MEDLEY CRUNCH	30.0	0.75 cup (1 NLEA serving)	97
11106	Butterbur, (fuki), raw	94.0	1.0 cup	97
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	97
08693	Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry	73.0	1.0 package (1 NLEA serving)	96
18139	Cake, white, prepared from recipe without frosting	74.0	1.0 piece (1/12 of 9" dia)	96
15178	Mollusks, whelk, unspecified, cooked, moist heat	85.0	3.0 oz	96
28178	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Hot Fudge Sundae Toaster Pastries	48.0	1.0 pastry	96
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218.0	1.0 sandwich	96
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	137.0	1.0 cup	96
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	137.0	1.0 cup	96
33871	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA (formerly ROSS)	9.6	1.0 scoop	96
19166	Cocoa, dry powder, unsweetened, processed with alkali	86.0	1.0 cup	95
16384	Mungo beans, mature seeds, cooked, boiled, with salt	180.0	1.0 cup	95
16084	Mungo beans, mature seeds, cooked, boiled, without salt	180.0	1.0 cup	95
01136	Egg, white, dried, powder, stabilized, glucose reduced	107.0	1.0 cup, sifted	95

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
16147	Veggie burgers or soyburgers, unprepared	70.0	1.0 pattie	95
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	95
09289	Prunes, dehydrated (low-moisture), uncooked	132.0	1.0 cup	95
14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	26.0	1.0 scoop	95
21362	McDONALD'S, Sausage Biscuit with Egg	163.0	1.0 item 5.7 oz	95
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	160.0	1.0 cup	94
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160.0	1.0 cup	94
36630	Restaurant, Italian, spaghetti with meat sauce	554.0	1.0 serving	94
07913	Salami, pork, beef, less sodium	100.0	3.527 oz	94
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	94
05708	Turkey, retail parts, enhanced, breast, meat only, raw	1171.0	1.0 breast	94
03091	Babyfood, vegetables, green beans, strained	240.0	1.0 cup	94
11790	Kale, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	94
11234	Kale, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	94
15064	Fish, pike, walleye, raw	85.0	3.0 oz	94
01164	Cheese sauce, prepared from recipe	30.0	2.0 tbsp	93
33866	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, LIPIL, powder	9.6	1.0 scoop	93
06190	Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	93
09175	Mammy-apple, (mamey), raw	846.0	1.0 fruit without refuse	93
36001	APPLEBEE'S, Double Crunch Shrimp	206.0	1.0 serving	93
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	93
19260	Ice creams, vanilla, light, no sugar added	68.0	1.0 serving 1/2 cup	92
21111	Fast foods, hamburger; double, regular patty; with condiments	215.0	1.0 item	92
12632	Nuts, macadamia nuts, dry roasted, with salt added	132.0	1.0 cup, whole or halves	92
35204	Chokecherries, raw, pitted (Northern Plains Indians)	154.0	1.0 cup	92
12132	Nuts, macadamia nuts, dry roasted, without salt added	132.0	1.0 cup, whole or halves	92
16144	Lentils, pink or red, raw	192.0	1.0 cup	92
19132	Candies, milk chocolate, with almonds	41.0	1.0 bar (1.45 oz)	92
19882	Ice creams, BREYERS, No Sugar Added, Vanilla	69.0	1.0 serving 1/2 cup	92
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	158.0	1.0 cup cup rinsed solids	92
21259	BURGER KING, Original Chicken Sandwich	199.0	1.0 sandwich	92
21469	Fast Foods, Fried Chicken, Breast, meat and skin and breading	203.0	1.0 breast, with skin	91
19887	Frozen novelties, KLONDIKE, SLIM-A-BEAR Vanilla Sandwich	64.0	1.0 serving 1 sandwich	91
18144	Cake, yellow, dry mix, regular, enriched	43.0	1.0 serving	91
36629	Restaurant, Chinese, orange chicken	648.0	1.0 order	91
16093	Peanuts, valencia, raw	146.0	1.0 cup	91

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
18499	KELLOGG, KELLOGG'S EGGO, Buttermilk Pancake	116.0	3.0 pancakes (NLEA serving)	90
11864	Squash, winter, acorn, cooked, baked, with salt	205.0	1.0 cup, cubes	90
11483	Squash, winter, acorn, cooked, baked, without salt	205.0	1.0 cup, cubes	90
15230	Mollusks, octopus, common, cooked, moist heat	85.0	3.0 oz	90
16596	MORNINGSTAR FARMS Grillers Quarter Pound Veggie Burger, frozen, unprepared	114.0	1.0 Burger	90
03184	Babyfood, cereal, whole wheat, with apples, dry	15.0	0.5 oz	90
12201	Seeds, sesame seed kernels, dried (decorticated)	150.0	1.0 cup	90
06002	Soup, black bean, canned, condensed	257.0	1.0 cup (8 fl oz)	90
33869	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder	9.4	1.0 scoop	90
19884	Ice creams, BREYERS, No Sugar Added, Vanilla Chocolate Strawberry	68.0	1.0 serving 1/2 cup	90
11849	Purslane, cooked, boiled, drained, with salt	115.0	1.0 cup	90
11428	Purslane, cooked, boiled, drained, without salt	115.0	1.0 cup	90
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	128.0	1.0 cup	90
12037	Seeds, sunflower seed kernels, dry roasted, without salt	128.0	1.0 cup	90
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	128.0	1.0 cup	90
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	89
09322	Tamarinds, raw	120.0	1.0 cup, pulp	89
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	89
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	89
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	590.0	1.0 serving	88
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	177.0	1.0 cup	88
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	177.0	1.0 cup	88
16021	Beans, cranberry (roman), mature seeds, canned	260.0	1.0 cup	88
19880	Ice creams, BREYERS, No Sugar Added, Butter Pecan	68.0	1.0 serving 1/2 cup	88
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245.0	1.0 cup (unprepared)	88
06988	CAMPBELL'S HEALTHY REQUEST, Cream of Mushroom Soup, condensed	124.0	0.5 cup condensed	88
11969	Broccoli, chinese, cooked	88.0	1.0 cup	88
33868	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder	9.4	1.0 scoop	88
16041	Beans, pink, mature seeds, cooked, boiled, without salt	169.0	1.0 cup	88
16341	Beans, pink, mature seeds, cooked, boiled, with salt	169.0	1.0 cup	88
16089	Peanuts, all types, oil-roasted, with salt	144.0	1.0 cup, chopped	88
16389	Peanuts, all types, oil-roasted, without salt	144.0	1.0 cup,	88
06406	Soup, bean with frankfurters, canned, prepared with equal volume water	250.0	1.0 cup (8 fl oz)	88
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	165.0	1.0 cup	87
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	165.0	1.0 cup	87
09297	Raisins, golden seedless	165.0	1.0 cup, packed	87

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
33870	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder	9.4	1.0 scoop	87
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	87
18365	Waffles, plain, frozen, ready-to-heat	28.35	1.0 oz	87
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	98.0	1.0 piece	87
19911	Syrup, maple, Canadian	80.0	60.0 milliliter	87
19883	Ice creams, BREYERS, No Sugar Added, Vanilla Fudge Twirl	72.0	1.0 serving 1/2 cup	87
19265	Ice creams, chocolate, light, no sugar added	72.0	1.0 serving 1/2 cup	87
16029	Beans, kidney, all types, mature seeds, canned	256.0	1.0 cup	87
18403	Waffles, plain, frozen, ready -to-heat, toasted	28.35	1.0 oz	87
08691	Cereals, QUAKER, oatmeal, REAL MEDLEYS, summer berry, dry	70.0	1.0 package (1 NLEA serving)	87
06026	Soup, chili beef, canned, condensed	263.0	1.0 cup (8 fl oz)	87
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	87
35142	Frybread, made with lard (Navajo)	152.0	1.0 piece	87
21067	Fast foods, burrito, with beef and chili peppers	201.0	2.0 pieces	86
01139	Egg, goose, whole, fresh, raw	144.0	1.0 egg	86
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	135.0	1.0 thigh, with skin	86
11277	New Zealand spinach, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	86
15215	Fish, shad, american, cooked, dry heat	144.0	1.0 fillet	86
11802	New zealand spinach, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	86
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	86
05305	Ground turkey, raw	453.6	1.0 lb	86
19895	Ice creams, BREYERS, No Sugar Added, Chocolate Caramel	71.0	1.0 serving 1/2 cup	86
19071	Candies, carob, unsweetened	28.35	1.0 oz	86
43144	Cabbage, mustard, salted	128.0	1.0 cup	86
19894	Ice creams, BREYERS, 98% Fat Free Chocolate	68.0	1.0 serving 1/2 cup	86
03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	9.3	1.0 scoop	86
22247	Macaroni and Cheese, canned entree	244.0	1.0 serving	85
21306	Fast foods, griddle cake sandwich, sausage	135.0	1.0 item 4.744 oz	85
21328	MCDONALD'S, Sausage McGRIDDLES	135.0	1.0 item 4.744 oz	85
07008	Bologna, beef and pork	100.0	3.527 oz	85
19871	Frozen novelties, No Sugar Added, FUDGESICLE pops	84.0	1.0 serving	85
11350	Pokeberry shoots, (poke), raw	160.0	1.0 cup	85
16171	Refried beans, canned, vegetarian	242.0	1.0 cup	85
11961	Hearts of palm, canned	146.0	1.0 cup	85
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	85
16077	Lupins, mature seeds, cooked, boiled, without salt	166.0	1.0 cup	85

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
16377	Lupins, mature seeds, cooked, boiled, with salt	166.0	1.0 cup	85
01157	Cheese, goat, semisoft type	28.35	1.0 oz	84
19095	Ice creams, vanilla	66.0	1.0 serving 1/2 cup	84
16581	GARDENBURGER Flame Grilled Burger, frozen, unprepared	96.0	1.0 Pattie	84
36418	Restaurant, Mexican, refried beans	148.0	1.0 cup	84
20038	Oats	156.0	1.0 cup	84
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	216.0	1.0 can (6 fl oz)	84
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	84
11866	Squash, winter, butternut, cooked, baked, with salt	205.0	1.0 cup, cubes	84
21407	McDONALD'S, Premium Crispy Chicken Ranch BLT Sandwich	240.0	1.0 item 8.5 oz	84
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	84
16099	Peanut flour, defatted	60.0	1.0 cup	84
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	84
07928	Sausage, chicken, beef, pork, skinless, smoked	84.0	1.0 link	84
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	240.0	1.0 cup	84
19115	Candies, MARS SNACKFOOD US, MARS Almond Bar	50.0	1.0 bar (1.76 oz)	84
16316	Beans, black, mature seeds, canned, low sodium	240.0	1.0 cup	84
42055	Fruit-flavored drink, dry powdered mix, low calorie, with aspartame	8.0	1.0 tsp	84
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	28.0	1.0 oz	84
21066	Fast foods, burrito, with beef	220.0	2.0 pieces	84
11161	Collards, raw	36.0	1.0 cup, chopped	84
09287	Prickly pears, raw	149.0	1.0 cup	83
16281	HOUSE FOODS Premium Firm Tofu	56.0	2.0 oz	83
03704	Babyfood, cereal, mixed, with honey, prepared with whole milk	28.35	1.0 oz	83
42281	Gums, seed gums (includes locust bean, guar)	28.35	1.0 oz	83
19084	Candies, HERSHEY'S GOLDEN ALMOND SOLITAIRES	41.0	13.0 pieces	83
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	489.0	1.0 serving	83
18361	Toaster pastries, brown-sugar-cinnamon	28.35	1.0 oz	83
19877	Ice creams, BREYERS, 98% Fat Free Vanilla	68.0	1.0 serving 1/2 cup	83
22969	Chili with beans, microwavable bowls	244.0	1.0 cup	83
07269	BUTCHER BOY MEATS, INC., Turkey Franks	56.0	1.0 serving	83
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	83
11297	Parsley, fresh	60.0	1.0 cup chopped	83
11613	Borage, raw	89.0	1.0 cup (1" pieces)	83
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	83
09298	Raisins, seedless	165.0	1.0 cup, packed	82

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
03696	Babyfood, cereal, rice, with honey, prepared with whole milk	28.35	1.0 oz	82
06404	Soup, bean with pork, canned, prepared with equal volume water	266.0	1.0 serving 1 cup	82
11204	Cress, garden, cooked, boiled, drained, without salt	135.0	1.0 cup	82
11781	Cress, garden, cooked, boiled, drained, with salt	135.0	1.0 cup	82
01153	Milk, canned, evaporated, with added vitamin A	31.5	1.0 fl oz	82
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	82
22979	KASHI Black Bean Mango, frozen, unprepared	283.0	1.0 Entre	82
11278	Okra, raw	100.0	1.0 cup	82
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	82
03693	Babyfood, cereal, oatmeal, with honey, prepared with whole milk	28.35	1.0 oz	82
18267	English muffins, whole-wheat, toasted	28.35	1.0 oz	82
21002	Fast foods, biscuit, with egg	136.0	1.0 biscuit	82
21105	Fast foods, fish sandwich, with tartar sauce	220.0	1.0 sandwich	81
21258	BURGER KING, Premium Fish Sandwich	220.0	1.0 sandwich	81
18112	Cake mix, pudding, dry, german chocolate	43.0	1.0 serving	81
08641	Cereals, QUAKER, Instant Oatmeal, fruit and cream, variety of flavors, reduced sugar	33.0	1.0 packet	81
19872	Frozen novelties, Fat Free FUDGESICLE bars	51.0	1.0 serving 1 pop	81
11384	Potatoes, au gratin, dry mix, unprepared	26.0	0.167 package (5.5 oz)	81
06250	CAMPBELL'S CHUNKY Microwavable Bowls, New England Clam Chowder, ready-to-serve	245.0	1.0 serving 1 cup	81
43218	Cereals ready-to-eat, ALPEN	55.0	0.67 cup (1 NLEA serving)	81
16533	WORTHINGTON Smoked Turkey Roll, frozen, unprepared	55.0	1.0 slice , 3/8"	81
43134	Vegetarian fillets	85.0	1.0 fillet	81
06353	CAMPBELL'S Red and White, Fiesta Nacho Cheese Soup, condensed	124.0	1.0 serving 1/2 cup	81
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	537.0	1.0 serving	81
01076	Milk substitutes, fluid, with lauric acid oil	244.0	1.0 cup	81
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	164.0	1.0 cup	80
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164.0	1.0 cup	80
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	78.0	1.0 bar	80
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	113.0	4.0 oz	80
08672	Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS	30.0	0.75 cup (1 NLEA serving)	80
14067	Beverages, Protein powder soy based	45.0	1.0 scoop	80
12567	Nuts, almonds, oil roasted, with salt added, smoke flavor	28.0	1.0 oz (28 almonds)	80
08635	Cereals ready-to-eat, GENERAL MILLS, Cocoa Puffs, 25% Reduced Sugar	24.0	0.75 cup (1 NLEA serving)	80
25052	Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	24.0	1.0 bar	80
08637	Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch	27.0	0.75 cup (1 NLEA serving)	80
20035	Quinoa, uncooked	170.0	1.0 cup	80

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	80
22904	Chili con carne with beans, canned entree	242.0	1.0 cup	80
22899	Ravioli, cheese-filled, canned	242.0	1.0 cup	80
11437	Salsify, (vegetable oyster), raw	133.0	1.0 cup slices	80
28004	KELLOGG'S, EGGO, Pancakes, Chocolate Chip	105.0	3.0 pancakes	80
19061	Snacks, trail mix, tropical	140.0	1.0 cup	80
28006	KELLOGG'S, CINNABON, Pancakes, Original	105.0	3.0 pancakes	80
28003	KELLOGG'S, EGGO, Pancakes, Blueberry	105.0	3.0 pancakes	80
09203	Oranges, raw, Florida	185.0	1.0 cup sections, without membranes	80
01093	Milk, dry, nonfat, calcium reduced	28.35	1.0 oz	79
22997	KASHI, Tuscan Veggie Bake, Frozen Entree	283.0	1.0 package	79
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	79
18310	Pie, chocolate creme, commercially prepared	120.0	1.0 serving .167 pie	79
14075	Beverages, water, bottled, naturally sparkling (carbonated), mineral	240.0	8.0 fl oz	79
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	79
15137	Crustaceans, crab, alaska king, cooked, moist heat	134.0	1.0 leg	79
18270	Hush puppies, prepared from recipe	28.35	1.0 oz	79
08692	Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry	75.0	1.0 package (1 NLEA serving)	79
36631	OLIVE GARDEN, spaghetti with meat sauce	525.0	1.0 serving	79
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	79
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	79
16172	Refried beans, canned, fat-free	231.0	1.0 cup	79
43112	Beans, chili, barbecue, ranch style, cooked	253.0	1.0 cup	78
09420	Jackfruit, canned, syrup pack	178.0	1.0 cup, drained	78
01141	Egg, turkey, whole, fresh, raw	79.0	1.0 egg	78
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	11.0	1.0 tbsp	78
15159	Mollusks, clam, mixed species, cooked, moist heat	85.0	3.0 oz	78
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	78
21403	McDONALD'S, Premium Crispy Chicken Classic Sandwich	230.0	1.0 item	78
22990	KASHI, STEAM MEAL, Roasted Garlic Chicken Farfalle, Frozen Entree	269.0	1.0 package	78
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	78
06004	Soup, bean with pork, canned, condensed	130.0	0.5 cup	78
16100	Peanut flour, low fat	60.0	1.0 cup	78
16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	78
16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	177.0	1.0 cup	78
16394	Peanuts, valencia, oil-roasted, without salt	144.0	1.0 cup	78

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
06007	Soup, bean with ham, canned, chunky, ready-to-serve	243.0	1.0 cup (8 fl oz)	78
16094	Peanuts, valencia, oil-roasted, with salt	144.0	1.0 cup	78
16368	Hyacinth beans, mature seeds, cooked, boiled, with salt	194.0	1.0 cup	78
16068	Hyacinth beans, mature seeds, cooked, boiled, without salt	194.0	1.0 cup	78
15151	Crustaceans, shrimp, mixed species, cooked, moist heat	85.0	3.0 oz	77
03822	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, prepared from powder	103.0	1.0 serving 100 ml	77
36022	APPLEBEE'S, crunchy onion rings	350.0	1.0 serving	77
43114	Vermicelli, made from soy	140.0	1.0 cup	77
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	77
36045	ON THE BORDER, refried beans	135.0	1.0 cup	77
16173	Frijoles rojos volteados (Refried beans, red, canned)	233.0	1.0 cup	77
06498	Soup, tomato, dry, mix, prepared with water	265.0	1.0 cup 8 fl oz	77
21406	McDONALD'S, Premium Grilled Chicken Ranch BLT Sandwich	202.0	1.0 item 7.1 oz	77
43136	Vegetarian stew	247.0	1.0 cup	77
36606	CRACKER BARREL, farm raised catfish platter	178.0	1.0 serving	77
15163	Mollusks, cuttlefish, mixed species, raw	85.0	3.0 oz	76
11514	Sweet potato, canned, mashed	255.0	1.0 cup	76
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	510.0	1.0 serving	76
12539	Seeds, sunflower seed kernels, toasted, with salt added	134.0	1.0 cup	76
12039	Seeds, sunflower seed kernels, toasted, without salt	134.0	1.0 cup	76
12142	Nuts, pecans	109.0	1.0 cup, chopped	76
12154	Nuts, walnuts, black, dried	125.0	1.0 cup, chopped	76
11508	Sweet potato, cooked, baked in skin, flesh, without salt	200.0	1.0 cup	76
19250	Candies, HERSHEY, KIT KAT BIG KAT Bar	55.0	1.0 bar 1.94 oz	76
06483	Soup, cream of chicken, dry, mix, prepared with water	261.0	1.0 cup 8 fl oz	76
15139	Crustaceans, crab, blue, raw	85.0	3.0 oz	76
28307	Bread, naan (Indian bread), plain, commercially prepared, refrigerated	90.0	1.0 piece	76
22982	KASHI, STEAM MEAL, Chicken Fettuccine, Frozen Entree	269.0	1.0 package	75
21250	BURGER KING, Hamburger	99.0	1.0 sandwich	75
18266	English muffins, whole-wheat	28.35	1.0 oz	75
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	75
19134	Candies, milk chocolate, with rice cereal	40.0	1.0 bar (1.4 oz)	75
03216	Babyfood, teething biscuits	28.35	1.0 oz	75
19075	Candies, CARAMELLO Candy Bar	35.0	1.0 bar 1.25 oz	75
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	74
19898	Ice creams, regular, low carbohydrate, vanilla	58.0	1.0 individual (3.5 fl oz)	74

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
16337	Beans, mature, red kidney, canned, solids and liquid, low sodium	256.0	1.0 cup	74
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.0	1.0 cup	74
21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	218.0	1.0 item	74
21402	McDONALD'S, Premium Grilled Chicken Classic Sandwich	200.0	1.0 item 7 oz	74
21112	Fast foods, hamburger; single, large patty; plain	137.0	1.0 sandwich	74
07245	OSCAR MAYER, Wieners (cheese hot dogs with turkey)	45.0	1.0 serving	74
12144	Nuts, pecans, oil roasted, without salt added	110.0	1.0 cup	74
12644	Nuts, pecans, oil roasted, with salt added	110.0	1.0 cup	74
11116	Cabbage, chinese (pak-choi), raw	70.0	1.0 cup, shredded	74
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	210.0	1.0 cup	74
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	74
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	74
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	136.0	1.0 thigh with skin	73
18282	Muffins, corn, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	73
32010	Pasta mix, Italian lasagna, unprepared	141.0	1.0 package	73
12130	Nuts, hickorynuts, dried	120.0	1.0 cup	73
06963	Fish broth	244.0	1.0 cup	73
03823	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed	106.0	1.0 Serving 100 ml	73
03857	Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	73
12041	Seeds, sunflower seed flour, partially defatted	64.0	1.0 cup	73
21023	Fast foods, french toast with butter	135.0	2.0 slices	73
16085	Peas, green, split, mature seeds, raw	197.0	1.0 cup	73
19362	Syrups, table blends, corn, refiner, and sugar	316.0	1.0 cup	73
27043	Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	519.0	1.0 can	73
18350	Rolls, hamburger or hotdog, plain	42.0	1.0 roll	73
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	119.0	1.0 cup	73
18367	Waffles, plain, prepared from recipe	28.35	1.0 oz	72
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	168.0	1.0 cup	72
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	168.0	1.0 cup	72
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	72
11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	72
09200	Oranges, raw, all commercial varieties	180.0	1.0 cup, sections	72
43143	Cabbage, japanese style, fresh, pickled	150.0	1.0 cup	72
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	72
09201	Oranges, raw, California, valencias	180.0	1.0 cup sections, without membranes	72
22911	Chili, no beans, canned entree	240.0	1.0 cup	72

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
11291	Onions, spring or scallions (includes tops and bulb), raw	100.0	1.0 cup, chopped	72
16134	Yardlong beans, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	72
16434	Yardlong beans, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	72
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	72
14654	Beverages, nutritional shake mix, high protein, powder	10.0	1.0 tbsp	71
22912	Spaghetti, with meatballs in tomato sauce, canned	246.0	1.0 cup	71
11050	Beans, shellie, canned, solids and liquids	245.0	1.0 cup	71
20069	Triticale	192.0	1.0 cup	71
36016	Restaurant, family style, shrimp, breaded and fried	169.0	1.0 serving	71
09202	Oranges, raw, navels	165.0	1.0 cup sections, without membranes	71
21055	Fast foods, salad, vegetable, tossed, without dressing, with pasta and seafood	417.0	1.5 cup	71
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	28.35	1.0 oz	71
11211	Edamame, frozen, unprepared	118.0	1.0 cup	71
07271	CARL BUDDIG, Smoked Sliced Chicken, light and dark meat	57.0	1.0 serving 2 oz	71
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	71
15043	Fish, herring, Pacific, raw	85.0	3.0 oz	71
28001	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Mixed Berry Granola	150.0	1.0 pizza	70
21072	Fast foods, chimichanga, with beef and red chili peppers	190.0	1.0 chimichanga	70
21434	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading	212.0	1.0 breast, with skin	70
22991	KASHI, STEAM MEAL, Sesame Chicken, Frozen Entree	269.0	1.0 package	70
16600	MORNINGSTAR FARMS Sesame Chik'n Entree, frozen, unprepared	269.0	1.0 package	70
09092	Figs, canned, heavy syrup pack, solids and liquids	259.0	1.0 cup	70
11671	Potatoes, o'brien, home-prepared	194.0	1.0 cup	70
16611	MORNINGSTAR FARMS Parmesan Garlic Wings, frozen, unprepared	85.0	5.0 Wings	70
19152	Candies, ROLO Caramels in Milk Chocolate	48.0	1.0 package 1 package	70
19271	Ice creams, strawberry	58.0	1.0 individual (3.5 fl oz)	70
11054	Beans, snap, green variety, canned, regular pack, solids and liquids	240.0	1.0 cup	70
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	70
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	69
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	248.0	1.0 cup	69
18642	GENERAL MILLS, BETTY CROCKER SUPERMOIST Yellow Cake Mix, dry	43.0	1.0 serving	69
03073	Babyfood, dinner, vegetables chicken, strained	256.0	1.0 cup	69
03274	Babyfood, dinner, vegetables and chicken, junior	256.0	1.0 cup	69
03084	Babyfood, dinner, vegetables and turkey, strained	256.0	1.0 cup	69
32003	Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine	238.0	1.0 cup	69
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	69

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	69
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	100.0	1.0 cup (1" pieces)	69
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	100.0	1.0 cup (1" pieces)	69
28002	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Strawberry Granola	150.0	1.0 pizza	69
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	69
43352	Cheese, cottage, lowfat, 1% milkfat, no sodium added	113.0	4.0 oz	69
18615	MARTHA WHITE FOODS, Martha White's Buttermilk Biscuit Mix, dry	41.0	1.0 serving	69
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	69
23640	Beef, variety meats and by-products, tripe, cooked, simmered	85.0	1.0 serving	69
08649	Cereals ready-to-eat, KASHI GOLEAN CRISP Cinnamon Crumble	51.0	0.75 cup (1 NLEA serving)	69
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	68
21042	Fast foods, chili con carne	253.0	1.0 cup (8 fl oz)	68
16214	Vitasoy USA, Organic Nasoya Silken Tofu	91.0	0.2 package	68
11804	Okra, frozen, cooked, boiled, drained, with salt	92.0	0.5 cup slices	68
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	68
09091	Figs, canned, light syrup pack, solids and liquids	252.0	1.0 cup	68
01129	Egg, whole, cooked, hard-boiled	136.0	1.0 cup, chopped	68
07972	Meatballs, frozen, Italian style	85.0	3.0 oz	68
09093	Figs, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	68
03096	Babyfood, vegetable, green beans and potatoes	113.0	1.0 jar, Gerber (4 oz)	68
11062	Beans, snap, green, frozen, all styles, microwaved	111.0	1.0 cup	68
20060	Rice bran, crude	118.0	1.0 cup	67
11809	Peas, edible-podded, cooked, boiled, drained, with salt	160.0	1.0 cup	67
09290	Prunes, dehydrated (low-moisture), stewed	280.0	1.0 cup	67
06123	Gravy, onion, dry, mix	24.0	1.0 cup (8 fl oz)	67
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	67
11301	Peas, edible-podded, boiled, drained, without salt	160.0	1.0 cup	67
11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	67
06027	Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	240.0	1.0 cup (8 fl oz)	67
16069	Lentils, raw	192.0	1.0 cup	67
11141	Celeriac, raw	156.0	1.0 cup	67
06969	Potato soup, instant, dry mix	39.0	1.0 serving 1/3 cup	67
22918	Burrito, bean and cheese, frozen	129.0	1.0 burrito	67
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	58.0	1.0 serving 2.05 oz bar	67
18016	Biscuits, plain or buttermilk, prepared from recipe	28.35	1.0 oz	67
16054	Broadbeans (fava beans), mature seeds, canned	256.0	1.0 cup	67

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
03845	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA	107.0	1.0 serving 100 ml	66
03813	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed	107.0	1.0 Serving 100 ml	66
42183	Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars	51.0	2.0 cookie 2011 label	66
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	66
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	66
19302	Candies, MARS SNACKFOOD US, SNICKERS Almond bar	50.0	1.0 serving 1.76 oz bar	66
06034	Soup, crab, canned, ready-to-serve	244.0	1.0 cup (8 fl oz)	66
15002	Fish, anchovy, european, canned in oil, drained solids	28.35	1.0 oz, boneless	66
15195	Fish, drum, freshwater, cooked, dry heat	85.0	3.0 oz	65
15205	Fish, pollock, Atlantic, cooked, dry heat	85.0	3.0 oz	65
15100	Fish, smelt, rainbow, cooked, dry heat	85.0	3.0 oz	65
20076	Wheat, durum	192.0	1.0 cup	65
16003	Beans, adzuki, mature seeds, canned, sweetened	296.0	1.0 cup	65
11516	Sweet potato, frozen, unprepared	176.0	1.0 cup, cubes	65
06619	SMART SOUP, Santa Fe Corn Chowder	283.0	10.0 oz 1 pouch	65
06623	SMART SOUP, Moroccan Chick Pea	283.0	10.0 oz 1 pouch	65
06620	SMART SOUP, French Lentil	283.0	10.0 oz 1 pouch	65
06625	SMART SOUP, Vietnamese Carrot Lemongrass	283.0	10.0 oz 1 pouch	65
21415	POPEYES, biscuit	60.0	1.0 biscuit	65
19110	Candies, KRACKEL Chocolate Bar	41.0	1.0 bar 1.45 oz	65
21115	Fast foods, hamburger, large, triple patty, with condiments	259.0	1.0 sandwich	65
11344	Pigeonpeas, immature seeds, raw	154.0	1.0 cup	65
16556	MORNINGSTAR FARMS Chik'n Nuggets, frozen, unprepared	86.0	4.0 nuggets	64
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	230.0	1.0 cup	64
11270	Mustard greens, raw	56.0	1.0 cup, chopped	64
16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	230.0	1.0 cup	64
32017	Pasta mix, Italian four cheese lasagna, unprepared	117.0	1.0 package	64
21361	McDONALD'S, Sausage Biscuit	117.0	1.0 item 4.1 oz	64
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	126.0	1.0 piece	64
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	10.6	1.0 tbsp	64
36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	64
36605	CRACKER BARREL, country fried shrimp platter	149.0	1.0 serving	64
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	64
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15.0	1.0 tbsp	64
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	62.0	1.0 fillet	64

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
11063	Beans, snap, green, microwaved	116.0	1.0 cup 1/2" pieces	64
11846	Pumpkin, canned, with salt	245.0	1.0 cup	64
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	64
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	64
11424	Pumpkin, canned, without salt	245.0	1.0 cup	64
12084	Nuts, butternuts, dried	120.0	1.0 cup	64
11852	Salsify, cooked, boiled, drained, with salt	135.0	1.0 cup slices	63
11438	Salsify, cooked, boiled, drained, without salt	135.0	1.0 cup, sliced	63
11223	Drumstick leaves, cooked, boiled, drained, without salt	42.0	1.0 cup, chopped	63
11786	Drumstick leaves, cooked, boiled, drained, with salt	42.0	1.0 cup, chopped	63
43396	Cheese, cottage, lowfat, 1% milkfat, with vegetables	113.0	4.0 oz	63
43273	Cheese, cottage, with vegetables	113.0	4.0 oz	63
28306	Bread, chapati or roti, plain, commercially prepared	68.0	1.0 piece	63
03711	Babyfood, cereal, high protein, with apple and orange, prepared with whole milk	28.35	1.0 oz	63
19270	Ice creams, chocolate	58.0	1.0 individual (3.5 fl oz)	63
19899	Ice creams, regular, low carbohydrate, chocolate	58.0	1.0 individual (3.5 fl oz)	63
15003	Fish, bass, fresh water, mixed species, raw	79.0	1.0 fillet	63
01186	Cheese, cream, fat free	18.0	1.0 tbsp	63
18935	Waffle, plain, frozen, ready-to-heat, microwave	32.0	1.0 waffle, round (4" dia)	63
15142	Crustaceans, crab, blue, crab cakes, home recipe	60.0	1.0 cake	63
11764	Celery, cooked, boiled, drained, with salt	150.0	1.0 cup, diced	63
12198	Seeds, sesame butter, tahini, from raw and stone ground kernels	15.0	1.0 tbsp	63
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	63
16606	MORNINGSTAR FARMS Mediterranean Chickpea, frozen, unprepared	67.0	1.0 Burger	63
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	483.0	1.0 breast breast with skin and bone	63
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	153.0	1.0 cup	63
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	153.0	1.0 cup	63
21109	Fast foods, hamburger; single, regular patty; with condiments and vegetables	110.0	1.0 item	63
20040	Rice, brown, medium-grain, raw	190.0	1.0 cup	63
01146	Cheese, parmesan, shredded	5.0	1.0 tbsp	63
35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	108.0	1.0 filet	63
21070	Fast foods, chimichanga, with beef	174.0	1.0 chimichanga	63
14311	Malted drink mix, natural, powder, has milk	21.0	1.0 serving (3 heaping tsp or 1 envelope)	63
28287	Bread, naan (Indian bread), whole wheat, refrigerated	106.0	1.0 piece	63
18984	AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type	39.0	1.0 package	62
03685	Babyfood, cereal, mixed, prepared with whole milk	28.35	1.0 oz	62

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
03689	Babyfood, cereal, oatmeal, prepared with whole milk	28.35	1.0 oz	62
22995	KASHI, Sweet and Sour Chicken, Frozen Entree	283.0	1.0 package	62
06622	SMART SOUP, Indian Bean Masala	283.0	10.0 oz 1 pouch	62
18293	Pancakes, plain, prepared from recipe	28.35	1.0 oz	62
16529	WORTHINGTON FriPats, frozen, unprepared	64.0	1.0 patty	62
15063	Fish, pike, northern, cooked, dry heat	85.0	3.0 oz	62
19256	Candies, MARS SNACKFOOD US, MILKY WAY Caramels, milk chocolate covered	44.0	1.0 serving 5 pieces	62
28049	KEEBLER, Cheese & Cheddar Sandwich Crackers	39.0	1.0 package	62
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	62
16128	Tofu, dried-frozen (koyadofu)	17.0	1.0 piece	62
08393	Cereals ready-to-eat, KASHI GOLEAN	52.0	1.0 cup (1 NLEA serving)	62
22989	KASHI, Red Curry Chicken, Frozen Entree	269.0	1.0 package	62
22980	KASHI, Chicken and Chipotle BBQ Sauce with Mango, Frozen Entree	269.0	1.0 package	62
03682	Babyfood, cereal, high protein, prepared with whole milk	28.35	1.0 oz	62
11311	Peas, green, canned, drained solids, rinsed in tap water	257.0	1.0 can	62
12085	Nuts, cashew nuts, dry roasted, without salt added	137.0	1.0 cup, halves and whole	62
12585	Nuts, cashew nuts, dry roasted, with salt added	137.0	1.0 cup, halves and whole	62
11877	Sweet potato, frozen, cooked, baked, with salt	176.0	1.0 cup, cubes	62
11279	Okra, cooked, boiled, drained, without salt	80.0	0.5 cup slices	62
11803	Okra, cooked, boiled, drained, with salt	80.0	0.5 cup slices	62
09083	Currants, european black, raw	112.0	1.0 cup	62
11517	Sweet potato, frozen, cooked, baked, without salt	176.0	1.0 cup, cubes	62
43078	Beverage, milkshake mix, dry, not chocolate	7.0	1.0 tbsp	62
20074	Wheat, hard white	192.0	1.0 cup	61
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	69.0	1.0 each taco	61
21260	TACO BELL, Original Taco with beef, cheese and lettuce	69.0	1.0 each taco	61
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	118.0	1.0 cup	61
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	61
21347	McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing	59.0	2.0 fl oz	61
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	61
11747	Burdock root, cooked, boiled, drained, with salt	125.0	1.0 cup (1" pieces)	61
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	170.0	1.0 cup	61
09259	Pears, dried, sulfured, uncooked	180.0	1.0 cup, halves	61
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	170.0	1.0 cup	61
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	61
11197	Cowpeas, young pods with seeds, raw	94.0	1.0 cup	61

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
22123	MORNINGSTAR FARMS Spicy Black Bean Burger, frozen, unprepared	67.0	1.0 Burger	61
18292	Pancakes, plain, dry mix, incomplete, prepared	28.35	1.0 oz	61
28258	AUSTIN, Cheddar Cheese on Wafer Crackers, sandwich-type	39.0	1.0 package	61
16212	Vitasoy USA, Organic Nasoya Extra Firm Tofu	79.0	0.2 package	61
16120	Soymilk, original and vanilla, unfortified	243.0	1.0 cup	61
16166	Soymilk, chocolate, unfortified	243.0	1.0 cup	61
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	61
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	184.0	1.0 cup	61
20004	Barley, hulled	184.0	1.0 cup	61
09353	Blueberries, wild, canned, heavy syrup, drained	319.0	1.0 cup	61
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	61
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	96.0	1.0 unit	60
28050	KEEBLER, Club & Cheddar Sandwich Crackers	39.0	1.0 package	60
19160	Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	57.0	1.0 package (2 oz)	60
22906	Chicken pot pie, frozen entree, prepared	302.0	1.0 pie	60
18251	Doughnuts, cake-type, chocolate, sugared or glazed	28.35	1.0 oz	60
18261	English muffins, mixed-grain, toasted (includes granola)	28.35	1.0 oz	60
21036	Fast foods, chicken, breaded and fried, light meat (breast or wing)	163.0	2.0 pieces	60
36038	Restaurant, family style, spaghetti and meatballs	134.0	1.0 cup	60
19891	Frozen novelties, No Sugar Added CREAMSICLE Pops	44.0	1.0 serving 1 pop	60
28297	Cake, snack cakes, not chocolate, with icing or filling, low-fat	27.0	1.0 cake 1 serving	60
11435	Rutabagas, raw	140.0	1.0 cup, cubes	60
01238	Ice cream sandwich	70.0	1.0 serving	60
11003	Amaranth leaves, raw	28.0	1.0 cup	60
01242	Ice cream sandwich, vanilla, light, no sugar added	70.0	1.0 serving	60
06117	CAMPBELL'S Red and White, Bean with Bacon Soup, condensed	128.0	1.0 serving 1/2 cup	60
18971	Bread, potato	32.0	1.0 slice	60
16278	Vitasoy USA Azumaya, Silken Tofu	91.0	0.2 package	60
21102	Fast foods, chicken fillet sandwich, plain	182.0	1.0 sandwich	60
06039	Soup, minestrone, canned, chunky, ready-to-serve	240.0	1.0 cup	60
06234	PREGO Pasta, Heart Smart- Ricotta Parmesan Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	60
06231	PREGO Pasta, Mushroom and Parmesan Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	60
09321	Sugar-apples, (sweetsop), raw	250.0	1.0 cup, pulp	60
20131	Barley malt flour	162.0	1.0 cup	60
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	60
42235	Cheese, cottage, lowfat, 1% milkfat, lactose reduced	113.0	4.0 oz	60

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
01239	Ice cream cookie sandwich	82.0	1.0 serving	60
28305	Pancakes, plain, reduced fat	105.0	1.0 serving 3 pancakes	60
01264	Ice cream bar, stick or nugget, with crunch coating	95.0	26.0 pieces	60
28005	KELLOGG'S, CINNABON, Pancakes, Caramel	105.0	3.0 pancakes	60
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	122.0	1.0 piece	60
09031	Apricots, dehydrated (low-moisture), sulfured, stewed	249.0	1.0 cup	60
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	47.0	1.0 tortilla	60
11698	Chrysanthemum leaves, raw	51.0	1.0 cup, chopped	60
15271	Crustaceans, shrimp, untreated, cooked	85.0	3.0 oz	60
01237	Ice cream, bar or stick, chocolate covered	50.0	1.0 bar	60
15107	Fish, sucker, white, raw	85.0	3.0 oz	60
06621	SMART SOUP, Greek Minestrone	283.0	10.0 oz 1 pouch	59
11955	Tomatoes, sun-dried	54.0	1.0 cup	59
12014	Seeds, pumpkin and squash seed kernels, dried	129.0	1.0 cup	59
19254	Candies, MARS SNACKFOOD US, DOVE Milk Chocolate	37.0	1.0 serving 1.30 oz bar	59
19349	Syrups, corn, dark	328.0	1.0 cup	59
21056	Fast foods, salad, vegetable, tossed, without dressing, with shrimp	236.0	1.5 cup	59
07253	LOUIS RICH, Franks (turkey and chicken)	45.0	1.0 serving	59
18983	AUSTIN, Cheddar Cheese on Wheat Crackers, sandwich-type	39.0	1.0 package	59
28051	KEEBLER, Cheese on Wheat Sandwich Crackers	39.0	1.0 package	59
43128	Chicken, meatless	168.0	1.0 cup	59
06414	CAMPBELL'S CHUNKY Soups, Hearty Bean 'N' Ham Soup	245.0	1.0 cup	59
06408	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Vegetable Soup	245.0	1.0 cup	59
11318	Peas and carrots, canned, regular pack, solids and liquids	255.0	1.0 cup	59
05354	USDA Commodity, turkey taco meat, frozen, cooked	85.0	3.0 oz	59
11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	59
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	59
11616	Dock, raw	133.0	1.0 cup, chopped	59
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	234.0	1.0 cup	58
36020	T.G.I. FRIDAY'S, chicken fingers	225.0	1.0 serving	58
18294	Pancakes, blueberry, prepared from recipe	28.35	1.0 oz	58
12174	Seeds, watermelon seed kernels, dried	108.0	1.0 cup	58
06018	Soup, chunky chicken noodle, canned, ready-to-serve	530.0	1.0 can	58
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	58
19234	Puddings, tapioca, ready-to-eat, fat free	112.0	1.0 container refrigerated 4 oz	58
11231	Jute, potherb, raw	28.0	1.0 cup	58

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
18087	Cake mix, angelfood, dry	38.0	1.0 serving	58
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	58
18126	Cake, shortcake, biscuit-type, prepared from recipe	28.35	1.0 oz	58
20005	Barley, pearled, raw	200.0	1.0 cup	58
15006	Fish, burbot, raw	116.0	1.0 fillet	58
07016	Cheesefurter, cheese smokie, pork, beef	100.0	2.33 links	58
19085	Candies, confectioner's coating, butterscotch	170.0	1.0 cup chips	58
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	175.0	1.0 serving	58
12119	Nuts, coconut water (liquid from coconuts)	240.0	1.0 cup	58
15190	Fish, burbot, cooked, dry heat	90.0	1.0 fillet	58
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125.0	1.0 cup	58
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	125.0	1.0 cup	58
11335	Peppers, sweet, green, canned, solids and liquids	140.0	1.0 cup, halves	57
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	57
11916	Peppers, sweet, red, canned, solids and liquids	140.0	1.0 cup, halves	57
42227	Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies	37.0	1.0 serving 1.31 oz bag	57
09087	Dates, deglet noor	147.0	1.0 cup, chopped	57
21127	Fast foods, coleslaw	191.0	1.0 cup	57
21438	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	212.0	1.0 breast, with skin	57
03832	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	57
20132	Oat flour, partially debranned	104.0	1.0 cup	57
20075	Wheat, soft white	168.0	1.0 cup	57
18101	Cake, chocolate, prepared from recipe without frosting	95.0	1.0 piece (1/12 of 9" dia)	57
07920	Swisswurst, pork and beef, with swiss cheese, smoked	77.0	1.0 serving 2.7 oz	57
15115	Fish, trout, rainbow, wild, raw	85.0	3.0 oz	57
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85.0	3.0 oz	57
36025	CRACKER BARREL, coleslaw	167.0	1.0 serving	57
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	210.0	1.0 cup	57
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	57
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	57
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	57
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	57
11655	Carrot juice, canned	236.0	1.0 cup	57
07964	Frankfurter, meat and poultry, cooked, grilled	48.0	1.0 frankfurter 1	57
19162	Candies, WHATCHAMACALLIT Candy Bar	48.0	1.0 bar 1.7 oz	57
08589	Cereals ready-to-eat, KASHI GOLEAN CRISP Toasted Berry Crumble	51.0	0.75 cup (1 NLEA serving)	57

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
22986	KASHI Mayan Harvest Bake, frozen, unprepared	283.0	1.0 Entre	57
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	68.0	0.333 cup	56
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	245.0	1.0 cup	56
11007	Artichokes, (globe or french), raw	128.0	1.0 artichoke, medium	56
21245	WENDY'S, Ultimate Chicken Grill Sandwich	225.0	1.0 item	56
03942	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	56
22973	Corn dogs, frozen, prepared	78.0	1.0 corndog	56
11512	Sweet potato, canned, vacuum pack	255.0	1.0 cup, mashed	56
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207.0	1.0 can (6 fl oz)	56
19049	Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel	28.35	1.0 oz	56
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	56
20072	Wheat, hard red winter	192.0	1.0 cup	56
19375	Frostings, glaze, prepared-from-recipe	327.0	1.0 recipe yield	56
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	56
12195	Nuts, almond butter, plain, without salt added	16.0	1.0 tbsp	56
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	56
12086	Nuts, cashew nuts, oil roasted, without salt added	129.0	1.0 cup, whole	55
12586	Nuts, cashew nuts, oil roasted, with salt added	129.0	1.0 cup, whole	55
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	94.0	1.0 cup	55
03849	Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, with iron, powder, with ARA and DHA	9.4	1.0 scoop	55
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	55
44259	Puddings, all flavors except chocolate, low calorie, regular, dry mix	113.0	1.0 serving	55
15202	Fish, milkfish, cooked, dry heat	85.0	3.0 oz	55
15160	Mollusks, clam, mixed species, canned, drained solids	85.0	3.0 oz	55
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	55
18992	KELLOGG'S, BEANATURAL, Original 3-Bean Chips	28.0	12.0 chips	55
09150	Lemons, raw, without peel	212.0	1.0 cup, sections	55
09088	Elderberries, raw	145.0	1.0 cup	55
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	54.0	1.0 serving 1 singles bag	55
20095	Pasta, fresh-refrigerated, spinach, as purchased	128.0	4.5 oz	55
11053	Beans, snap, green, cooked, boiled, drained, without salt	125.0	1.0 cup	55
01223	Protein supplement, milk based, Muscle Milk, powder	11.0	1.0 tbsp	55
11723	Beans, snap, green, cooked, boiled, drained, with salt	125.0	1.0 cup	55
07960	Bologna, chicken, pork	28.0	1.0 serving	55
11741	Broccoli, stalks, raw	114.0	1.0 stalk	55

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
21018	Fast foods, egg, scrambled	96.0	2.0 eggs	55
18265	English muffins, wheat, toasted	28.35	1.0 oz	55
43410	Chicken, meatless, breaded, fried	130.0	1.0 cup, diced	55
09190	Mulberries, raw	140.0	1.0 cup	55
11986	Malabar spinach, cooked	44.0	1.0 cup	55
16381	Mung beans, mature seeds, cooked, boiled, with salt	202.0	1.0 cup	55
16081	Mung beans, mature seeds, cooked, boiled, without salt	202.0	1.0 cup	55
20033	Oat bran, raw	94.0	1.0 cup	55
11048	Beans, pinto, immature seeds, frozen, unprepared	94.0	0.333 package (10 oz)	55
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	54
19701	Candies, semisweet chocolate, made with butter	170.0	1.0 cup chips (6 oz package)	54
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	170.0	1.0 cup	54
15270	Crustaceans, shrimp, untreated, raw	85.0	3.0 oz	54
36036	Restaurant, family style, onion rings	259.0	1.0 serving	54
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	129.0	1.0 cup	54
18955	Bread, pan dulce, sweet yeast bread	63.0	1.0 slice (average weight of 1 slice)	54
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter 1	54
03815	Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	54
03825	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	54
07056	Peppered loaf, pork, beef	100.0	3.52 slices	54
35147	Tamales (Navajo)	186.0	1.0 piece	54
19143	Candies, MR. GOODBAR Chocolate Bar	49.0	1.0 bar (1.75 oz)	54
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	54
06624	SMART SOUP, Thai Coconut Curry	283.0	10.0 oz 1 pouch	54
09046	Blackberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	54
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	54
16555	MORNINGSTAR FARMS Buffalo Wings, frozen, unprepared	85.0	5.0 Wings	54
15158	Mollusks, clam, mixed species, cooked, breaded and fried	85.0	3.0 oz	54
08705	Cereals ready-to-eat, KASHI GOLEAN Vanilla Graham Clusters	51.0	1.0 Cup (1 NLEA serving)	54
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	85.0	3.0 oz	54
07963	Frankfurter, meat and poultry, cooked, boiled	50.0	1.0 frankfurter 1	54
08580	Incaparina, dry mix (corn and soy flours), unprepared	8.9	1.0 tbsp	53
42135	Whipped topping, frozen, low fat	75.0	1.0 cup	53
03913	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, powder	9.4	1.0 scoop	53
11031	Lima beans, immature seeds, raw	156.0	1.0 cup	53
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57.0	1.0 bar (2 oz)	53

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
11504	Swamp cabbage, cooked, boiled, drained, without salt	98.0	1.0 cup, chopped	53
11873	Swamp cabbage, cooked, boiled, drained, with salt	98.0	1.0 cup, chopped	53
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	230.0	1.0 item	53
03967	Toddler formula, MEAD JOHNSON, ENFAGROW, PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), powder	8.8	1.0 scoop	53
83110	Fish, mackerel, salted	80.0	1.0 piece (5-1/2" x 1-1/2" x 1/2")	53
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	182.0	1.0 cup	53
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	182.0	1.0 cup	53
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85.0	3.0 oz	53
21241	WENDY'S, Jr. Hamburger, without cheese	117.0	1.0 item	53
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	478.0	1.0 serving	53
11246	Leeks, (bulb and lower leaf-portion), raw	89.0	1.0 cup	53
19109	Candies, KIT KAT Wafer Bar	42.0	1.0 bar (1.5 oz)	52
19188	Puddings, chocolate, dry mix, regular	99.0	1.0 package (3.5 oz)	52
18011	Biscuits, plain or buttermilk, dry mix, prepared	28.35	1.0 oz	52
08054	Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey	48.0	0.5 cup (1 NLEA serving)	52
11198	Cowpeas, young pods with seeds, cooked, boiled, drained, without salt	95.0	1.0 cup	52
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	55.0	0.75 cup (1 NLEA serving)	52
11779	Cowpeas, young pods with seeds, cooked, boiled, drained, with salt	95.0	1.0 cup	52
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	653.0	1.0 serving	52
21009	Fast foods, biscuit, with sausage	111.0	1.0 item	52
01006	Cheese, brie	28.35	1.0 oz	52
12013	Seeds, lotus seeds, dried	32.0	1.0 cup	52
09293	Plums, dried (prunes), stewed, with added sugar	248.0	1.0 cup, pitted	52
18079	Bread crumbs, dry, grated, plain	28.35	1.0 oz	52
18987	AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type, reduced fat	36.0	1.0 package	52
16534	WORTHINGTON Stakelets, frozen, unprepared	71.0	1.0 piece	52
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	52
20044	Rice, white, long-grain, regular, raw, enriched	185.0	1.0 cup	52
11956	Tomatoes, sun-dried, packed in oil, drained	110.0	1.0 cup	52
06023	Soup, chicken with rice, canned, condensed	126.0	0.5 cup	52
06309	CAMPBELL'S, Chicken with Rice Soup, condensed	126.0	0.5 cup condensed	52
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	52
18376	Bread crumbs, dry, grated, seasoned	28.35	1.0 oz	52
09449	Nance, frozen, unsweetened	112.0	1.0 cup without pits, thawed	52
18075	Bread, whole-wheat, commercially prepared	32.0	1.0 slice	52

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
35234	Piki bread, made from blue cornmeal (Hopi)	28.0	1.0 piece	52
03100	Babyfood, vegetables, carrots, junior	224.0	1.0 cup	52
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	51.0	0.5 cup (1 NLEA serving)	52
11565	Turnips, cooked, boiled, drained, without salt	156.0	1.0 cup, cubes	51
07949	Frankfurter, meat, heated	52.0	1.0 serving (1 hot dog)	51
07950	Frankfurter, meat	52.0	1.0 serving (1 hot dog)	51
11579	Vegetables, mixed, canned, solids and liquids	245.0	1.0 cup	51
11056	Beans, snap, green, canned, regular pack, drained solids	135.0	1.0 cup	51
09140	Guavas, strawberry, raw	244.0	1.0 cup	51
20003	Arrowroot flour	128.0	1.0 cup	51
16592	MORNINGSTAR FARMS California Turk'y Burger, frozen, unprepared	64.0	1.0 Burger	51
11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	51
11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	51
03821	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted	8.8	1.0 scoop	51
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	85.0	3.0 oz	51
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	85.0	3.0 oz	51
15099	Fish, smelt, rainbow, raw	85.0	3.0 oz	51
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	51
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	170.0	1.0 cup	51
15065	Fish, pollock, Atlantic, raw	85.0	3.0 oz	51
15024	Fish, drum, freshwater, raw	85.0	3.0 oz	51
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	51
22401	Spaghetti with meat sauce, frozen entree	283.0	1.0 serving	51
11730	Beans, snap, yellow, frozen, all styles, unprepared	121.0	1.0 cup	51
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	51
11974	Grape leaves, raw	14.0	1.0 cup	51
16073	Lima beans, large, mature seeds, canned	241.0	1.0 cup	51
09313	Sapodilla, raw	241.0	1.0 cup, pulp	51
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	51
16422	Soy protein isolate, potassium type	28.35	1.0 oz	50
16122	Soy protein isolate	28.35	1.0 oz	50
16423	Soy protein isolate, potassium type, crude protein basis	28.35	1.0 oz	50
18264	English muffins, wheat	28.35	1.0 oz	50
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	180.0	1.0 cup	50
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	50
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	50

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
21078	Fast foods, nachos, with cheese	80.0	1.0 serving	50
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	48.0	1.0 package (1.69 oz)	50
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	50
21268	TACO BELL, Nachos	80.0	1.0 serving	50
18986	AUSTIN, Grilled Cheese on Wafer Crackers, sandwich-type	39.0	1.0 package	50
15226	Crustaceans, crab, dungeness, cooked, moist heat	85.0	3.0 oz	50
11980	Peppers, chili, green, canned	139.0	1.0 cup	50
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	50
11890	Turnips, frozen, cooked, boiled, drained, with salt	156.0	1.0 cup	50
01193	KRAFT BREAKSTONE'S Reduced Fat Sour Cream	31.0	2.0 tbsp	50
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28.0	1.0 roll (1 oz)	50
03839	Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA (formerly ROSS)	30.5	1.0 fl oz	50
18449	Tortillas, ready-to-bake or -fry, corn, without added salt	28.35	1.0 oz	50
06584	Soup, broccoli cheese, canned, condensed, commercial	121.0	1.0 serving 1/2 cup	50
18977	KASHI, TLC, Toasted Asiago Crackers	31.0	15.0 crackers	50
36026	CRACKER BARREL, onion rings, thick-cut	261.0	1.0 serving	50
11417	Pumpkin flowers, cooked, boiled, drained, without salt	134.0	1.0 cup	50
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	134.0	1.0 cup	50
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	50
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	50
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	50
06064	Soup, turkey, chunky, canned, ready-to-serve	236.0	1.0 cup (8 fl oz)	50
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	50
03867	Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder	9.4	1.0 scoop	49
33872	Infant formula, GERBER, GOOD START 2 SOY, with iron, powder	9.4	1.0 scoop	49
19186	Desserts, apple crisp, prepared-from-recipe	141.0	0.5 cup	49
18438	English muffins, plain, unenriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	49
05180	Turkey from whole, neck, meat only, cooked, simmered	85.0	1.0 serving	49
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	85.0	3.0 oz	49
03099	Babyfood, vegetables, carrots, strained	224.0	1.0 cup	49
18347	Rolls, dinner, wheat	28.0	1.0 roll (1 oz)	49
20011	Buckwheat flour, whole-groat	120.0	1.0 cup	49
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	245.0	1.0 cup	49
20012	Bulgur, dry	140.0	1.0 cup	49
11720	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt	94.0	0.333 package (10 oz) yields	49

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
11049	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt	94.0	0.333 package (10 oz) yields	49
12071	Nuts, almond paste	28.35	1.0 oz	49
18148	Cheesecake prepared from mix, no-bake type	28.35	1.0 oz	49
18092	Cake, carrot, dry mix, pudding-type	28.35	1.0 oz	49
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	49
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	180.0	1.0 cup slices	49
25025	Snacks, soy chips or crisps, salted	28.35	1.0 oz	48
15177	Mollusks, whelk, unspecified, raw	85.0	3.0 oz	48
15062	Fish, pike, northern, raw	85.0	3.0 oz	48
31025	Sweet Potato puffs, frozen, unprepared	85.0	3.0 oz	48
11104	Burdock root, raw	118.0	1.0 cup (1" pieces)	48
21107	Fast foods, hamburger; single, regular patty; plain	78.0	1.0 sandwich	48
06122	Gravy, mushroom, dry, powder	21.0	1.0 cup (8 fl oz)	48
11537	Tomatoes, red, ripe, canned, with green chilies	241.0	1.0 cup	48
19820	Snacks, sesame sticks, wheat-based, unsalted	28.35	1.0 oz	48
19418	Snacks, sesame sticks, wheat-based, salted	28.35	1.0 oz	48
36023	APPLEBEE'S, chicken tenders platter	209.0	1.0 serving	48
08627	Cereals ready-to-eat, QUAKER, Natural Granola Apple Cranberry Almond	49.0	0.5 cup (1 NLEA serving)	48
06980	Soup, beef stroganoff, canned, chunky style, ready-to-serve	240.0	1.0 cup	48
20071	Wheat, hard red spring	192.0	1.0 cup	48
15060	Fish, perch, mixed species, raw	60.0	1.0 fillet	48
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240.0	1.0 cup	48
19279	Candies, milk chocolate coated coffee beans	28.35	1.0 oz	48
11298	Parsnips, raw	133.0	1.0 cup slices	48
03901	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, liquid concentrate, not reconstituted	31.9	1.0 fl oz	48
01225	Dulce de Leche	19.0	1.0 tbsp	48
03694	Babyfood, cereal, rice, prepared with whole milk	28.35	1.0 oz	48
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	48
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	85.0	3.0 oz	48
06119	Gravy, chicken, canned, ready-to-serve	238.0	1.0 cup	48
25038	Snacks, granola bars, soft, almond, confectioners coating	35.0	1.0 bar	48
16584	GARDENBURGER Savory Portabella Veggie Burger, frozen, unprepared	71.0	1.0 Patty	48
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	48
11414	Potato salad, home-prepared	250.0	1.0 cup	48
20063	Rye flour, dark	128.0	1.0 cup	47
20130	Barley flour or meal	148.0	1.0 cup	47

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
22917	Burrito, beef and bean, frozen	139.0	1.0 burrito frozen	47
09292	Plums, dried (prunes), stewed, without added sugar	248.0	1.0 cup, pitted	47
03843	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted (formerly ROSS)	8.7	1.0 scoop	47
20140	Spelt, uncooked	174.0	1.0 cup	47
06426	Soup, chili beef, canned, prepared with equal volume water	261.0	1.0 cup	47
03954	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted (formerly ROSS)	8.7	1.0 scoop	47
06402	Soup, black bean, canned, prepared with equal volume water	247.0	1.0 cup	47
15061	Fish, perch, mixed species, cooked, dry heat	46.0	1.0 fillet	47
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	92.0	0.5 cup	47
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.0	0.5 cup	47
35202	Raspberries, wild (Northern Plains Indians)	130.0	1.0 cup	47
18065	Bread, wheat, toasted	28.35	1.0 oz	47
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	47
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	47
03826	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted	8.8	1.0 scoop	47
03852	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA	8.8	1.0 scoop	47
21508	WEND'YS, Crispy Chicken Sandwich	126.0	1.0 sandwich	47
11973	Beans, fava, in pod, raw	126.0	1.0 cup	47
19914	Candies, M&M MARS 3 MUSKETEERS Truffle Crisp	31.0	1.0 serving	46
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	202.0	1.0 pie crust (average weight)	46
03957	Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA (formerly ROSS)	8.7	1.0 scoop	46
16015	Beans, black, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	46
16315	Beans, black, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	46
06968	Soup, cream of mushroom, low sodium, ready-to-serve, canned	244.0	1.0 cup	46
07940	Macaroni and cheese loaf, chicken, pork and beef	38.0	1.0 slice	46
14024	Whiskey sour mix, powder	17.0	1.0 packet	46
36019	APPLEBEE'S, chili	136.0	1.0 cup	46
36037	Restaurant, family style, chili with meat and beans	136.0	1.0 cup	46
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	28.35	1.0 oz	46
18055	Bread, reduced-calorie, wheat	28.35	1.0 oz	46
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	46
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	46

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
09299	Raisins, seeded	165.0	1.0 cup, packed	46
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	60.0	1.0 wing, with skin	46
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	46
43130	Frankfurter, meatless	140.0	1.0 cup, sliced	46
11482	Squash, winter, acorn, raw	140.0	1.0 cup, cubes	46
16579	GARDENBURGER Original, frozen, unprepared	71.0	1.0 Patty	46
09056	Boysenberries, canned, heavy syrup	256.0	1.0 cup	46
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	144.0	1.0 piece (1/12 of a cake)	46
03681	Babyfood, cereal, barley, prepared with whole milk	28.35	1.0 oz	46
17209	Lamb, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	46
14424	Orange-flavor drink, breakfast type, with pulp, frozen concentrate	35.3	1.0 fl oz	46
11899	Yardlong bean, cooked, boiled, drained, with salt	104.0	1.0 cup slices	46
11200	Yardlong bean, cooked, boiled, drained, without salt	104.0	1.0 cup slices	46
21440	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	152.0	1.0 thigh, with skin	46
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240.0	1.0 cup, mashed	46
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	240.0	1.0 cup, mashed	46
11199	Yardlong bean, raw	91.0	1.0 cup slices	46
20070	Triticale flour, whole-grain	130.0	1.0 cup	46
18448	Taco shells, baked, without added salt	28.35	1.0 oz	45
15018	Fish, cod, Atlantic, dried and salted	28.35	1.0 oz	45
20073	Wheat, soft red winter	168.0	1.0 cup	45
22928	Burrito, beef and bean, microwaved	116.0	1.0 burrito cooked	45
43364	Snacks, tortilla chips, unsalted, white corn	26.0	1.0 cup	45
18501	KELLOGG, KELLOG'S NUTRI-GRAIN CEREAL BARS, Mixed Berry	116.0	1.0 bar (NLEA serving)	45
11555	Tomato products, canned, sauce, with herbs and cheese	122.0	0.5 cup	45
01194	KRAFT BREAKSTONE'S FREE Fat Free Sour Cream	32.0	2.0 tbsp	45
03814	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted	9.6	1.0 scoop	45
11863	Squash, winter, all varieties, cooked, baked, with salt	205.0	1.0 cup, cubes	45
11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	45
19433	Tortilla chips, low fat, baked without fat	28.35	1.0 oz	45
19833	Snacks, tortilla chips, low fat, unsalted	28.35	1.0 oz	45
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1.0 oz	45
12170	Seeds, sesame flour, high-fat	28.35	1.0 oz	45
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	45
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	45
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	45

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	45
06749	Soup, beef and vegetables, canned, ready-to-serve	250.0	1.0 cup	45
09515	Juice Smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	250.0	1.0 cup	45
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	45
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	225.0	1.0 pie crust (average weight)	45
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	45
07076	Smoked link sausage, pork and beef, flour and nonfat dry milk added	68.0	1.0 link (4" long x 1-1/8" dia)	45
20078	Wheat germ, crude	115.0	1.0 cup	45
22908	Beef, corned beef hash, with potato, canned	236.0	1.0 cup	45
09223	Tangerine juice, canned, sweetened	249.0	1.0 cup	45
08689	Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry	70.0	1.0 package (1 NLEA serving)	45
09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	45
01138	Egg, duck, whole, fresh, raw	70.0	1.0 egg	45
11518	Taro, raw	104.0	1.0 cup, sliced	45
03928	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder	8.5	1.0 scoop	45
15133	Fish, whiting, mixed species, cooked, dry heat	72.0	1.0 fillet	45
06038	CAMPBELL'S, Cheddar Cheese Soup, condensed	124.0	0.5 cup condensed	45
06011	Soup, cheese, canned, condensed	124.0	0.5 cup	45
21456	POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	194.0	1.0 breast, with skin	45
11988	Fungi, Cloud ears, dried	28.0	1.0 cup	45
18390	Pancakes, buttermilk, prepared from recipe	28.35	1.0 oz	45
11086	Beet greens, raw	38.0	1.0 cup	44
36044	ON THE BORDER, Mexican rice	114.0	1.0 cup	44
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	44
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	44
09221	Tangerine juice, raw	247.0	1.0 cup	44
19350	Syrups, corn, light	341.0	1.0 cup	44
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	44
27001	Soup, hot and sour, Chinese restaurant	233.0	1.0 cup	44
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	28.35	1.0 oz	44
16610	MORNINGSTAR FARMS Roasted Garlic & Quinoa Burger, frozen, unprepared	67.0	1.0 Burger	44
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	85.0	3.0 oz	44
15009	Fish, carp, cooked, dry heat	85.0	3.0 oz	44
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	340.0	1.0 bowl	44
33873	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted	9.4	1.0 scoop	44
15132	Fish, whiting, mixed species, raw	92.0	1.0 fillet	44

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
28280	SUNSHINE, CHEEZ-IT, Original Crackers	30.0	27.0 crackers	44
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	44
28236	SUNSHINE, CHEEZ-IT, BIG Crackers	30.0	13.0 crackers	44
09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	116.0	1.0 cup	44
19235	Puddings, chocolate, ready-to-eat, fat free	113.0	1.0 serving 4 oz	44
11581	Vegetables, mixed, canned, drained solids	163.0	1.0 cup	44
15012	Fish, caviar, black and red, granular	16.0	1.0 tbsp	44
36414	Restaurant, Latino, tripe soup	200.0	1.0 cup	44
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44.0	1.0 bar 1.55 oz	44
18453	Cake, yellow, dry mix, light	28.35	1.0 oz	44
19063	Snacks, tortilla chips, taco-flavor	28.35	1.0 oz	44
07917	Sausage, pork and beef, with cheddar cheese, smoked	77.0	12.0 oz serving 2.7 oz	44
01226	Egg substitute, liquid or frozen, fat free	60.0	0.25 cup	44
09048	Blackberries, frozen, unsweetened	151.0	1.0 cup, unthawed	44
18934	Waffle, buttermilk, frozen, ready-to-heat, microwaved	35.0	1.0 waffle	44
16279	HOUSE FOODS Premium Soft Tofu	56.0	2.0 oz	44
19238	Candies, REESE'S BITES	39.0	16.0 pieces	44
32006	Taquitos, frozen, chicken and cheese, oven-heated	42.0	1.0 piece	44
19248	Candies, HERSHEY'S, ALMOND JOY BITES	40.0	18.0 pieces	44
21139	Fast foods, potato, mashed	242.0	1.0 cup	44
11972	Lemon grass (citronella), raw	67.0	1.0 cup	44
03053	Babyfood, dinner, vegetables and beef, strained	256.0	1.0 cup	44
03054	Babyfood, dinner, vegetables and beef, junior	256.0	1.0 cup	44
11753	Cabbage, savoy, cooked, boiled, drained, with salt	145.0	1.0 cup, shredded	44
11115	Cabbage, savoy, cooked, boiled, drained, without salt	145.0	1.0 cup, shredded	44
19022	Snacks, granola bars, soft, uncoated, raisin	43.0	1.0 bar (1.5 oz)	43
03840	Infant formula, ABBOTT NUTRITION, SIMILAC, SPECIAL CARE, ADVANCE 24, with iron, ready-to-feed, with ARA and DHA (formerly ROSS)	30.8	1.0 fl oz	43
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	28.35	1.0 oz	43
12034	Seeds, sesame meal, partially defatted	28.35	1.0 oz	43
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	28.35	1.0 oz	43
15053	Fish, milkfish, raw	85.0	3.0 oz	43
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	43
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	85.0	3.0 oz	43
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	43
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	43

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	43
11096	Broccoli raab, raw	40.0	1.0 cup chopped	43
18972	Bread, cheese	48.0	1.0 slice	43
11316	Peas, mature seeds, sprouted, raw	120.0	1.0 cup	43
15067	Fish, pollock, Alaska, cooked, dry heat	60.0	1.0 fillet	43
11811	Peas, green, cooked, boiled, drained, with salt	160.0	1.0 cup	43
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	43
11503	Swamp cabbage, (skunk cabbage), raw	56.0	1.0 cup, chopped	43
21349	McDONALD'S, NEWMAN'S OWN Ranch Dressing	56.0	2.0 fl oz	43
35144	Stew, dumpling with mutton (Navajo)	308.0	1.0 serving	43
06192	Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	253.0	1.0 cup	43
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	138.0	1.0 rack	43
11090	Broccoli, raw	91.0	1.0 cup chopped	43
08690	Cereals, QUAKER, oatmeal, REAL MEDLEYS, apple walnut, dry	75.0	1.0 package (1 NLEA serving)	43
19240	Frostings, chocolate, creamy, dry mix	388.0	1.0 package	43
09436	Mango nectar, canned	251.0	1.0 cup	43
11957	Fennel, bulb, raw	87.0	1.0 cup, sliced	43
43350	Sauerkraut, canned, low sodium	142.0	1.0 cup	43
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	43
14042	Beverages, fortified low calorie fruit juice beverage	473.0	16.9 fl oz	43
20036	Rice, brown, long-grain, raw	185.0	1.0 cup	43
12032	Seeds, sesame flour, partially defatted	28.35	1.0 oz	43
11392	Potatoes, hash brown, frozen, with butter sauce, unprepared	170.0	1.0 package (6 oz)	42
42283	Snacks, potato chips, white, restructured, baked	34.0	1.0 cup	42
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	85.0	3.0 oz	42
15225	Fish, yellowtail, mixed species, cooked, dry heat	146.0	0.5 fillet	42
20077	Wheat bran, crude	58.0	1.0 cup	42
19292	Candies, MARS SNACKFOOD US, M&M's Crispy Chocolate Candies	47.0	1.0 serving 1.6 oz bag	42
19359	Candies, MARS SNACKFOOD US, SNICKERS CRUNCHER	47.0	1.0 serving 1.66 oz bar	42
03838	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA	9.0	1.0 scoop	42
12033	Seeds, sesame flour, low-fat	28.35	1.0 oz	42
12121	Nuts, hazelnuts or filberts, blanched	28.35	1.0 oz	42
11124	Carrots, raw	128.0	1.0 cup chopped	42
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	211.0	1.0 can (6 fl oz)	42
09410	Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid	211.0	1.0 can (6 fl oz)	42

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	42
11108	Butterbur, canned	124.0	1.0 cup, chopped	42
06037	Soup, lentil with ham, canned, ready-to-serve	248.0	1.0 cup (8 fl oz)	42
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	42
08120	Cereals, oats, regular and quick, not fortified, dry	81.0	1.0 cup	42
03952	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate (formerly ROSS)	31.4	1.0 fl oz	42
03842	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate (formerly ROSS)	31.4	1.0 fl oz	42
20127	Spaghetti, spinach, cooked	140.0	1.0 cup	42
20107	Macaroni, whole-wheat, dry	105.0	1.0 cup elbow shaped	42
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	42
09261	Pears, dried, sulfured, stewed, with added sugar	280.0	1.0 cup, halves	42
43142	Radishes, hawaiian style, pickled	150.0	1.0 cup	42
06434	CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup	247.0	1.0 cup	42
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	42
07025	Frankfurter, turkey	28.35	1.0 oz	42
03854	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	42
03070	Babyfood, dinner, chicken soup, strained	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	42
14035	Beverages, ABBOTT, EAS soy protein powder	44.0	1.0 scoop	42
03926	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	42
18069	Bread, white, commercially prepared (includes soft bread crumbs)	29.0	1.0 slice	42
09042	Blackberries, raw	144.0	1.0 cup	42
19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	28.35	1.0 oz	42
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.0	3.0 oz	42
11553	Tomato products, canned, sauce, with onions	245.0	1.0 cup	42
15154	Crustaceans, spiny lobster, mixed species, raw	85.0	3.0 oz	42
27045	Soup, beef and vegetables, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	42
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	42
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	160.0	1.0 cup	42
42173	Turkey and pork sausage, fresh, bulk, patty or link, cooked	130.0	1.0 cup, cooked	42
18141	Cake, yellow, commercially prepared, with vanilla frosting	67.0	1.0 serving	42
20028	Couscous, dry	173.0	1.0 cup	42
11649	Tomato products, canned, sauce, spanish style	244.0	1.0 cup	41

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
12167	Nuts, chestnuts, european, roasted	143.0	1.0 cup	41
01111	Milk shakes, thick vanilla	28.4	1.0 fl oz	41
07058	Pickle and pimiento loaf, pork	38.0	1.0 slice	41
16510	WORTHINGTON Chili, canned, unprepared	230.0	1.0 cup	41
16157	Chickpea flour (besan)	92.0	1.0 cup	41
06067	Soup, chunky vegetable, canned, ready-to-serve	230.0	1.0 cup	41
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	138.0	1.0 piece (1/12 of a cake)	41
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	138.0	1.0 thigh with skin	41
03819	Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted	9.4	1.0 scoop	41
16216	Vitasoy USA, Vitasoy Organic Classic Original Soymilk	243.0	1.0 cup	41
09334	Feijoa, raw	243.0	1.0 cup, pureed	41
03824	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted	30.8	1.0 fl oz	41
11793	Kohlrabi, cooked, boiled, drained, with salt	165.0	1.0 cup slices	41
07971	Bologna, meat and poultry	33.0	1.0 slice	41
11242	Kohlrabi, cooked, boiled, drained, without salt	165.0	1.0 cup slices	41
16549	MORNINGSTAR FARMS Grillers Prime, frozen, unprepared	71.0	1.0 Burger	41
11693	Tomatoes, crushed, canned	121.0	0.5 cup	41
28281	SUNSHINE, CHEEZ-IT, Reduced Fat Crackers	30.0	29.0 crackers	41
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	41
14638	Beverage, Horchata, as served in restaurant	228.0	1.0 cup	41
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	171.0	1.0 cup	41
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA (formerly ROSS)	9.5	1.0 scoop	41
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	171.0	1.0 cup	41
03085	Babyfood, dinner, vegetables and turkey, junior	256.0	1.0 cup	41
03061	Babyfood, dinner, vegetables and ham, strained	256.0	1.0 cup	41
20138	Wheat, KAMUT khorasan, uncooked	186.0	1.0 cup	41
19098	Candies, 5TH AVENUE Candy Bar	56.0	1.0 bar 2 oz	41
01106	Milk, goat, fluid, with added vitamin D	30.5	1.0 fl oz	41
11591	Watercress, raw	34.0	1.0 cup, chopped	41
18975	KASHI, TLC, Original 7-Grain Crackers	30.0	15.0 crackers	41
16602	MORNINGSTAR FARMS Meal Starters Veggie Meatballs, frozen, unprepared	80.0	5.0 Meatballs	41
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	41
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	41
20080	Wheat flour, whole-grain	120.0	1.0 cup	41
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	85.0	3.0 oz	41

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	41
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	240.0	1.0 cup	41
44158	Pie fillings, blueberry, canned	151.0	1.0 serving	41
32007	Taquitos, frozen, beef and cheese, oven-heated	42.0	1.0 piece	41
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	41
12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	226.0	1.0 cup	41
32013	Potsticker or wonton, pork and vegetable, frozen, unprepared	145.0	5.0 pieces 1 serving	41
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	35.0	1.0 bar	41
03966	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate	29.2	1.0 fl oz	41
20062	Rye grain	169.0	1.0 cup	41
09034	Apricots, dried, sulfured, stewed, with added sugar	270.0	1.0 cup, halves	40
19161	Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	54.0	1.0 package (1.89 oz, 2 bars)	40
11203	Cress, garden, raw	50.0	1.0 cup	40
42148	Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies	46.0	1.0 serving 1.63 oz singles bag	40
16607	MORNINGSTAR FARMS Buffalo Chik Patties, frozen, unprepared	71.0	1.0 Patty	40
05150	Goose, liver, raw	94.0	1.0 liver	40
11143	Celery, raw	101.0	1.0 cup chopped	40
06010	Soup, cream of celery, canned, condensed	126.0	0.5 cup	40
06379	CAMPBELL'S Red and White, Tomato Bisque, condensed	126.0	1.0 serving 1/2 cup	40
27014	CAMPBELL'S Red and White, Italian Style Wedding Soup, condensed	126.0	0.5 cup	40
22939	SPAGHETTIOS, SpaghettiOs RavioliOs Beef Ravioli in Meat Sauce	252.0	1.0 cup (1 serving)	40
27032	CAMPBELL'S Red and White, Lentil Soup, condensed	126.0	0.5 cup	40
09109	Gooseberries, canned, light syrup pack, solids and liquids	252.0	1.0 cup	40
16201	Campbell's Pork and Beans	130.0	0.5 cup	40
06225	PREGO Pasta, Garlic Supreme Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	40
06222	PREGO Pasta, Diced Onion and Garlic Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	40
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	155.0	1.0 cup	40
06236	PREGO Pasta, Roasted Garlic Parmesan Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	40
11142	Celeriac, cooked, boiled, drained, without salt	155.0	1.0 cup pieces	40
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155.0	1.0 cup	40
16200	Campbell's Brown Sugar And Bacon Flavored Baked Beans	130.0	0.5 cup	40
11763	Celeriac, cooked, boiled, drained, with salt	155.0	1.0 cup pieces	40
14605	Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors	237.0	8.0 fl oz (1 NLEA serving)	40
02033	Spices, poppy seed	2.8	1.0 tsp	40
01132	Egg, whole, cooked, scrambled	61.0	1.0 large	40
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	40

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
28296	Cake, snack cakes, creme-filled, chocolate with frosting, low-fat	27.0	1.0 cake 1 serving	40
28288	Bread, roll, Mexican, bollilo	98.0	1.0 piece	40
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	40
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	40
19119	Candies, NESTLE, CHUNKY Bar	40.0	1.0 serving 1.4 oz bar	40
43495	Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	50.0	1.0 cup (1 NLEA serving)	40
01267	Queso cotija	5.0	2.0 tsp	40
01185	Parmesan cheese topping, fat free	5.0	1.0 tablespoon	40
06233	PREGO Pasta, Organic Tomato and Basil Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	40
11224	Hyacinth-beans, immature seeds, raw	80.0	1.0 cup	40
19268	Candies, dark chocolate coated coffee beans	40.0	1.0 serving 28 pieces	40
06158	Soup, tomato bisque, canned, condensed	129.0	0.5 cup (4 fl oz)	40
19097	Sherbet, orange	74.0	0.5 cup (4 fl oz)	40
19125	Chocolate-flavored hazelnut spread	37.0	1.0 serving 2 TBSP	40
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85.0	3.0 oz	40
15094	Fish, shad, american, raw	85.0	3.0 oz	40
25062	Snack, Mixed Berry Bar	38.0	1.0 bar	40
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	40
36411	Restaurant, Latino, tamale, corn	166.0	1.0 piece	40
11932	Beans, snap, yellow, canned, regular pack, drained solids	153.0	1.0 cup	40
11933	Beans, snap, yellow, canned, no salt added, drained solids	153.0	1.0 cup	40
09288	Prunes, canned, heavy syrup pack, solids and liquids	234.0	1.0 cup	40
16595	MORNINGSTAR FARMS Veggie Sweet and Sour Chik'n, frozen, unprepared	284.0	1.0 entre	40
08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax	53.0	0.67 Cup (1 NLEA serving)	40
01159	Cheese, goat, soft type	28.35	1.0 oz	40
06215	CAMPBELL'S, 98% Fat Free Broccoli Cheese Soup, condensed	124.0	0.5 cup condensed	40
06014	CAMPBELL'S Red and White, Broccoli Cheese Soup, condensed	124.0	1.0 serving 1/2 cup	40
06410	Soup, cream of celery, canned, prepared with equal volume water	248.0	1.0 cup	40
28303	Crackers, cheese, whole grain	31.0	1.0 serving 55 pieces	40
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	128.0	1.0 cup	40
06592	CAMPBELL'S Soup on the Go, Creamy Tomato Soup	305.0	1.0 container	40
06589	CAMPBELL'S Soup on the Go, Creamy Broccoli Soup	305.0	1.0 container	40
22992	KASHI, Southwest Style Chicken, Frozen Entree	283.0	1.0 package	40
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	40
09144	Jackfruit, raw	165.0	1.0 cup, sliced	40

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
16202	PACE, Traditional Refried Beans	120.0	0.5 cup	40
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	40
28259	KELLOGG'S, EGGO Minis, Pancakes, Buttermilk	110.0	11.0 pancakes	40
16203	PACE, Salsa Refried Beans	120.0	0.5 cup	40
19233	Puddings, vanilla, ready-to-eat, fat free	99.0	1.0 serving 3.5 oz shelf stable	40
16204	PACE, Spicy Jalapeno Refried Beans	120.0	0.5 cup	40
18969	Cream puff, eclair, custard or cream filled, iced	113.0	4.0 oz	40
22952	SWANSON, Chicken and Dumplings	247.0	1.0 cup (1 serving)	40
06558	Soup, tomato bisque, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	40
25060	Snack, Pretzel, hard chocolate coated	28.0	1.0 serving	39
03941	Infant formula, PBM PRODUCTS, store brand, soy, powder (formerly WYETH-AYERST)	8.7	1.0 scoop	39
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	28.35	1.0 oz	39
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31.0	0.75 cup (1 NLEA serving)	39
06316	Soup, HEALTHY CHOICE Garden Vegetable Soup, canned	246.0	1.0 serving 1 cup	39
19118	Candies, NESTLE, OH HENRY! Bar	57.0	1.0 bar 2 oz	39
06537	CAMPBELL'S Homestyle HEALTHY REQUEST Mexican Style Chicken Tortilla	245.0	1.0 cup	39
06447	CAMPBELL'S CHUNKY Soups, Savory Vegetable Soup	245.0	1.0 cup	39
27018	CAMPBELL'S Homestyle Microwaveable Bowls, HEALTHY REQUEST Mexican Style Tortilla	245.0	1.0 cup	39
06437	CAMPBELL'S CHUNKY Soups, Roadhouse - Beef & Bean Chili	245.0	1.0 cup	39
06391	CAMPBELL'S CHUNKY, Creamy Chicken and Dumplings Soup	245.0	1.0 cup	39
27008	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Microwavable Bowls, Grilled Chicken & Sausage Gumbo Soup	245.0	1.0 cup	39
06541	CAMPBELL'S Homestyle Italian-Style Wedding Soup	245.0	1.0 cup	39
06251	CAMPBELL'S CHUNKY Microwavable Bowls, Old Fashioned Vegetable Beef Soup, ready-to-serve	245.0	1.0 serving 1 cup	39
06429	CAMPBELL'S CHUNKY Soups, Manhattan Clam Chowder	245.0	1.0 cup	39
06617	CAMPBELL'S Homestyle Light Italian-Style Wedding Soup	245.0	1.0 cup	39
06580	CAMPBELL'S Homestyle Vegetable Medley Soup	245.0	1.0 cup	39
06503	CAMPBELL'S Red and White - Microwaveable Bowls, Creamy Tomato Soup	245.0	1.0 cup	39
07942	Pate, truffle flavor	56.0	1.0 serving 2 oz	39
06546	CAMPBELL'S Homestyle Potato Broccoli Cheese Soup	245.0	1.0 cup	39
06193	Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	39
06454	CAMPBELL'S CHUNKY Soups, Grilled Steak- Steak Chili with Beans	245.0	1.0 cup	39
18086	Cake, angelfood, commercially prepared	28.0	1.0 piece (1/12 of 12 oz cake)	39
06383	CAMPBELL'S CHUNKY Soups, Baked Potato with Cheddar & Bacon Bits Soup	245.0	1.0 cup	39
06245	CAMPBELL'S CHUNKY Microwavable Bowls, Grilled Chicken and Sausage Gumbo, ready-to-serve	245.0	1.0 serving 1 cup	39
06398	CAMPBELL'S CHUNKY Soups, Firehouse - Hot & Spicy Beef & Bean Chili	245.0	1.0 cup	39

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
27017	CAMPBELL'S Homestyle Microwaveable Bowls, HEALTHY REQUEST Italian Wedding Soup	245.0	1.0 cup	39
06544	CAMPBELL'S Homestyle Minestrone Soup	245.0	1.0 cup	39
12097	Nuts, chestnuts, european, raw, unpeeled	145.0	1.0 cup	39
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	39
15082	Fish, salmon, coho, wild, cooked, moist heat	85.0	3.0 oz	39
15136	Crustaceans, crab, alaska king, raw	85.0	3.0 oz	39
42182	Bean beverage	230.0	1.0 cup	39
15143	Crustaceans, crab, dungeness, raw	85.0	3.0 oz	39
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	39
16528	WORTHINGTON Dinner Roast, frozen, unprepared	85.0	1.0 slice , 3/4"	39
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	39
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	39
11295	Onion rings, breaded, par fried, frozen, unprepared	85.0	6.0 rings	39
03930	Infant formula, MEAD JOHNSON,NEXT STEP PROSOBEE, prepared from powder	30.5	1.0 fl oz	39
16548	MORNINGSTAR FARMS Grillers Original, frozen, unprepared	64.0	1.0 Burger	39
11564	Turnips, raw	130.0	1.0 cup, cubes	39
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	39
15113	Fish, tilefish, cooked, dry heat	150.0	0.5 fillet	39
11094	Broccoli, frozen, spears, unprepared	95.0	0.33 package (10 oz)	39
03982	Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed	30.4	1.0 fl oz	39
31016	CAMPBELL'S, V8 60% Vegetable Juice, V8 V-Lite	243.0	8.0 fl oz	39
31008	CAMPBELL'S, V8 100% Vegetable Juice	243.0	8.0 fl oz	39
31013	CAMPBELL'S, V8 Vegetable Juice, Spicy Hot V8	243.0	8.0 fl oz	39
31010	CAMPBELL'S, V8 Vegetable Juice, Essential Antioxidants V8	243.0	8.0 oz	39
31018	CAMPBELL'S, V8 Vegetable Juice, High Fiber V8	243.0	8.0 fl oz	39
03844	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA	31.6	1.0 fl oz	39
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	58.0	1.0 wing, with skin	39
11222	Drumstick leaves, raw	21.0	1.0 cup, chopped	39
22929	SPAGHETTIOS, Mini Beef Ravioli in Meat Sauce	259.0	1.0 cup	39
19057	Snacks, tortilla chips, nacho cheese	28.35	1.0 oz	39
03968	Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed	29.2	1.0 fl oz	39
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	102.0	1.0 back	39
06487	CAMPBELL'S Low Sodium Soups, Cream of Mushroom Soup	298.0	1.0 serving 1 container	39
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	242.0	1.0 cup	39

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
11015	Asparagus, canned, drained solids	242.0	1.0 cup	39
19003	Snacks, corn-based, extruded, chips, plain	28.0	1.0 oz	39
11481	Squash, summer, zucchini, italian style, canned	227.0	1.0 cup	39
18383	Bread, protein, toasted (includes gluten)	28.35	1.0 oz	39
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	39
21142	Fast food, biscuit	55.0	1.0 biscuit	38
06990	HEALTHY REQUEST, Minestrone Soup, condensed	120.0	1.0 serving 1/2 cup	38
15108	Fish, sunfish, pumpkin seed, raw	48.0	1.0 fillet	38
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	38
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	192.0	1.0 cup slices	38
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	240.0	1.0 cup	38
33862	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder	9.6	1.0 scoop	38
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	38
11349	Poi	240.0	1.0 cup	38
15011	Fish, catfish, channel, cooked, breaded and fried	87.0	1.0 fillet	38
18420	Cake, yellow, dry mix, regular, unenriched	28.35	1.0 oz	38
19149	Candies, NESTLE, RAISINETS Chocolate Covered Raisins	45.0	1.0 serving 1.58 oz bag	38
15208	Fish, sablefish, cooked, dry heat	85.0	3.0 oz	38
15170	Mollusks, oyster, eastern, canned	85.0	3.0 oz	38
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	38
15247	Fish, salmon, coho, wild, cooked, dry heat	85.0	3.0 oz	38
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	182.0	1.0 cup	38
09167	Loganberries, frozen	147.0	1.0 cup, unthawed	38
18980	KASHI, Original Waffle	72.0	2.0 pieces	38
11126	Carrots, canned, regular pack, solids and liquids	123.0	0.5 cup slices	38
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	38
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	37.0	1.0 fillet	38
11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	38
27042	Soup, clam chowder, new england, canned, ready-to-serve	254.0	1.0 cup	38
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	119.0	1.0 cup, shredded	38
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119.0	1.0 cup, shredded	38
08562	Cereals, KASHI GO LEAN Hot Cereal, Creamy TRULY VANILLA, dry	40.0	1.0 packet (1 NLEA serving)	38
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	30.4	1.0 fl oz	38
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	152.0	1.0 breast without skin	38
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	30.4	1.0 fl oz	38
19058	Snacks, tortilla chips, ranch-flavor	28.35	1.0 oz	38

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11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	223.0	1.0 cup	38
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	223.0	1.0 cup	38
15069	Fish, pompano, florida, cooked, dry heat	88.0	1.0 fillet	38
11596	Winged beans, immature seeds, cooked, boiled, drained, without salt	62.0	1.0 cup	38
11896	Winged bean, immature seeds, cooked, boiled, drained, with salt	62.0	1.0 cup	38
19361	Syrups, table blends, cane and 15% maple	315.0	1.0 cup	38
18974	KASHI, TLC, Honey Sesame Crackers	30.0	15.0 cracker	38
03816	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate, not reconstituted	31.5	1.0 fl oz	38
01126	Egg, yolk, raw, frozen, pasteurized	28.35	1.0 oz	38
18064	Bread, wheat	28.35	1.0 oz	38
18097	Cake, chocolate, dry mix, pudding-type	28.35	1.0 oz	38
16070	Lentils, mature seeds, cooked, boiled, without salt	198.0	1.0 cup	38
16370	Lentils, mature seeds, cooked, boiled, with salt	198.0	1.0 cup	38
36607	CRACKER BARREL, steak fries	198.0	1.0 serving	38
22954	Egg rolls, chicken, refrigerated, heated	80.0	1.0 roll	38
08144	Cereals, whole wheat hot natural cereal, dry	94.0	1.0 cup	38
22529	Beef Pot Pie, frozen entree, prepared	268.0	1.0 pie, cooked (average weight)	38
09107	Gooseberries, raw	150.0	1.0 cup	38
09306	Raspberries, frozen, red, sweetened	250.0	1.0 cup, thawed	38
06127	Gravy, unspecified type, dry	25.0	1.0 cup (8 fl oz)	38
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	37
19306	Candies, MARS SNACKFOOD US, POP'ABLES SNICKERS Brand Bite Size Candies	39.0	1.0 serving 13 pieces	37
18641	INTERSTATE BRANDS CORP, WONDER Hamburger Rolls	43.0	1.0 serving	37
15198	Fish, ling, cooked, dry heat	85.0	3.0 oz	37
09059	Breadfruit, raw	220.0	1.0 cup	37
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	85.0	3.0 oz	37
15245	Mollusks, oyster, eastern, farmed, raw	85.0	3.0 oz	37
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	37
07006	Bockwurst, pork, veal, raw	91.0	1.0 sausage	37
15274	Fish, trout, brook, raw, New York State	149.0	1.0 filet	37
14192	Cocoa mix, powder	28.0	1.0 serving (3 heaping tsp or 1 envelope)	37
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	37
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	124.0	1.0 leek	37
09445	Kiwifruit, gold, raw	186.0	1.0 cup, sliced	37
21416	POPEYES, Coleslaw	120.0	1.0 package	37

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19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1.0 oz	37
19804	Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	28.35	1.0 oz	37
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218.0	1.5 cup	37
03940	Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted (formerly WYETH-AYERST)	31.4	1.0 fl oz	37
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	37
11722	Beans, snap, yellow, raw	100.0	1.0 cup 1/2" pieces	37
09084	Currants, red and white, raw	112.0	1.0 cup	37
11098	Brussels sprouts, raw	88.0	1.0 cup	37
11595	Winged beans, immature seeds, raw	44.0	1.0 cup slices	37
14427	Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	31.3	1.0 fl oz	37
09267	Pineapple, canned, water pack, solids and liquids	246.0	1.0 cup, crushed, sliced, or chunks	37
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	28.35	1.0 oz	37
18076	Bread, whole-wheat, commercially prepared, toasted	28.35	1.0 oz	37
11282	Onions, raw	160.0	1.0 cup, chopped	37
11845	Pumpkin, cooked, boiled, drained, with salt	245.0	1.0 cup, mashed	37
11423	Pumpkin, cooked, boiled, drained, without salt	245.0	1.0 cup, mashed	37
06208	Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	245.0	1.0 cup	37
19239	Candies, REESE'S NUTRAGEOUS Candy Bar	54.0	1.0 bar 1.92 oz	37
36035	Restaurant, family style, coleslaw	108.0	1.0 serving	37
18978	KASHI, Blueberry Waffle	72.0	2.0 pieces	37
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	37
11202	Cowpeas, leafy tips, cooked, boiled, drained, without salt	53.0	1.0 cup, chopped	37
11780	Cowpeas, leafy tips, cooked, boiled, drained, with salt	53.0	1.0 cup, chopped	37
03827	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	37
03869	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted	8.5	1.0 scoop	37
03980	Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder	8.7	1.0 scoop	37
36031	DENNY'S, onion rings	166.0	1.0 serving	37
19258	Candies, MARS SNACKFOOD US, MILKY WAY Caramels. dark chocolate covered	44.0	1.0 serving 5 pieces	37
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	36
11759	Carrots, canned, no salt added, drained solids	146.0	1.0 cup, sliced	36
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	36
11254	Lotus root, raw	81.0	10.0 slices (2-1/2" dia)	36
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	260.0	1.0 cup, crushed, sliced, or chunks	36
22120	MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared	110.0	1.0 cup	36

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	28.35	1.0 oz	36
20301	Macaroni, protein-fortified, dry, enriched, (n x 6.25)	93.0	1.0 cup small shells	36
20101	Macaroni, protein-fortified, dry, enriched, (n x 5.70)	93.0	1.0 cup small shells	36
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	25.0	3.5 oz 1 serving	36
11304	Peas, green, raw	145.0	1.0 cup	36
16588	MORNINGSTAR FARMS Chik'n Grill Veggie Patties, frozen, unprepared	67.0	1.0 patty	36
16601	MORNINGSTAR FARMS Grillers Chik'n Veggie Patties, frozen, unprepared	67.0	1.0 Patty	36
36034	Restaurant, family style, chicken tenders	201.0	1.0 serving	36
03114	Babyfood, vegetable, butternut squash and corn	113.0	1.0 jar, Gerber (4 oz)	36
16165	MORI-NU, Tofu, silken, lite extra firm	84.0	1.0 slice	36
19024	Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	35.0	1.0 bar (1.25 oz)	36
06315	Soup, HEALTHY CHOICE Chicken and Rice Soup, canned	240.0	1.0 serving 1 cup	36
43132	Meatballs, meatless	144.0	1.0 cup	36
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	36
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	36
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	36
12036	Seeds, sunflower seed kernels, dried	46.0	1.0 cup, with hulls, edible yield	36
03062	Babyfood, dinner, vegetables and ham, junior	256.0	1.0 cup	36
03109	Babyfood, vegetables, sweet potatoes, junior	224.0	1.0 cup	36
06545	CAMPBELL'S Homestyle New England Clam Chowder	256.0	1.0 cup	36
03059	Babyfood, dinner, vegetables and bacon, strained	256.0	1.0 cup	36
03108	Babyfood, vegetables, sweet potatoes strained	224.0	1.0 cup	36
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	55.0	0.666 cup (1 NLEA serving)	36
18290	Pancakes, plain, dry mix, complete, prepared	28.35	1.0 oz	36
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	85.0	3.0 oz	36
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	36
06024	Soup, chicken and vegetable, canned, ready-to-serve	255.0	1.0 cup	36
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	102.0	1.0 back	36
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	87.0	1.0 cup	36
11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	87.0	1.0 cup	36
03858	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted (formerly ROSS)	8.7	1.0 scoop	36
32021	Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)	198.0	1.0 cup	36
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	132.0	1.0 serving 1/2 cup	36
09057	Boysenberries, frozen, unsweetened	132.0	1.0 cup, unthawed	36
36601	Restaurant, Chinese, egg rolls, assorted	89.0	1.0 piece	36
11109	Cabbage, raw	89.0	1.0 cup, chopped	36

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	36
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254.0	1.0 cup	36
21035	Fast foods, chicken, breaded and fried, dark meat (drumstick or thigh)	148.0	2.0 pieces	36
16585	GARDENBURGER Sun-Dried Tomato Basil Burger, frozen, unprepared	71.0	1.0 pattie	36
16558	MORNINGSTAR FARMS Italian Herb Chik'n Pattie, frozen, unprepared	71.0	1.0 Patty	36
19307	Candies, MARS SNACKFOOD US, POP'ABLES MILKY WAY Brand Bite Size Candies	39.0	1.0 serving 13 pieces	35
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	35
09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	35
02007	Spices, celery seed	2.0	1.0 tsp	35
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	168.0	1.0 cup	35
09269	Pineapple, canned, light syrup pack, solids and liquids	252.0	1.0 cup, crushed, sliced, or chunks	35
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	168.0	1.0 cup	35
14224	Coffee, instant, with sugar, mocha-flavor, powder	13.0	1.0 serving 2 tbsp	35
12163	Seeds, pumpkin and squash seeds, whole, roasted, without salt	64.0	1.0 cup	35
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	64.0	1.0 cup	35
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	35
18043	Bread, protein (includes gluten)	28.35	1.0 oz	35
06061	Soup, tomato beef with noodle, canned, condensed	251.0	1.0 cup (8 fl oz)	35
11784	Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	146.0	1.0 cup (1" cubes)	35
11219	Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	146.0	1.0 cup (1" cubes)	35
09072	Cherries, sweet, canned, juice pack, solids and liquids	250.0	1.0 cup, pitted	35
09518	Raspberries, frozen, unsweetened	140.0	1.0 cup, unthawed	35
09510	Pineapple juice, DOLE, canned, not from concentrate, unsweetened, with added vitamins A, C and E	250.0	1.0 cup	35
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	140.0	1.0 cup	35
36007	T.G.I. FRIDAY'S, french fries	184.0	1.0 serving	35
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	28.35	1.0 oz	35
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	35
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	35
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	35
11490	Squash, winter, hubbard, baked, without salt	205.0	1.0 cup, cubes	35
03950	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted (formerly ROSS)	8.5	1.0 scoop	35
03853	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted (formerly ROSS)	8.5	1.0 scoop	35
15008	Fish, carp, raw	85.0	3.0 oz	35
19157	Candies, MARS SNACKFOOD US, M&M's MINIs Milk Chocolate Candies	30.0	1.0 serving 1.0 oz tube	35
28245	SUNSHINE, CHEEZ-IT, Crackers (made with Whole Grain)	30.0	27.0 crackers	35

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
16570	GARDENBURGER Black Bean Chipotle Burger, frozen, unprepared	71.0	1.0 Patty	35
07255	LOUIS RICH, Turkey Bologna	28.0	1.0 serving	35
11033	Beans, lima, immature seeds, canned, regular pack, solids and liquids	124.0	0.5 cup	35
19105	Candies, NESTLE, GOOBERS Chocolate Covered Peanuts	39.0	1.0 package 1.375 oz	35
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	35
16088	Peanuts, all types, cooked, boiled, with salt	63.0	1.0 cup in shell, edible yield	35
06976	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	128.0	1.0 serving 1/2 cup	35
03943	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, powder, with ARA and DHA	8.7	1.0 scoop	35
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	138.0	1.0 rack	34
07227	OSCAR MAYER, Salami Cotto (beef, pork, chicken)	46.0	1.0 serving 2 slices	34
09118	Grapefruit, raw, white, Florida	230.0	1.0 cup sections, with juice	34
09114	Grapefruit, raw, pink and red, Florida	230.0	1.0 cup sections, with juice	34
14409	Beverages, Orange-flavor drink, breakfast type, low calorie, powder	2.5	1.0 portion, amount of dry mix to make 8 fl oz prepared	34
21024	Fast foods, french toast sticks	65.0	3.0 pieces	34
07011	Bologna, turkey	28.0	0.99 oz 1 serving	34
32008	Pasta mix, classic cheeseburger macaroni, unprepared	123.0	1.0 package	34
06040	Soup, minestrone, canned, condensed	123.0	0.5 cup (4 fl oz)	34
11889	Turnips, cooked, boiled, drained, with salt	156.0	1.0 cup, cubes	34
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	34
11549	Tomato products, canned, sauce	245.0	1.0 cup	34
11645	Sweet potato, canned, syrup pack, solids and liquids	228.0	1.0 cup	34
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	34
35198	Prickly pears, raw (Northern Plains Indians)	19.0	1.0 pad peeled	34
07273	CARL BUDDIG, Smoked Sliced Turkey, light and dark meat	57.0	1.0 serving 2 oz	34
16551	MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared	67.0	1.0 Burger	34
06416	Soup, cream of chicken, canned, prepared with equal volume water	244.0	1.0 cup	34
19252	Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats	56.0	2.0 oz bar	34
06446	Soup, cream of onion, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	34
15219	Fish, trout, mixed species, cooked, dry heat	62.0	1.0 fillet	34
11740	Broccoli, flower clusters, raw	71.0	1.0 cup flowerets	34
11310	Peas, green, canned, seasoned, solids and liquids	227.0	1.0 cup	34
18119	Cake, pineapple upside-down, prepared from recipe	28.35	1.0 oz	34
06152	Sauce, pizza, canned, ready-to-serve	63.0	0.25 cup	34
06046	Soup, cream of onion, canned, condensed	126.0	0.5 cup	34
03808	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	34

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
14637	Water, with corn syrup and/or sugar and low calorie sweetener, fruit flavored	200.0	1.0 pouch	34
22955	Egg rolls, vegetable, frozen, prepared	68.0	1.0 egg roll	34
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	170.0	1.0 container	34
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	85.0	3.0 oz	34
03817	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, powder, with ARA and DHA	8.5	1.0 scoop	34
15102	Fish, snapper, mixed species, cooked, dry heat	85.0	3.0 oz	34
17132	Veal, shoulder, blade, separable lean only, cooked, braised	85.0	3.0 oz	34
15090	Fish, scup, raw	85.0	3.0 oz	34
15200	Fish, mackerel, king, cooked, dry heat	85.0	3.0 oz	34
43146	Eggplant, pickled	136.0	1.0 cup	34
15114	Fish, trout, mixed species, raw	79.0	1.0 fillet	34
33877	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder	8.7	1.0 scoop	34
33863	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder	8.7	1.0 scoop	34
09160	Lime juice, raw	242.0	1.0 cup	34
06440	Soup, minestrone, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	34
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	34
18432	Bread, white, commercially prepared, toasted, low sodium no salt	28.35	1.0 oz	34
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	34
07015	Brotwurst, pork, beef, link	70.0	1.0 link	34
06022	Soup, chicken rice, canned, chunky, ready-to-serve	240.0	1.0 cup	34
20088	Wild rice, raw	160.0	1.0 cup	34
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	146.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g)	34
19243	Candies, HEATH BITES	39.0	15.0 pieces	34
14154	Energy drink, RED BULL, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12	258.0	1.0 can 8.4 fl oz	34
18355	Sweet rolls, cheese	28.35	1.0 oz	33
09325	Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids	257.0	1.0 cup	33
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	33
07024	Frankfurter, chicken	45.0	1.0 link	33
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	133.0	1.0 chop without refuse (Yield from 1 raw chop, with refuse, weighing 201g)	33
03809	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted	8.3	1.0 scoop	33
03805	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder	8.3	1.0 scoop	33
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA	31.0	1.0 oz	33
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	33
01031	Cheese, neufchatel	28.35	1.0 oz	33

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	85.0	3.0 oz	33
15176	Mollusks, squid, mixed species, cooked, fried	85.0	3.0 oz	33
31024	Sweet Potatoes, french fried, crosscut, frozen, unprepared	85.0	3.0 oz	33
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	85.0	3.0 oz	33
15157	Mollusks, clam, mixed species, raw	85.0	3.0 oz	33
16104	Bacon, meatless	144.0	1.0 cup	33
20126	Spaghetti, spinach, dry	57.0	2.0 oz	33
09317	Strawberries, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup	33
09301	Rambutan, canned, syrup pack	150.0	1.0 cup, drained	33
11134	Cassava, raw	206.0	1.0 cup	33
03947	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA (formerly ROSS)	30.5	1.0 fl oz	33
25024	Pretzels, soft, unsalted	143.0	1.0 large	33
43109	Pretzels, soft	143.0	1.0 large	33
18127	Cake, snack cakes, creme-filled, chocolate with frosting	28.35	1.0 oz	33
35145	Stew, hominy with mutton (Navajo)	411.0	1.0 serving	33
03984	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed	30.4	1.0 fl oz	33
33874	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron	30.4	1.0 fl oz	33
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	30.4	1.0 fl oz	33
18610	CONTINENTAL MILLS, KRUSTEAZ Almond Poppyseed Muffin Mix, Artificially Flavored, dry	40.0	1.0 serving	33
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	149.0	1.0 steak (yield from 1 raw steak weighing 149g)	33
11487	Squash, winter, butternut, frozen, unprepared	113.0	0.33 package (12 oz)	33
22914	Pasta with tomato sauce, no meat, canned	252.0	1.0 serving (1 NLEA serving)	33
19144	Candies, NESTLE, 100 GRAND Bar	43.0	1.0 bar (1.5 oz)	33
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	142.0	1.0 breast without skin	33
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	192.0	1.0 cup	33
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	192.0	1.0 cup	33
05161	Squab, (pigeon), meat only, raw	251.0	1.0 unit (yield from 1 lb ready-to-cook squab)	33
06182	Soup, cream of mushroom, canned, condensed, reduced sodium	251.0	1.0 cup	33
06978	Soup, beef and mushroom, low sodium, chunk style	251.0	1.0 cup	33
18142	Cake, yellow, dry mix, pudding-type	28.35	1.0 oz	33
18051	Bread, reduced-calorie, oatmeal	28.35	1.0 oz	33
03830	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, LIPIL, with iron, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	33
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	155.0	1.0 cup	33
07033	Ham and cheese spread	15.0	1.0 tbsp	33

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	155.0	1.0 cup	33
21069	Fast foods, burrito, with fruit (apple or cherry)	155.0	1.0 burrito, large	33
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	32
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	250.0	1.0 cup	32
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	250.0	1.0 cup	32
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	250.0	1.0 cup	32
14156	Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12	250.0	1.0 serving 8.3 fl oz can	32
36018	APPLEBEE'S, fish, hand battered	250.0	1.0 serving	32
11276	New Zealand spinach, raw	56.0	1.0 cup, chopped	32
11643	Squash, winter, all varieties, raw	116.0	1.0 cup, cubes	32
19151	Candies, REESE'S PIECES Candy	47.0	0.25 cup	32
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	60.0	1.0 serving 2.13 oz bar	32
11241	Kohlrabi, raw	135.0	1.0 cup	32
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	32
11709	Asparagus, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	32
33875	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron	30.0	5.0 fl oz	32
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	32
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	32
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	154.0	1.0 pie crust (average weight of 1 baked crust)	32
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	28.35	1.0 oz	32
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	85.0	3.0 oz	32
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	269.0	1.0 serving	32
01144	Egg substitute, powder	9.9	0.35 oz	32
33867	Infant formula, GERBER, GOOD START, PROTECT PLUS, powder	9.4	1.0 scoop	32
06035	Soup, escarole, canned, ready-to-serve	248.0	1.0 cup (8 fl oz)	32
42279	Babyfood, peas and brown rice	230.0	1.0 cup	32
16505	LOMA LINDA Swiss Stake with Gravy, canned, unprepared	92.0	1.0 piece	32
42278	Babyfood, vegetable and brown rice, strained	230.0	1.0 cup	32
11011	Asparagus, raw	134.0	1.0 cup	32
16554	MORNINGSTAR FARMS Tomato & Basil Pizza Burger, frozen, unprepared	67.0	1.0 Burger	32
01160	Egg, yolk, raw, frozen, salted, pasteurized	28.35	1.0 oz	32
03302	Babyfood, snack, GERBER GRADUATE YOGURT SELTS	7.0	1.0 serving	32
11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	32
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188.0	1.0 cup	32
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	188.0	1.0 cup	32
03818	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	32

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
03812	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	32
20015	Corn bran, crude	76.0	1.0 cup	32
11551	Tomato products, canned, sauce, with mushrooms	245.0	1.0 cup	32
06070	Soup, chunky beef, canned, ready-to-serve	245.0	1.0 cup	32
02016	Spices, dill seed	2.1	1.0 tsp	32
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	32
33864	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	32
33865	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	32
01049	Cream, fluid, half and half	30.2	1.0 fl oz	32
36033	Restaurant, family style, fish fillet, battered or breaded, fried	226.0	1.0 serving	32
07222	OSCAR MAYER, Old Fashioned Loaf	28.0	1.0 serving	32
11970	Cabbage, napa, cooked	109.0	1.0 cup	32
08231	Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry	40.0	0.5 cup (1 NLEA serving)	32
14436	Orange breakfast drink, ready-to-drink, with added nutrients	31.6	1.0 fl oz	32
18225	Crackers, rye, sandwich-type with cheese filling	14.2	0.5 oz	32
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	175.0	1.0 cup, cubes	32
09314	Sapote, mamey, raw	175.0	1.0 cup 1" pieces	32
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	175.0	1.0 cup, cubes	32
09315	Soursop, raw	225.0	1.0 cup, pulp	32
18036	Bread, Multi-Grain, toasted (includes whole-grain)	28.35	1.0 oz	31
18188	Cookies, peanut butter, refrigerated dough, baked	28.35	1.0 oz	31
15264	Salmon, sockeye, canned, drained solids, without skin and bones	85.0	3.0 oz	31
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	85.0	3.0 oz	31
15098	Fish, sheepshead, cooked, dry heat	85.0	3.0 oz	31
20137	Quinoa, cooked	185.0	1.0 cup	31
15156	Mollusks, abalone, mixed species, cooked, fried	85.0	3.0 oz	31
17120	Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	31
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	85.0	3.0 oz	31
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	262.0	1.0 cup	31
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	112.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 172g)	31
21420	KFC, Coleslaw	112.0	1.0 package	31
03098	Babyfood, vegetables, beets, strained	224.0	1.0 cup	31
19065	Candies, ALMOND JOY Candy Bar	49.0	1.0 package 1.76 oz	31
11430	Radishes, oriental, raw	116.0	1.0 cup slices	31

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
11029	Beans, kidney, mature seeds, sprouted, raw	184.0	1.0 cup	31
11632	Peppers, jalapeno, canned, solids and liquids	136.0	1.0 cup, chopped	31
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	31
08386	Cereals ready-to-eat, KASHI GOLEAN CRUNCH!	53.0	0.75 Cup (1 NLEA serving)	31
14625	Energy drink, AMP	240.0	1.0 serving	31
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	31
28238	SUNSHINE, CHEEZ-IT, Colby Crackers	30.0	25.0 crackers	31
14626	Energy drink, FULL THROTTLE	240.0	1.0 serving 8 fluid oz	31
14630	Energy drink, ROCKSTAR, sugar free	240.0	8.0 fl oz (1 serving)	31
43125	Beans, liquid from stewed kidney beans	240.0	1.0 cup	31
11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	31
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	28.35	1.0 oz	31
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	82.0	1.0 serving	31
36002	APPLEBEE'S, french fries	164.0	1.0 serving	31
03851	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted (formerly ROSS)	31.4	1.0 fl oz	31
03856	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted (formerly ROSS)	31.4	1.0 fl oz	31
03951	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted (formerly ROSS)	31.4	1.0 fl oz	31
07223	OSCAR MAYER, Olive Loaf (chicken, pork, turkey)	28.0	1.0 serving	31
09076	Cherries, sweet, frozen, sweetened	259.0	1.0 cup, thawed	31
06965	Soup, pea, low sodium, prepared with equal volume water	259.0	1.0 cup	31
06449	Soup, pea, green, canned, prepared with equal volume water	259.0	1.0 serving 1 cup	31
21346	McDONALD'S, NEWMAN'S OWN Cobb Dressing	62.0	2.0 fl oz	31
28237	SUNSHINE, CHEEZ-IT, Cheddar Jack Crackers	30.0	25.0 crackers	31
07224	OSCAR MAYER, Pickle Pimiento Loaf (with chicken)	28.0	1.0 serving	31
07905	Frankfurter, beef, pork, and turkey, fat free	57.0	1.0 frank 1 NLEA serving	31
09302	Raspberries, raw	123.0	1.0 cup	31
03066	Babyfood, dinner, vegetables and lamb, strained	256.0	1.0 cup	31
09294	Prune juice, canned	256.0	1.0 cup	31
42139	Granola bar, soft, milk chocolate coated, peanut butter	28.35	1.0 oz	31
18416	Bread, white, commercially prepared, low sodium, no salt	28.35	1.0 oz	31
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1.0 oz	31
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	85.0	3.0 oz	31
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup (1" pieces)	31

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
10000	Pork, fresh, enhanced, composite of separable fat, cooked	85.0	3.0 oz	31
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup (1" pieces)	31
11436	Rutabagas, cooked, boiled, drained, without salt	170.0	1.0 cup, cubes	31
17175	Game meat, muskrat, cooked, roasted	85.0	3.0 oz	31
20008	Buckwheat	170.0	1.0 cup	31
15081	Fish, salmon, coho, wild, raw	85.0	3.0 oz	31
11419	Pumpkin leaves, cooked, boiled, drained, without salt	71.0	1.0 cup	31
11848	Pumpkin leaves, cooked, boiled, drained, with salt	71.0	1.0 cup	31
07051	Olive loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	31
07221	OSCAR MAYER, Luncheon Loaf (spiced)	28.0	1.0 serving	31
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	113.0	4.0 oz	31
20068	Tapioca, pearl, dry	152.0	1.0 cup	30
20112	Noodles, egg, spinach, cooked, enriched	160.0	1.0 cup	30
06967	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	253.0	1.0 cup	30
18268	French toast, frozen, ready-to-heat	28.35	1.0 oz	30
09451	Horned melon (Kiwano)	233.0	1.0 cup	30
16512	WORTHINGTON Diced Chik, canned, unprepared	55.0	0.25 cup	30
09082	Cranberry-orange relish, canned	275.0	1.0 cup	30
16164	MORI-NU, Tofu, silken, lite firm	84.0	1.0 slice	30
20087	Wheat, sprouted	108.0	1.0 cup	30
06431	CAMPBELL'S CHUNKY, New England Clam Chowder	251.0	1.0 cup	30
19056	Snacks, tortilla chips, plain, white corn, salted	28.35	1.0 oz	30
20447	Rice, white, long-grain, parboiled, unenriched, cooked	158.0	1.0 cup	30
20047	Rice, white, long-grain, parboiled, enriched, cooked	158.0	1.0 cup	30
11620	Drumstick pods, raw	100.0	1.0 cup slices	30
08353	Cereals ready-to-eat, QUAKER, MOTHER'S Cinnamon Oat Crunch	60.0	1.0 cup (1 NLEA serving)	30
09043	Blackberry juice, canned	250.0	1.0 cup	30
11520	Taro leaves, raw	28.0	1.0 cup	30
09038	Avocados, raw, California	230.0	1.0 cup, pureed	30
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	30
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249.0	1.0 cup	30
02039	Spices, savory, ground	1.4	1.0 tsp	30
03802	Infant formula, NESTLE, GOOD START SUPREME, with iron, powder	8.7	1.0 scoop	30
18377	Cookies, oatmeal, prepared from recipe, without raisins	28.35	1.0 oz	30
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	85.0	3.0 oz	30
16514	WORTHINGTON Low Fat Fri Chik, canned, unprepared	85.0	2.0 pieces	30

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	30
15074	Fish, sablefish, raw	85.0	3.0 oz	30
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	30
11457	Spinach, raw	30.0	1.0 cup	30
09139	Guavas, common, raw	165.0	1.0 cup	30
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	30
16513	WORTHINGTON FriChik Original, canned, unprepared	90.0	2.0 pieces	30
18348	Rolls, dinner, whole-wheat	28.0	1.0 roll (1 oz)	30
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	114.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	30
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	30
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	30
17229	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	30
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	30
09161	Lime juice, canned or bottled, unsweetened	246.0	1.0 cup	30
25028	Tortilla chips, yellow, plain, salted	28.35	1.0 oz	29
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	29
27052	Dip, salsa con queso, cheese and salsa- medium	30.0	2.0 tbsp	29
08707	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolate Almond	28.0	0.67 Cup (1 NLEA serving)	29
06405	CAMPBELL'S CHUNKY, HEALTHY REQUEST Chicken Noodle Soup	245.0	1.0 cup	29
19910	Candies, crispy bar with peanut butter filling	42.0	1.0 serving 1.5 oz	29
19249	Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	42.0	1.0 serving 1.5 oz	29
19020	Snacks, granola bars, soft, uncoated, plain	28.0	1.0 bar (1 oz)	29
19078	Baking chocolate, unsweetened, squares	29.0	1.0 oz square Bakers	29
06549	Soup, chicken mushroom, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	29
06401	Soup, cream of asparagus, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	29
09024	Apricots, canned, juice pack, with skin, solids and liquids	244.0	1.0 cup, halves	29
11497	Succotash, (corn and limas), canned, with cream style corn	266.0	1.0 cup	29
11157	Chrysanthemum, garland, raw	25.0	1.0 cup (1" pieces)	29
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	86.0	1.0 rib without refuse (Yield from 1 cooked rib, with refuse, weighing 140g)	29
18035	Bread, Multi-Grain (includes whole-grain)	28.35	1.0 oz	29
16591	WORTHINGTON Leanies, frozen, unprepared	40.0	1.0 link	29
36028	DENNY'S, coleslaw	91.0	1.0 serving	29
16557	MORNINGSTAR FARMS Chik Patties, frozen, unprepared	71.0	1.0 patty	29

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
16608	MORNINGSTAR FARMS Chik Patties Original, frozen, unprepared	71.0	1.0 Burger	29
11152	Chicory greens, raw	29.0	1.0 cup, chopped	29
11429	Radishes, raw	116.0	1.0 cup slices	29
09226	Papayas, raw	145.0	1.0 cup 1" pieces	29
06001	Soup, cream of asparagus, canned, condensed	126.0	0.5 cup (4 fl oz)	29
18233	Crackers, wheat, sandwich, with cheese filling	14.2	0.5 oz	29
09354	Pineapple, canned, juice pack, drained	181.0	1.0 cup, chunks	29
18028	Bread, egg, toasted	28.35	1.0 oz	29
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	49.0	0.75 cup (1 NLEA serving)	29
05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	29
17279	Veal, shank (fore and hind), separable lean only, cooked, braised	85.0	3.0 oz	29
15095	Fish, shark, mixed species, raw	85.0	3.0 oz	29
15044	Fish, ling, raw	85.0	3.0 oz	29
22953	Egg rolls, pork, refrigerated, heated	85.0	1.0 roll	29
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	85.0	3.0 oz	29
36014	Restaurant, family style, french fries	170.0	1.0 serving	29
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	29
11299	Parsnips, cooked, boiled, drained, without salt	78.0	0.5 cup slices	29
11808	Parsnips, cooked, boiled, drained, with salt	78.0	0.5 cup slices	29
15056	Fish, mullet, striped, cooked, dry heat	93.0	1.0 fillet	29
03860	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed (formerly ROSS)	31.0	1.0 fl oz	29
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	120.0	0.5 cup	29
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	120.0	0.5 cup	29
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	29
11967	Cauliflower, green, cooked, no salt added	90.0	0.2 head	29
11726	Beans, snap, green, canned, no salt added, solids and liquids	120.0	0.5 cup	29
28251	SUNSHINE, CHEEZ-IT, 100 Calorie Right Bites, Reduced Fat	21.0	1.0 package	29
05156	Pheasant, leg, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-eat pheasant)	29
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	61.0	0.167 loaf 1/6 of the loaf	29
18187	Cookies, peanut butter, refrigerated dough	28.35	1.0 oz	29
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	28.35	1.0 oz	29
03213	Babyfood, cookies	28.35	1.0 oz	29
20105	Macaroni, vegetable, dry, enriched	84.0	1.0 cup spiral shaped	29
06149	Soup, chicken mushroom, canned, condensed	124.0	0.5 cup	29
03870	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber (formerly ROSS)	31.0	1.0 fl oz	29
01128	Egg, whole, cooked, fried	46.0	1.0 large	29

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	49.0	1.0 cup (1 NLEA serving)	28
20066	Semolina, enriched	167.0	1.0 cup	28
20466	Semolina, unenriched	167.0	1.0 cup	28
11240	Mushrooms, morel, raw	66.0	1.0 cup	28
18184	Cookies, oatmeal, prepared from recipe, with raisins	28.35	1.0 oz	28
18269	French toast, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	28
08365	Cereals ready-to-eat, QUAKER, Shredded Wheat, bagged cereal	63.0	3.0 biscuits (1 NLEA serving)	28
18385	Bread, wheat germ, toasted	28.35	1.0 oz	28
11285	Onions, canned, solids and liquids	63.0	1.0 onion	28
09231	Passion-fruit, (granadilla), purple, raw	236.0	1.0 cup	28
18640	HEINZ, WEIGHT WATCHER, Chocolate Eclair, frozen	59.0	1.0 eclair, frozen	28
28241	SUNSHINE, GRIPZ, Cheez-It Crackers	25.0	1.0 package	28
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	83.0	1.0 thigh thigh without skin	28
19111	Candies, NESTLE, BABY RUTH Bar	60.0	1.0 serving 2.1 oz bar	28
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	256.0	1.0 cup	28
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	128.0	1.0 rib without refuse (Yield from 1 raw rib, with refuse, weighing 196g)	28
36029	DENNY'S, fish fillet, battered or breaded, fried	201.0	1.0 serving	28
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	74.0	1.0 serving	28
18297	Pancakes, special dietary, dry mix	28.35	1.0 oz	28
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	28
15223	Fish, whitefish, mixed species, cooked, dry heat	85.0	3.0 oz	28
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	255.0	1.0 cup	28
09319	Strawberries, frozen, sweetened, whole	255.0	1.0 cup, thawed	28
05668	Ground turkey, 85% lean, 15% fat, raw	85.0	1.0 patty (cooked from 4 oz raw)	28
15227	Crustaceans, crab, queen, cooked, moist heat	85.0	3.0 oz	28
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	28
09320	Strawberries, frozen, sweetened, sliced	255.0	1.0 cup, thawed	28
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	85.0	3.0 oz	28
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	85.0	3.0 oz	28
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	28
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	55.0	0.67 cup (1 NLEA serving)	28
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	28
15165	Mollusks, mussel, blue, cooked, moist heat	85.0	3.0 oz	28
01123	Egg, whole, raw, fresh	50.0	1.0 large	28
21430	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	140.0	1.0 breast, without skin	28

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
01131	Egg, whole, cooked, poached	50.0	1.0 large	28
43260	Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	5.6	1.0 tbsp	28
11427	Purslane, raw	43.0	1.0 cup	28
20009	Buckwheat groats, roasted, dry	164.0	1.0 cup	28
07077	Smoked link sausage, pork and beef, nonfat dry milk added	68.0	1.0 link (4" long x 1-1/8" dia)	28
15021	Fish, croaker, Atlantic, cooked, breaded and fried	87.0	1.0 fillet	28
01199	Cream, half and half, fat free	29.0	2.0 tbsp	28
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	253.0	1.0 cup	28
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	253.0	1.0 cup, halves	28
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253.0	1.0 cup	28
03938	Infant formula, PBM PRODUCTS, store brand, powder (formerly WYETH-AYERST)	8.4	1.0 scoop	28
21048	Fast foods, oysters, battered or breaded, and fried	139.0	6.0 pieces	28
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	28
12004	Seeds, breadnut tree seeds, raw	28.35	1.0 oz (8-14 seeds)	28
03193	Babyfood, cereal, oatmeal, with honey, dry	2.4	1.0 tbsp	28
09111	Grapefruit, raw, pink and red and white, all areas	230.0	1.0 cup sections, with juice	28
09116	Grapefruit, raw, white, all areas	230.0	1.0 cup sections, with juice	28
09117	Grapefruit, raw, white, California	230.0	1.0 cup sections, with juice	28
05026	Chicken, heart, all classes, cooked, simmered	145.0	1.0 cup, chopped or diced	28
09443	Juice, apple and grape blend, with added ascorbic acid	250.0	8.0 fl oz	28
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	27
16086	Peas, split, mature seeds, cooked, boiled, without salt	196.0	1.0 cup	27
16386	Peas, split, mature seeds, cooked, boiled, with salt	196.0	1.0 cup	27
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	249.0	1.0 serving 1 cup	27
09103	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	249.0	1.0 cup	27
09219	Tangerines, (mandarin oranges), canned, juice pack	249.0	1.0 cup	27
09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	27
09442	Pomegranate juice, bottled	249.0	1.0 cup	27
36021	APPLEBEE'S, coleslaw	76.0	1.0 serving	27
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	27
11505	Sweet potato leaves, raw	35.0	1.0 cup, chopped	27
03820	Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder	31.0	1.0 fl oz	27
09206	Orange juice, raw	248.0	1.0 cup	27
09071	Cherries, sweet, canned, water pack, solids and liquids	248.0	1.0 cup, pitted	27
08696	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN, Cinnamon Almond	58.0	1.25 cup (1 NLEA serving)	27
15101	Fish, snapper, mixed species, raw	85.0	3.0 oz	27

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	85.0	3.0 oz	27
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	85.0	3.0 oz	27
17108	Veal, loin, separable lean only, cooked, braised	85.0	3.0 oz	27
06463	Soup, tomato rice, canned, prepared with equal volume water	247.0	1.0 cup	27
11230	Pepeao, dried	24.0	1.0 cup	27
13498	Beef, ground, 70% lean meat / 30% fat, raw	113.0	4.0 oz	27
06045	Soup, onion, canned, condensed	123.0	0.5 cup (4 fl oz)	27
11605	Beets, harvard, canned, solids and liquids	246.0	1.0 cup slices	27
27021	CAMPBELL'S Homestyle HEALTHY REQUEST Chicken with Whole Grain Pasta Soup	246.0	1.0 cup	27
07240	OSCAR MAYER, Wieners (pork, turkey)	45.0	1.0 serving (1 link)	27
27054	Dip, TOSTITOS, salsa con queso, medium	30.0	2.0 tbsp	27
27044	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	27
21419	KFC, biscuit	49.0	1.0 biscuit	27
18351	Rolls, hamburger or hotdog, mixed-grain	28.35	1.0 oz	27
18353	Rolls, hard (includes kaiser)	28.35	1.0 oz	27
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	27
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	96.0	1.0 serving	27
07936	Bologna, pork and turkey, lite	56.0	1.0 serving 2 oz	27
16162	MORI-NU, Tofu, silken, firm	84.0	1.0 slice	27
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	27
09153	Lemon juice, canned or bottled	244.0	1.0 cup	27
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244.0	1.0 cup	27
06395	CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	243.0	1.0 cup	27
28239	SUNSHINE, CHEEZ-IT, Duo Sharp Cheddar Parmesan Crackers	30.0	25.0 crackers	27
11369	Potatoes, microwaved, cooked in skin, skin, without salt	58.0	1.0 skin	27
11836	Potatoes, microwaved, cooked, in skin, skin with salt	58.0	1.0 skin	27
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	27
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	28.35	1.0 oz	27
18114	Cake, gingerbread, dry mix	28.35	1.0 oz	27
18327	Pie, pumpkin, prepared from recipe	28.35	1.0 oz	27
18057	Bread, reduced-calorie, white	28.35	1.0 oz	27
43365	Tomato and vegetable juice, low sodium	242.0	1.0 cup	27
43129	Fish sticks, meatless	28.0	1.0 stick	27
14428	Shake, fast food, strawberry	23.5	1.0 fl oz	27
23501	USDA Commodity, beef patties with VPP, frozen, cooked	68.0	1.0 patty	27

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
06974	Soup, vegetable chicken, canned, prepared with water, low sodium	241.0	1.0 cup	27
42196	Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	50.0	1.0 serving 1.76 oz bar	26
03955	Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	26
18956	Keikitos (muffins), Latino bakery item	42.0	1.0 piece	26
42241	Turkey, pork, and beef sausage, reduced fat, smoked	147.0	1.0 cup pieces	26
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	132.0	1.0 breast without skin	26
11884	Tomatoes, red, ripe, cooked, with salt	240.0	1.0 cup	26
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	80.0	1.0 rib without refuse (yield from 1 cooked rib, with refuse, weighing 141g)	26
08561	Cereals, KASHI GO LEAN Hot Cereal, Hearty Honey & Cinnamon, dry	40.0	1.0 packet (1 NLEA serving)	26
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	26
18027	Bread, egg	28.35	1.0 oz	26
15155	Mollusks, abalone, mixed species, raw	85.0	3.0 oz	26
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	26
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	26
10201	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	26
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	85.0	3.0 oz	26
10192	Pork, fresh, backribs, separable lean and fat, raw	85.0	3.0 oz	26
15049	Fish, mackerel, king, raw	85.0	3.0 oz	26
22121	MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared	71.0	1.0 Burger	26
12220	Seeds, flaxseed	10.3	1.0 tbsp, whole	26
11660	Tomatoes, red, ripe, cooked, stewed	101.0	1.0 cup	26
13924	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	119.0	1.0 steak (yield from 1 raw steak weighing 151g)	26
05021	Chicken, broilers or fryers, giblets, cooked, fried	145.0	1.0 cup, chopped or diced	26
09067	Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	26
16087	Peanuts, all types, raw	28.35	1.0 oz	26
03937	Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted (formerly WYETH-AYERST)	31.4	1.0 fl oz	26
02010	Spices, cinnamon, ground	2.6	1.0 tsp	26
16161	MORI-NU, Tofu, silken, soft	84.0	1.0 slice	26
16163	MORI-NU, Tofu, silken, extra firm	84.0	1.0 slice	26
21141	BURGER KING, Vanilla Shake	25.0	1.0 fluid ounce	26
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	113.0	4.0 oz	26
42297	Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	59.0	1.0 cup (1 NLEA serving)	26
43393	Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	59.0	1.25 cup (1 NLEA serving)	26
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	26

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	32.0	2.0 tbsp	26
43100	Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	43.0	1.0 bar	26
18349	Rolls, french	28.35	1.0 oz	26
07959	Bologna, chicken, pork, beef	28.0	1.0 serving	26
10076	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	26
09145	Java-plum, (jambolan), raw	135.0	1.0 cup	26
32009	Pasta mix, classic beef, unprepared	122.0	1.0 package	26
17010	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	128.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	26
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	256.0	1.0 cup	26
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	256.0	1.0 cup	26
18446	Pie crust, standard-type, frozen, ready-to-bake, unenriched	142.0	1.0 crust, single 9"	26
16586	GARDENBURGER Veggie Medley Burger, frozen, unprepared	71.0	1.0 Patty	26
42120	Babyfood, mixed fruit juice with low fat yogurt	31.5	1.0 fl oz	26
18179	Cookies, oatmeal, commercially prepared, soft-type	28.35	1.0 oz	26
18102	Cake, white, prepared from recipe with coconut frosting	28.35	1.0 oz	26
18328	Pie, vanilla cream, prepared from recipe	28.35	1.0 oz	26
18206	Cookies, sugar, refrigerated dough, baked	28.35	1.0 oz	26
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	26
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85.0	3.0 oz	26
17126	Veal, shoulder, arm, separable lean only, cooked, braised	85.0	3.0 oz	26
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	26
11601	Yam, raw	150.0	1.0 cup, cubes	26
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	26
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	26
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	26
15213	Fish, scup, cooked, dry heat	50.0	1.0 fillet	26
19021	Snacks, granola bars, soft, uncoated, peanut butter	28.0	1.0 bar (1 oz)	25
03801	Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	25
36401	Restaurant, Latino, chicken and rice, entree, prepared	141.0	1.0 cup	25
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup (1 NLEA serving)	25
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149.0	1.0 fillet	25
18954	Bread, pound cake type, pan de torta salvadoran	55.0	1.0 serving	25
09113	Grapefruit, raw, pink and red, California and Arizona	230.0	1.0 cup sections, with juice	25
08471	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Protein Plus	32.0	0.75 cup (1 NLEA serving)	25
18068	Bread, wheat germ	28.35	1.0 oz	25

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
09514	Juice Smoothie, BOLTHOUSE FARMS, BERRY BOOST	252.0	1.0 cup	25
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	25
09282	Plums, canned, purple, juice pack, solids and liquids	252.0	1.0 cup, pitted	25
09065	Cherries, sour, red, canned, light syrup pack, solids and liquids	252.0	1.0 cup	25
21027	Fast foods, brownie	60.0	1.0 brownie (2" square)	25
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	120.0	1.0 artichoke, medium	25
08609	Cereals ready-to-eat, KASHI Golden Goodness	60.0	1.25 cup (1 NLEA serving)	25
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	140.0	1.0 cup	25
28253	SUNSHINE, CHEEZ-IT, Snack Mix	30.0	0.5 cup	25
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120.0	1.0 artichoke, medium	25
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	25
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	210.0	1.0 cup, diced	25
06217	Soup, vegetable, canned, low sodium, condensed	126.0	0.5 cup	25
36000	APPLEBEE'S, 9 oz house sirloin steak	157.0	1.0 serving	25
09437	Tamarind nectar, canned	251.0	1.0 cup	25
11593	Waxgourd, (chinese preserving melon), raw	132.0	1.0 cup, cubes	25
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	114.0	0.5 cup	25
03837	Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted (formerly ROSS)	8.7	1.0 scoop	25
28308	Crackers, standard snack-type, with whole wheat	15.0	5.0 crackers 1 serving	25
09229	Papaya nectar, canned	250.0	1.0 cup	25
11850	Radishes, oriental, cooked, boiled, drained, with salt	147.0	1.0 cup slices	25
11431	Radishes, oriental, cooked, boiled, drained, without salt	147.0	1.0 cup, sliced	25
11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	25
11501	Succotash, (corn and limas), frozen, unprepared	156.0	1.0 cup	25
16589	MORNINGSTAR FARMS Veggie Italian Style Sausage, frozen, unprepared	64.0	1.0 link	25
20067	Sorghum grain	192.0	1.0 cup	25
05335	Chicken, feet, boiled	28.35	1.0 oz	25
19405	Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	28.0	1.0 bar (1 oz)	25
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	25
42119	Babyfood, banana juice with low fat yogurt	31.5	1.0 fl oz	25
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	113.0	4.0 oz	25
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	25
11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	25
09063	Cherries, sour, red, raw	155.0	1.0 cup, without pits	25
16536	WORTHINGTON Wham (roll), frozen, unprepared	55.0	1.0 slice , 3/8"	25
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	247.0	1.0 cup, halves	25

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
11100	Brussels sprouts, frozen, unprepared	95.0	0.33 package (10 oz)	25
32001	Rice and vermicelli mix, beef flavor, prepared with 80% margarine	247.0	1.0 cup	25
11475	Squash, summer, scallop, raw	130.0	1.0 cup slices	25
17198	Veal, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	25
05024	Chicken, gizzard, all classes, cooked, simmered	145.0	1.0 cup chopped or dice	25
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	85.0	3.0 oz	25
15123	Fish, tuna, fresh, skipjack, raw	85.0	3.0 oz	25
23506	USDA Commodity, beef patties with VPP, frozen, raw	85.0	1.0 serving	25
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	25
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	85.0	3.0 oz	25
19308	Candies, MARS SNACKFOOD US, POP'ABLES 3 MUSKETEERS Brand Bite Size Candies	41.0	1.0 serving 15 pieces	25
11154	Chicory roots, raw	60.0	1.0 root	25
11114	Cabbage, savoy, raw	70.0	1.0 cup, shredded	24
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	24
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	24
15131	Fish, whitefish, mixed species, smoked	136.0	1.0 cup, cooked	24
20064	Rye flour, medium	102.0	1.0 cup	24
18223	Crackers, milk	14.2	0.5 oz	24
06417	Soup, chicken gumbo, canned, prepared with equal volume water	244.0	1.0 cup	24
11559	Tomato products, canned, sauce, with tomato tidbits	244.0	1.0 cup	24
18413	Bread, pita, white, unenriched	28.35	1.0 oz	24
12158	Seeds, breadfruit seeds, roasted	28.35	1.0 oz	24
11422	Pumpkin, raw	116.0	1.0 cup (1" cubes)	24
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	58.0	1.0 cup	24
11710	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	58.0	1.0 cup	24
09316	Strawberries, raw	152.0	1.0 cup, halves	24
28186	KELLOGG'S, SPECIAL K, Cracker Chips, Cheddar	30.0	27.0 chips	24
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	24
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	24
11540	Tomato juice, canned, with salt added	243.0	1.0 cup	24
09035	Apricots, frozen, sweetened	242.0	1.0 cup	24
16565	MORNINGSTAR FARMS Sausage Style Recipe Crumbles, frozen, unprepared	55.0	0.66 Cup	24
09002	Acerola juice, raw	242.0	1.0 cup	24
18234	Crackers, wheat, sandwich, with peanut butter filling	14.2	0.5 oz	24
06101	Soup, cream of vegetable, dry, powder	18.0	1.0 packet	24
43441	Rolls, pumpernickel	36.0	1.0 medium (2-1/2" dia)	24

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241.0	1.0 cup	24
18345	Rolls, dinner, oat bran	28.35	1.0 oz	24
43404	Cranberry-apple juice drink, low calorie, with vitamin C added	240.0	1.0 cup (8 fl oz)	24
11233	Kale, raw	16.0	1.0 cup 1" pieces, loosely packed	24
11088	Broadbeans, immature seeds, raw	109.0	1.0 cup	24
36015	Restaurant, family style, chicken fingers, from kid's menu	114.0	1.0 serving	24
06028	Soup, clam chowder, manhattan, canned, condensed	126.0	0.5 cup (4 fl oz)	24
06017	Soup, chicken gumbo, canned, condensed	126.0	0.5 cup (4 fl oz)	24
06052	Soup, pepperpot, canned, condensed	126.0	0.5 cup (4 fl oz)	24
08654	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, Just Bunches, honey roasted	57.0	0.67 cup (1 NLEA serving)	24
14347	Shake, fast food, vanilla	20.8	1.0 fl oz	24
02018	Spices, fennel seed	2.0	1.0 tsp, whole	24
09174	Loquats, raw	149.0	1.0 cup, cubed	24
15042	Fish, herring, Atlantic, kippered	28.35	1.0 oz, boneless	24
15210	Fish, salmon, chinook, cooked, dry heat	85.0	3.0 oz	24
17327	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	24
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	85.0	3.0 oz	24
17321	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	24
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	24
05012	Chicken, broilers or fryers, meat only, cooked, fried	140.0	1.0 cup, chopped or diced	24
13921	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	140.0	1.0 steak (yield from 181 g raw meat)	24
43287	Dove, cooked (includes squab)	140.0	1.0 cup, chopped or diced	24
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	85.0	3.0 oz	24
07013	Bratwurst, pork, cooked	85.0	1.0 link cooked	24
17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	24
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	24
17319	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	24
17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	85.0	3.0 oz	24
17133	Veal, shoulder, blade, separable lean only, cooked, roasted	85.0	3.0 oz	24
09053	Blueberries, wild, frozen	140.0	1.0 cup, frozen	24
21441	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	68.0	1.0 wing, with skin	24
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	24
17105	Veal, loin, separable lean and fat, cooked, braised	85.0	3.0 oz	24

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
10196	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	24
03900	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, ready-to-feed	30.5	1.0 fl oz	24
08567	Cereals ready-to-eat, KASHI 7 Whole Grain Nuggets	58.0	0.5 cup (1 NLEA serving)	24
18002	Bagels, plain, toasted, enriched, with calcium propionate (includes onion, poppy, sesame)	24.0	1.0 mini bagel (2-1/2" dia)	24
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	24
11878	Taro, cooked, with salt	132.0	1.0 cup slices	24
11887	Tomato products, canned, paste, with salt added	66.0	0.25 cup	24
11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	24
18946	Pie crust, refrigerated, regular, baked	198.0	1.0 pie crust	24
11583	Vegetables, mixed, frozen, unprepared	95.0	0.33 package (10 oz)	24
23577	Beef, ground, 75% lean meat / 25% fat, raw	113.0	4.0 oz	24
08538	Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Blueberry Clusters	55.0	1.0 cup (1 NLEA serving)	24
43245	Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	55.0	1.0 cup (1 NLEA serving)	24
11787	Drumstick pods, cooked, boiled, drained, with salt	118.0	1.0 cup slices	24
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	24
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	24
11621	Drumstick pods, cooked, boiled, drained, without salt	118.0	1.0 cup slices	24
15188	Fish, bass, striped, cooked, dry heat	124.0	1.0 fillet	24
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	24
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	24
01135	Egg, white, dried, flakes, stabilized, glucose reduced	28.35	1.0 oz	24
17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	147.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	24
21118	Fast foods, hotdog, plain	98.0	1.0 sandwich	24
22905	Beef stew, canned entree	196.0	1.0 cup (1 serving)	24
28123	KEEBLER, 100 Calorie RIGHT BITES, White Fudge Dipped Pretzels	21.0	1.0 pouch	24
19406	Snacks, granola bars, soft, uncoated, nut and raisin	28.0	1.0 bar (1 oz)	24
09177	Mangosteen, canned, syrup pack	196.0	1.0 cup, drained	24
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	112.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	24
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	23
09075	Cherries, sweet, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	23
11452	Soybeans, mature seeds, sprouted, raw	35.0	0.5 cup	23
11527	Tomatoes, green, raw	180.0	1.0 cup	23
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	130.0	1.0 cup slices	23
11492	Squash, winter, spaghetti, raw	101.0	1.0 cup, cubes	23
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	258.0	1.0 cup, whole, without pits	23

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
06063	Soup, tomato rice, canned, condensed	129.0	0.5 cup (4 fl oz)	23
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258.0	1.0 cup, pitted	23
09247	Peaches, dried, sulfured, stewed, without added sugar	258.0	1.0 cup	23
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	23
18950	Crackers, wheat, reduced fat	29.0	1.0 serving	23
36417	Restaurant, Mexican, spanish rice	116.0	1.0 cup	23
36610	DENNY'S, french fries	165.0	1.0 serving	23
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	23
09039	Avocados, raw, Florida	230.0	1.0 cup, pureed	23
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	46.0	2.0 biscuits (1 NLEA serving)	23
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	28.35	1.0 oz	23
18316	Pie, coconut custard, commercially prepared	28.35	1.0 oz	23
18032	Bread, irish soda, prepared from recipe	28.35	1.0 oz	23
18363	Tortillas, ready-to-bake or -fry, corn	28.35	1.0 oz	23
07952	Bologna, chicken, turkey, pork	28.0	1.0 serving	23
05306	Ground turkey, cooked	82.0	1.0 patty (4 oz, raw) (yield after cooking)	23
17265	Lamb, new zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	23
17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	23
17243	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	23
15031	Fish, grouper, mixed species, raw	85.0	3.0 oz	23
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	23
31023	Sweet Potatoes, french fried, frozen, unprepared	85.0	3.0 oz	23
17087	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	23
17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	23
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	23
17325	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	23
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	23
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	23
17085	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	23
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	23
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	85.0	3.0 oz	23
10954	Pork, fresh, enhanced, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	23

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	85.0	3.0 oz	23
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	23
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	85.0	3.0 oz	23
17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	85.0	3.0 oz	23
17285	Lamb, Australian, imported, fresh, separable fat, cooked	85.0	3.0 oz	23
15145	Crustaceans, crayfish, mixed species, wild, raw	85.0	3.0 oz	23
18948	Pie crust, refrigerated, regular, unbaked	229.0	1.0 pie crust (average weight)	23
11448	Sesbania flower, cooked, steamed, without salt	104.0	1.0 cup	23
18459	Breakfast tart, low fat	52.0	1.0 tart	23
11922	Sesbania flower, cooked, steamed, with salt	104.0	1.0 cup	23
09516	Juice Smoothie, BOLTHOUSE FARMS, STRAWBERRY BANANA	254.0	1.0 cup	23
20124	Spaghetti, whole-wheat, dry	57.0	2.0 oz	23
16561	MORNINGSTAR FARMS Corn Dog Mini, frozen, unprepared	76.0	4.0 Pieces	23
16538	MORNINGSTAR FARMS Breakfast Pattie with Organic Soy, frozen, unprepared	38.0	1.0 Patty	23
06451	Soup, pea, split with ham, canned, prepared with equal volume water	253.0	1.0 cup (8 fl oz)	23
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	253.0	1.0 cup	23
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	91.0	0.5 cup	23
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	91.0	0.5 cup	23
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	23
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	189.0	1.0 cup	23
11201	Cowpeas, leafy tips, raw	36.0	1.0 cup, chopped	23
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	23
09283	Plums, canned, purple, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	23
18317	Pie, egg custard, commercially prepared	28.35	1.0 oz	23
18061	Bread, rye, toasted	28.35	1.0 oz	23
03189	Babyfood, cereal, oatmeal, dry	3.2	1.0 tbsp	23
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	58.0	0.5 cup (1 NLEA serving)	23
23436	Beef, New Zealand, imported, subcutaneous fat, raw	113.0	4.0 oz	23
03119	Babyfood, vegetables, corn, creamed, strained	113.0	1.0 jar	23
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	113.0	4.0 oz	23
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	113.0	4.0 oz	23
05030	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	23
08192	Cereals ready-to-eat, POST SELECTS Blueberry Morning	55.0	1.25 cup (1 NLEA serving)	23
28240	SUNSHINE, CHEEZ-IT, DuoZ Smoked Cheddar Monterey Jack Crackers	30.0	25.0 crackers	22
11149	Chayote, fruit, raw	132.0	1.0 cup (1" pieces)	22

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
08081	Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	59.0	1.0 cup (1 NLEA serving)	22
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	140.0	1.0 cup	22
19027	Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	28.0	1.0 bar (1 oz)	22
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	22
43283	Pheasant, cooked, total edible	140.0	1.0 cup, chopped or diced	22
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	28.35	1.0 oz	22
09254	Pears, canned, juice pack, solids and liquids	248.0	1.0 cup, halves	22
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	22
16149	Peanut spread, reduced sugar	31.0	2.0 tbsp	22
11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	22
28115	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Fudge Covered Pretzels	21.0	1.0 package	22
09128	Grapefruit juice, white, raw	247.0	1.0 cup	22
20122	Spaghetti, protein-fortified, dry, enriched (n x 5.70)	57.0	2.0 oz	22
09404	Grapefruit juice, pink, raw	247.0	1.0 cup	22
20622	Spaghetti, protein-fortified, dry, enriched (n x 6.25)	57.0	2.0 oz	22
10898	Pork, pickled pork hocks	117.0	3.0 oz	22
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	202.0	1.0 potato (2-1/3" x 4-3/4")	22
11675	Potatoes, microwaved, cooked in skin, flesh and skin, without salt	202.0	1.0 potato (2-3/4" dia by 4-3/4" long)	22
43274	Cheese, cream, low fat	15.0	1.0 tbsp	22
09433	Clementines, raw	74.0	1.0 fruit	22
11674	Potatoes, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	22
28189	KELLOGG'S, SPECIAL K, Cracker Chips, Southwest Ranch	30.0	27.0 chips	22
06048	Soup, oyster stew, canned, condensed	123.0	0.5 cup (4 fl oz)	22
18617	NABISCO, NABISCO GRAHAMS Crackers	28.0	1.0 serving	22
18084	Bread stuffing, cornbread, dry mix	28.35	1.0 oz	22
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	28.35	1.0 oz	22
12021	Seeds, safflower seed kernels, dried	28.35	1.0 oz	22
19147	Candies, peanut bar	28.35	1.0 oz	22
18033	Bread, italian	28.35	1.0 oz	22
09159	Limes, raw	67.0	1.0 fruit (2" dia)	22
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	22
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	22
10945	Pork, fresh, enhanced, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	22
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	85.0	3.0 oz	22
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	22
15130	Fish, whitefish, mixed species, raw	85.0	3.0 oz	22

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
17040	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	22
15112	Fish, tilefish, raw	85.0	3.0 oz	22
15144	Crustaceans, crab, queen, raw	85.0	3.0 oz	22
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	85.0	3.0 oz	22
43390	Turkey, light or dark meat, smoked, cooked, with skin, bone removed	85.0	3.0 oz, boneless	22
15078	Fish, salmon, chinook, raw	85.0	3.0 oz	22
20099	Macaroni, dry, enriched	105.0	1.0 cup elbow shaped	22
09272	Pineapple, frozen, chunks, sweetened	245.0	1.0 cup, chunks	22
20499	Macaroni, dry, unenriched	105.0	1.0 cup elbow shaped	22
08290	Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	31.0	0.75 cup (1 NLEA serving)	22
09041	Bananas, dehydrated, or banana powder	100.0	1.0 cup	22
21129	Fast foods, hush puppies	22.0	1.0 piece	22
03944	Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA (formerly ROSS)	30.5	1.0 fl oz	22
06461	Soup, tomato beef with noodle, canned, prepared with equal volume water	244.0	1.0 cup	22
06456	Soup, cream of shrimp, canned, prepared with equal volume water	244.0	1.0 cup	22
01125	Egg, yolk, raw, fresh	17.0	1.0 large	22
09357	Apricots, canned, heavy syrup, drained	219.0	1.0 cup, halves	22
20034	Oat bran, cooked	219.0	1.0 cup	22
06423	Soup, chicken with rice, canned, prepared with equal volume water	243.0	1.0 serving 1 cup	22
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	22
07909	Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite	56.0	2.0 oz (1 serving)	22
07277	HORMEL SPAM, Lite Luncheon Meat, Pork and chicken, minced, canned, ascorbic acid added	56.0	1.0 serving 2 oz	22
18958	Pan Dulce, LA RICURA, Salpora de Arroz con Azucar, cookie-like, contains wheat flour and rice flour	42.0	1.0 piece (1 serving)	22
18135	Cake, white, dry mix, pudding-type, enriched	28.35	1.0 oz	22
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	28.35	1.0 oz	22
19017	Snacks, granola bars, hard, chocolate chip	28.35	1.0 oz	22
18312	Pie, chocolate mousse, prepared from mix, no-bake type	28.35	1.0 oz	22
12022	Seeds, safflower seed meal, partially defatted	28.35	1.0 oz	22
18419	Cake, white, dry mix, pudding-type, unenriched	28.35	1.0 oz	22
18172	Cookies, gingersnaps	28.35	1.0 oz	22
11080	Beets, raw	136.0	1.0 cup	22
21435	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	22
19364	Toppings, butterscotch or caramel	41.0	2.0 tbsp	22
06448	Soup, oyster stew, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	22

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
06472	Soup, vegetable with beef broth, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	22
07247	OSCAR MAYER, Wieners (light pork, turkey, beef)	57.0	1.0 serving	22
11566	Turnips, frozen, unprepared	94.0	0.333 package, mashed (10 oz)	22
09248	Peaches, dried, sulfured, stewed, with added sugar	270.0	1.0 cup	22
19295	Candies, MARS SNACKFOOD US, SNICKERS MUNCH bar	40.0	1.0 serving 1.42 oz bar	22
19069	Candies, NESTLE, BUTTERFINGER Bar	60.0	1.0 serving 2.1 oz bar	22
06051	Soup, pea, split with ham, canned, condensed	135.0	0.5 cup (4 fl oz)	22
08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins	60.0	0.667 cup (1 NLEA serving)	22
06180	Soup, shark fin, restaurant-prepared	216.0	1.0 cup	22
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	22
12147	Nuts, pine nuts, dried	135.0	1.0 cup	22
11851	Rutabagas, cooked, boiled, drained, with salt	120.0	0.5 cup, mashed	22
18053	Bread, reduced-calorie, rye	28.35	1.0 oz	22
18117	Cake, marble, dry mix, pudding-type	28.35	1.0 oz	22
03055	Babyfood, dinner, beef with vegetables	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	21
42265	Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan	55.0	0.75 cup (1 NLEA serving)	21
09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	21
16525	WORTHINGTON Chic-Ketts, frozen, unprepared	55.0	2.0 slices (3/8" thick)	21
09429	Pineapple, raw, traditional varieties	165.0	1.0 cup, chunks	21
09430	Pineapple, raw, extra sweet variety	165.0	1.0 cup, chunks	21
18434	Crackers, cheese, low sodium	14.2	0.5 oz	21
06068	Soup, vegetarian vegetable, canned, condensed	126.0	0.5 cup	21
27022	CAMPBELL'S Soup on the GO, HEALTHY REQUEST Chicken with Mini Noodles Soup	305.0	1.0 container	21
06596	CAMPBELL'S Soup on the Go, Cheesy Potato with Bacon Flavor Soup	305.0	1.0 container	21
06585	CAMPBELL'S Soup on the Go, Vegetable with Mini Round Noodles Soup	305.0	1.0 container	21
27023	CAMPBELL'S Soup on the Go, HEALTHY REQUEST Classic Tomato Soup	305.0	1.0 container	21
18507	KELLOGG'S Eggo Lowfat Blueberry Nutri-Grain Waffles	35.0	1.0 waffle, round (4" dia) (include frozen)	21
06594	CAMPBELL'S Soup on the Go, New England Clam Chowder	305.0	1.0 container	21
06586	CAMPBELL'S Soup on the Go, Chicken & Stars Soup	305.0	1.0 container	21
06595	CAMPBELL'S Soup on the Go, Vegetable Beef Soup	305.0	1.0 container	21
06482	CAMPBELL'S Low Sodium Soups, Chicken with Noodles Soup	305.0	1.0 serving 1 container	21
36027	DENNY'S, chicken strips	194.0	1.0 serving	21
08640	Cereals, QUAKER, Instant Oatmeal Organic, Regular	41.0	1.0 packet	21
09513	Juice Smoothie, ODWALLA, Original Superfood, fruit smoothie blend	355.0	12.0 fl oz	21
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	21
11190	Cornsalad, raw	56.0	1.0 cup	21

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
20111	Noodles, egg, spinach, dry, enriched	38.0	1.0 cup	21
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	21
18280	Muffins, corn, dry mix, prepared	28.35	1.0 oz	21
18384	Bread, rice bran, toasted	28.35	1.0 oz	21
15242	Crustaceans, crayfish, mixed species, farmed, raw	85.0	3.0 oz	21
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	21
03194	Babyfood, cereal, rice, dry	2.5	1.0 tbsp	21
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	85.0	3.0 oz	21
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	21
17036	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	21
43529	Babyfood, rice and apples, dry	2.5	1.0 tbsp	21
17247	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	21
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	21
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	85.0	3.0 oz	21
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	21
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	21
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	21
23220	Beef, ground, unspecified fat content, cooked	85.0	3.0 oz	21
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	21
05699	Turkey, enhanced, skin from whole, (light and dark), roasted	85.0	1.0 serving	21
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	21
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	21
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	21
12698	Seeds, sesame butter, tahini, type of kernels unspecified	15.0	1.0 tbsp	21
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	21
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	21
11506	Sweet potato leaves, cooked, steamed, without salt	64.0	1.0 cup	21
11874	Sweet potato leaves, cooked, steamed, with salt	64.0	1.0 cup	21
11965	Cauliflower, green, raw	64.0	1.0 cup	21
43205	Beverage, instant breakfast powder, chocolate, not reconstituted	7.4	1.0 tbsp	21
06341	CAMPBELL'S, Cream of Potato Soup, condensed	124.0	0.5 cup condensed	21
36030	DENNY'S, hash browns	124.0	1.0 serving	21
06053	Soup, cream of potato, canned, condensed	124.0	0.5 cup	21
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234.0	1.0 cup	21

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	234.0	1.0 cup	21
28110	KEEBLER, Toast & Peanut Butter Sandwich Crackers	39.0	1.0 package	21
28257	AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type	39.0	1.0 package	21
03846	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed (formerly ROSS)	30.5	1.0 fl oz	21
03841	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed (formerly ROSS)	30.5	1.0 fl oz	21
03953	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed (formerly ROSS)	30.5	1.0 fl oz	21
03935	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA (formerly ROSS)	30.5	1.0 fl oz	21
07914	Sausage, Italian, sweet, links	84.0	1.0 link 3 oz	21
08204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	30.0	1.0 cup	21
15034	Fish, haddock, cooked, dry heat	150.0	1.0 fillet	21
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	21
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	21
20108	Macaroni, whole-wheat, cooked	140.0	1.0 cup elbow shaped	21
11226	Jerusalem-artichokes, raw	150.0	1.0 cup slices	21
20125	Spaghetti, whole-wheat, cooked	140.0	1.0 cup	21
01241	Ice cream sandwich, made with light ice cream, vanilla	70.0	1.0 serving	21
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	21
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	21
05013	Chicken, broilers or fryers, meat only, roasted	140.0	1.0 cup, chopped or diced	21
36024	CRACKER BARREL, chicken tenderloin platter, fried	175.0	1.0 serving	21
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	28.35	1.0 oz	21
18279	Muffins, corn, commercially prepared	28.35	1.0 oz	21
18407	Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	21
18045	Bread, pumpernickel, toasted	28.35	1.0 oz	21
18177	Cookies, molasses	28.35	1.0 oz	21
18066	Bread, wheat bran	28.35	1.0 oz	21
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	30.4	1.0 fl oz	21
20048	Rice, white, long-grain, precooked or instant, enriched, dry	95.0	1.0 cup	21
21379	McDONALD'S, Side Salad	87.0	1.0 item 3.1 oz	21
08587	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Low Fat Granola	52.0	0.5 cup (1 NLEA serving)	21
06995	PREGO Pasta, Chunky Garden Tomato, Onion and Garlic Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	21
11150	Chayote, fruit, cooked, boiled, drained, without salt	160.0	1.0 cup (1" pieces)	21

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
11766	Chayote, fruit, cooked, boiled, drained, with salt	160.0	1.0 cup (1" pieces)	21
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	32.0	1.0 bar	21
03925	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed	30.5	1.0 fl oz	21
19403	Snacks, crisped rice bar, almond	28.0	1.0 bar (1 oz)	21
06494	Soup, onion, dry, mix, prepared with water	230.0	1.0 serving 1 cup	21
21043	Fast foods, clams, breaded and fried	115.0	0.75 cup	21
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	115.0	1.0 serving	21
28188	KELLOGG'S, SPECIAL K, Cracker Chips, Sour Cream & Onion	30.0	27.0 chips	21
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	21
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	21
18303	Pie, banana cream, prepared from mix, no-bake type	28.35	1.0 oz	21
18208	Cookies, sugar, prepared from recipe, made with margarine	28.35	1.0 oz	21
19904	Chocolate, dark, 70-85% cacao solids	28.35	1.0 oz	21
18060	Bread, rye	28.35	1.0 oz	21
01069	Cream substitute, powdered	94.0	1.0 cup	21
08700	Cereals ready-to-eat, KELLOGG RAISIN BRAN with Omega-3 from flaxseed	53.0	1.0 Cup (1 NLEA serving)	21
06142	Sauce, sofrito, prepared from recipe	103.0	0.5 cup	21
20129	Wheat flours, bread, unenriched	137.0	1.0 cup unsifted, dipped	21
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	21
06380	CAMPBELL'S Red and White, Split Pea with Ham and Bacon Soup, condensed	128.0	1.0 serving 1/2 cup	20
06361	CAMPBELL'S Red and White, Green Pea Soup, condensed	128.0	1.0 serving 1/2 cup	20
11951	Peppers, sweet, yellow, raw	186.0	1.0 pepper, large (3-3/4" long, 3" dia)	20
18314	Pie, coconut cream, prepared from mix, no-bake type	28.35	1.0 oz	20
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	28.35	1.0 oz	20
18356	Sweet rolls, cinnamon, commercially prepared with raisins	28.35	1.0 oz	20
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1.0 oz	20
18040	Bread, oatmeal, toasted	28.35	1.0 oz	20
12143	Nuts, pecans, dry roasted, without salt added	28.35	1.0 oz	20
12643	Nuts, pecans, dry roasted, with salt added	28.35	1.0 oz	20
19421	Snacks, potato chips, cheese-flavor	28.35	1.0 oz	20
18048	Bread, raisin, toasted, enriched	28.35	1.0 oz	20
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	20
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	20
19187	Flan, caramel custard, dry mix	85.0	1.0 package (3 oz)	20
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	20
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	20

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
11324	Peas and onions, canned, solids and liquids	120.0	1.0 cup	20
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	20
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	20
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	20
19366	Toppings, pineapple	340.0	1.0 cup	20
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	20
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	20
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	20
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	20
17114	Veal, rib, separable lean only, cooked, braised	85.0	3.0 oz	20
19353	Syrups, maple	20.0	1.0 tbsp	20
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	20
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	20
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	20
17252	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	20
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	20
17153	Game meat, beefalo, composite of cuts, cooked, roasted	85.0	3.0 oz	20
08591	Cereals ready-to-eat, KASHI ORGANIC PROMISE, ISLAND VANILLA	55.0	27.0 biscuits (1 NLEA serving)	20
20054	Rice, white, glutinous, raw	185.0	1.0 cup	20
07036	Sausage, Italian, pork, raw	113.0	1.0 link, 4/lb	20
19296	Honey	339.0	1.0 cup	20
35237	Tamales, masa and pork filling (Hopi)	113.0	4.0 oz	20
23572	Beef, ground, 80% lean meat / 20% fat, raw	113.0	4.0 oz	20
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145.0	1.0 cup chopped or dice	20
32018	Spanish rice mix, dry mix, unprepared	70.0	0.5 cup	20
08554	Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	52.0	0.75 cup (1 NLEA serving)	20
18957	Cake, pound, BIMBO Bakeries USA, Panque Casero, home baked style	39.0	1.0 slice	20
42261	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	52.0	0.75 cup (1 NLEA serving)	20
21439	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	81.0	1.0 drumstick, with skin	20
16516	WORTHINGTON Multigrain Cutlets, canned, unprepared	92.0	2.0 slices	20
43382	Cranberry juice, unsweetened	253.0	1.0 cup	20
08568	Cereals, KASHI HEART TO HEART, Instant Oatmeal, Apple Cinnamon, dry	43.0	1.0 packet (1 NLEA serving)	20
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	84.0	1.0 thigh without skin	20
06374	CAMPBELL'S Red and White, Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	20
22931	SPAGHETTIOS, SpaghettiOs Original	252.0	1.0 cup (1 serving)	20
06366	CAMPBELL'S Red and White, Minestrone Soup, condensed	126.0	1.0 serving 1/2 cup	20

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
19896	Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	56.0	1.0 serving 1 bar	20
06349	CAMPBELL'S Red and White, SCOOPY-DOO Soup, condensed	126.0	1.0 serving 1/2 cup	20
06058	CAMPBELL'S Red and White, Chicken Gumbo Soup, condensed	126.0	1.0 serving 1/2 cup	20
27015	CAMPBELL'S Red and White, PHINEAS and FERB Soup, condensed	126.0	0.5 cup serving	20
06367	CAMPBELL'S Red and White, New England Clam Chowder, condensed	126.0	1.0 serving 1/2 cup	20
06364	CAMPBELL'S Red and White, Manhattan Clam Chowder, condensed	126.0	1.0 serving 1/2 cup	20
43028	Jams and preserves, dietetic (with sodium saccharin), any flavor	224.0	1.0 cup	20
06030	Soup, clam chowder, new england, canned, condensed	126.0	0.5 cup	20
06354	CAMPBELL'S Red and White, French Onion Soup, condensed	126.0	1.0 serving 1/2 cup	20
06373	CAMPBELL'S Red and White, Vegetarian Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	20
06992	HEALTHY REQUEST, Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	20
06084	CAMPBELL'S Red and White, Chicken Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	20
22930	SPAGHETTIOS, Spaghetti in Tomato & Cheese Sauce	252.0	1.0 cup (1 serving)	20
09068	Cherries, sour, red, frozen, unsweetened	155.0	1.0 cup, unthawed	20
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	31.0	1.0 bar	20
09021	Apricots, raw	155.0	1.0 cup, halves	20
19218	Puddings, tapioca, ready-to-eat	28.35	1.0 oz	20
18038	Bread, oat bran, toasted	28.35	1.0 oz	20
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	20
18430	Danish pastry, cinnamon, unenriched	28.35	1.0 oz	20
18116	Cake, gingerbread, prepared from recipe	28.35	1.0 oz	20
43276	Cheese spread, cream cheese base	28.35	1.0 oz	20
08658	Cereals ready-to-eat, KELLOGG'S KRAVE double chocolate cereal	30.0	0.75 cup (1 NLEA serving)	20
04686	Salad dressing, honey mustard dressing, reduced calorie	30.0	2.0 tbsp (1 serving)	20
31014	PACE, Jalapenos Nacho Sliced Peppers	30.0	1.0 oz	20
28160	KELLOGG'S, ALL-BRAN, Garlic and Herb Crackers	30.0	18.0 crackers	20
08684	Cereals ready-to-eat, CASCADIAN FARM, honey nut O's	30.0	1.0 cup (1 NLEA serving)	20
18981	KASHI, TLC, Fire Roasted Vegetable Crackers	30.0	15.0 crackers	20
18965	Crackers, cheese, reduced fat	30.0	1.0 serving	20
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	49.0	0.75 cup (1 NLEA serving)	20
09435	Guava nectar, canned	251.0	1.0 cup	20
08484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	20
05149	Goose, domesticated, meat only, cooked, roasted	143.0	1.0 unit (yield from 1 lb ready-to-cook goose)	20
19917	Candies, M&M MARS Pretzel Chocolate Candies	40.0	0.25 cup	20
06232	PREGO Pasta, Organic Mushroom Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	20
14197	Cocoa mix, NESTLE, Rich Chocolate Hot Cocoa Mix	20.0	1.0 serving 1 envelope	20

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
06226	PREGO Pasta, Italian Sausage and Garlic Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	20
09124	Grapefruit juice, white, canned, sweetened	250.0	1.0 cup	20
06237	PREGO Pasta, Heart Smart- Roasted Red Pepper and Garlic Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	20
06239	PREGO Pasta, Tomato, Basil and Garlic Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	20
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	111.0	1.0 ear (yield after cooking)	20
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	27.0	0.75 cup (1 NLEA serving)	20
03267	Babyfood, juice, fruit punch, with calcium	31.2	1.0 fl oz	20
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	35.0	1.0 bar	20
20114	Noodles, japanese, soba, dry	57.0	2.0 oz	20
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	20
18973	Focaccia, Italian flatbread, plain	57.0	1.0 piece	20
32011	Yellow rice with seasoning, dry packet mix, unprepared	57.0	2.0 oz 1 serving	20
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	7.0	18.0 piece	20
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	20
42237	Cereals ready-to-eat, WEETABIX whole grain cereal	35.0	2.0 biscuits (1 NLEA serving)	20
12156	Nuts, walnuts, glazed	28.0	1.0 oz	20
05277	Chicken, canned, meat only, with broth	142.0	1.0 can (5 oz)	20
10102	Pork, fresh, variety meats and by-products, feet, raw	28.35	1.0 oz	20
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	20
18021	Bread, boston brown, canned	28.35	1.0 oz	20
06964	Soup, tomato, low sodium, with water	248.0	1.0 serving 1 cup	20
08245	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin	62.0	1.0 cup (1 NLEA serving)	20
06559	Soup, tomato, canned, prepared with equal volume water, commercial	248.0	1.0 serving 1 cup	20
06343	CAMPBELL'S Red and White, Creamy Chicken Noodle Soup, condensed	124.0	1.0 serving 1/2 cup	20
11968	Cauliflower, green, cooked, with salt	62.0	0.5 cup (1" pieces)	20
06209	CAMPBELL'S, 98% Fat Free Cream of Broccoli Soup, condensed	124.0	0.5 cup condensed	20
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	20
06333	CAMPBELL'S Red and White, Cream of Broccoli Soup, condensed	124.0	1.0 serving 1/2 cup	20
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248.0	1.0 cup	20
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	248.0	1.0 cup	20
06334	CAMPBELL'S Red and White, Cream of Celery Soup, condensed	124.0	1.0 serving 1/2 cup	20
06339	CAMPBELL'S, Cream of Mushroom with Roasted Garlic Soup, condensed	124.0	0.5 cup condensed	20
18562	ARCHWAY Home Style Cookies, Reduced Fat Ginger Snaps	32.0	1.0 serving	20
06218	CAMPBELL'S, 98% Fat Free Cream of Celery Soup, condensed	124.0	0.5 cup condensed	20
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	20
08277	Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA	55.0	0.667 cup (1 NLEA serving)	20

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
21030	Fast foods, cookies, chocolate chip	55.0	1.0 box	20
09077	Crabapples, raw	110.0	1.0 cup slices	20
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond	60.0	1.0 cup (1 NLEA serving)	20
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247.0	1.0 cup	20
09217	Orange-grapefruit juice, canned or bottled, unsweetened	247.0	1.0 cup	20
28286	Bread, paratha (Indian bread), whole wheat, frozen	79.0	1.0 piece	20
15240	Fish, trout, rainbow, farmed, raw	79.0	1.0 fillet	20
12171	Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	14.0	1.0 tbsp	20
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	20
11830	Potatoes, baked, skin, with salt	58.0	1.0 skin	20
11364	Potatoes, baked, skin, without salt	58.0	1.0 skin	20
43417	Babyfood, meat, beef with vegetables, toddler	179.0	1.0 jar NFS	20
14620	V8 V. FUSION Juices, Peach Mango	246.0	1.0 serving 8 oz	20
14621	V8 V. FUSION Juices, Strawberry Banana	246.0	1.0 serving 8 oz	20
14635	Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E	246.0	1.0 serving 8 oz	20
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	246.0	1.0 cup, whole, without pits	20
14622	V8 V. FUSION Juices, Tropical	246.0	1.0 serving 8 oz	20
09452	Orange Pineapple Juice Blend	246.0	8.0 fl oz	20
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	20
06384	CAMPBELL'S CHUNKY Soups, Baked Potato with Steak & Cheese Soup	245.0	1.0 cup	20
11880	Taro, shoots, cooked, with salt	140.0	1.0 cup slices	20
06399	CAMPBELL'S CHUNKY Soups, Grilled Chicken & Sausage Gumbo Soup	245.0	1.0 cup	20
11523	Taro shoots, cooked, without salt	140.0	1.0 cup slices	20
06502	CAMPBELL'S Red and White - Microwaveable Bowls, Chicken Rice Soup	245.0	1.0 cup	20
06548	CAMPBELL'S Homestyle Chicken with White & Wild Rice Soup	245.0	1.0 cup	20
06457	CAMPBELL'S CHUNKY Soups, Slow Roasted Beef with Mushrooms Soup	245.0	1.0 cup	20
05130	Chicken, stewing, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	20
06387	CAMPBELL'S CHUNKY Soups, Beef Rib Roast with Potatoes & Herbs Soup	245.0	1.0 cup	20
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	20
06403	CAMPBELL'S CHUNKY Soups, Grilled Sirloin Steak with Hearty Vegetables Soup	245.0	1.0 cup	20
06400	CAMPBELL'S CHUNKY Soups, Grilled Chicken with Vegetables & Pasta Soup	245.0	1.0 cup	20
27019	CAMPBELL'S Homestyle Harvest Tomato with Basil Soup	245.0	1.0 cup	20
06244	CAMPBELL'S CHUNKY Microwavable Bowls, Classic Chicken Noodle, ready-to-serve	245.0	1.0 serving 1 cup	20
06441	CAMPBELL'S CHUNKY Soups, Savory Pot Roast Soup	245.0	1.0 cup	20
06396	CAMPBELL'S CHUNKY Soups, Fajita Chicken with Rice & Beans Soup	245.0	1.0 cup	20

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
06241	CAMPBELL'S CHUNKY Microwavable Bowls, Beef with Country Vegetables Soup, ready-to-serve	245.0	1.0 serving 1 cup	20
06438	CAMPBELL'S CHUNKY Soups, Salisbury Steak with Mushrooms & Onions Soup	245.0	1.0 serving	20
06392	CAMPBELL'S CHUNKY Soups, Chicken Broccoli Cheese & Potato Soup	245.0	1.0 cup	20
06459	CAMPBELL'S CHUNKY Soups, Split Pea 'N' Ham Soup	245.0	1.0 cup	20
06433	CAMPBELL'S CHUNKY Soups, Old Fashioned Potato Ham Chowder	245.0	1.0 cup	20
06388	CAMPBELL'S CHUNKY Soups, Beef with Country Vegetables Soup	245.0	1.0 cup	20
06543	CAMPBELL'S Homestyle Mexican Style Chicken Tortilla Soup	245.0	1.0 cup	20
06252	CAMPBELL'S CHUNKY Microwavable Bowls, Sirloin Burger with Country Vegetables Soup, ready-to-serve	245.0	1.0 serving 1 cup	20
06529	CAMPBELL'S Homestlye Light New England Clam Chowder	245.0	1.0 cup	20
06418	CAMPBELL'S CHUNKY Soups, Hearty Chicken with Vegetables Soup	245.0	1.0 serving	20
06504	CAMPBELL'S Red and White - Microwaveable Bowls, Tomato Soup	245.0	1.0 cup	20
06242	CAMPBELL'S CHUNKY Microwavable Bowls, Chicken and Dumplings Soup, ready-to-serve	245.0	1.0 serving 1 cup	20
06415	CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup	245.0	1.0 cup	20
18968	Bagel, wheat	98.0	1.0 bagel	20
06439	CAMPBELL'S CHUNKY Soups, Savory Chicken with White & Wild Rice Soup	245.0	1.0 cup	20
06393	CAMPBELL'S CHUNKY Soups, Chicken Corn Chowder	245.0	1.0 cup	20
06389	CAMPBELL'S CHUNKY Soups, Beef with White and Wild Rice Soup	245.0	1.0 cup	20
27007	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Microwavable Bowls, Chicken Noodle Soup	245.0	1.0 serving	20
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	20
05014	Chicken, broilers or fryers, meat only, stewed	140.0	1.0 cup, chopped or diced	20
13341	Beef, variety meats and by-products, tripe, raw	28.35	1.0 oz	20
18059	Bread, rice bran	28.35	1.0 oz	20
02014	Spices, cumin seed	2.1	1.0 tsp, whole	20
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	20
17131	Veal, shoulder, blade chop, separable lean only, raw	85.0	3.0 oz	20
17128	Veal, shoulder, blade chop, separable lean and fat, raw	85.0	3.0 oz	20
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	20
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	20
15050	Fish, mackerel, Pacific and jack, mixed species, raw	85.0	3.0 oz	20
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	85.0	3.0 oz	20
15268	Fish, cod, Pacific, untreated, raw	85.0	3.0 oz	20
17244	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	20
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	20
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	20

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	85.0	3.0 oz	20
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	20
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	20
15222	Fish, turbot, european, cooked, dry heat	85.0	3.0 oz	20
17261	Lamb, new zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	20
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	20
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	20
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	20
15135	Fish, yellowtail, mixed species, raw	85.0	3.0 oz	20
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	20
32000	Rice and vermicelli mix, beef flavor, unprepared	61.0	0.333 cup	20
06471	Soup, vegetable beef, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	20
06453	Soup, cream of potato, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	20
09154	Lemon juice, frozen, unsweetened, single strength	244.0	1.0 cup	20
16246	SILK Nog, soymilk	122.0	0.5 cup	20
06409	Soup, beef noodle, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	20
06229	PREGO Pasta, Mushroom and Garlic Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	20
06994	PREGO Pasta, Chunky Garden Combination Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	20
06932	PREGO Pasta, Traditional Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	20
06240	PREGO Pasta, Zesty Mushroom Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	20
20041	Rice, brown, medium-grain, cooked	195.0	1.0 cup	20
20037	Rice, brown, long-grain, cooked	195.0	1.0 cup	20
06223	PREGO Pasta, Flavored with Meat Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	20
28265	KEEBLER, Cheese & Peanut Butter Sandwich Crackers	39.0	1.0 package	20
06220	PREGO Pasta, Chunky Garden Mushroom and Green Pepper Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	20
28256	AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type	39.0	1.0 package	20
06228	PREGO Pasta, Mini Meatball Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	20
06224	PREGO Pasta, Fresh Mushroom Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	20
06235	P REGO Pasta, Roasted Garlic and Herb Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	20
27033	PREGO Pasta, Heart Smart- Traditional Sauce, ready-to-serve	130.0	0.5 cup	20
04704	Salad dressing, poppyseed, creamy	33.0	2.0 tbsp	19
31012	CAMPBELL'S, V8 Vegetable Juice, Low Sodium V8	243.0	8.0 fl oz	19
08616	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Bite Size Cinnamon Streusel	54.0	23.0 biscuits (1 NLEA serving)	19
09022	Apricots, canned, water pack, with skin, solids and liquids	243.0	1.0 cup, halves	19
31005	CAMPBELL'S, V8 Vegetable Juice, Organic V8	243.0	8.0 fl oz	19
31017	CAMPBELL'S, V8 Vegetable Juice, Low Sodium Spicy Hot	243.0	8.0 fl oz	19