

USDA National Nutrient Database for Standard Reference Release 28

Nutrients: Folate, DFE (µg)

Food Subset: All Foods

Ordered by: Nutrient Content

Measured by: Household

Report Run at: January 14, 2016 13:17 EST

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
16080	Mung beans, mature seeds, raw	207.0	1.0 cup	1294
16078	Mothbeans, mature seeds, raw	196.0	1.0 cup	1272
16001	Beans, adzuki, mature seeds, raw	197.0	1.0 cup	1225
16019	Beans, cranberry (roman), mature seeds, raw	195.0	1.0 cup	1178
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	200.0	1.0 cup	1114
16133	Yardlong beans, mature seeds, raw	167.0	1.0 cup	1099
16060	Cowpeas, catjang, mature seeds, raw	167.0	1.0 cup	1067
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	167.0	1.0 cup	1057
16042	Beans, pinto, mature seeds, raw	193.0	1.0 cup	1013
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	972
16101	Pigeon peas (red gram), mature seeds, raw	205.0	1.0 cup	935
16069	Lentils, raw	192.0	1.0 cup	920
16024	Beans, great northern, mature seeds, raw	183.0	1.0 cup	882
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	861
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	851
25006	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Double Chocolate Nut Bar	55.0	1.0 bar	846
25008	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Honey Nut Oat Bar	55.0	1.0 bar	845
16045	Beans, small white, mature seeds, raw	215.0	1.0 cup	830
16016	Beans, black turtle, mature seeds, raw	184.0	1.0 cup	817
16074	Lima beans, thin seeded (baby), mature seeds, raw	202.0	1.0 cup	808
20046	Rice, white, long-grain, parboiled, enriched, dry	185.0	1.0 cup	797
16049	Beans, white, mature seeds, raw	202.0	1.0 cup	784
20052	Rice, white, short-grain, enriched, uncooked	200.0	1.0 cup	778
16047	Beans, yellow, mature seeds, raw	196.0	1.0 cup	762
16037	Beans, navy, mature seeds, raw	208.0	1.0 cup	757
20050	Rice, white, medium-grain, raw, enriched	195.0	1.0 cup	753
16022	Beans, french, mature seeds, raw	184.0	1.0 cup	734
16032	Beans, kidney, red, mature seeds, raw	184.0	1.0 cup	725
16030	Beans, kidney, california red, mature seeds, raw	184.0	1.0 cup	725

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
16027	Beans, kidney, all types, mature seeds, raw	184.0	1.0 cup	725
16035	Beans, kidney, royal red, mature seeds, raw	184.0	1.0 cup	723
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26.0	0.75 cup (1 NLEA serving)	717
20044	Rice, white, long-grain, regular, raw, enriched	185.0	1.0 cup	716
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32.0	0.75 cup (1 NLEA serving)	713
25017	Formulated bar, POWER BAR, chocolate	68.0	1.0 bar	711
08059	Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	27.0	1.0 cup (1 NLEA serving)	710
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27.0	0.75 cup (1 NLEA serving)	710
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27.0	0.75 cup (1 NLEA serving)	710
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	27.0	0.75 cup (1 NLEA serving)	710
08216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	57.0	1.25 cup (1 NLEA serving)	707
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32.0	0.75 cup (1 NLEA serving)	706
16071	Lima beans, large, mature seeds, raw	178.0	1.0 cup	703
08047	Cereals ready-to-eat, QUAKER, KING VITAMAN	31.0	1.5 cup (1 NLEA serving)	699
16108	Soybeans, mature seeds, raw	186.0	1.0 cup	698
05150	Goose, liver, raw	94.0	1.0 liver	694
08215	Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon	56.0	1.0 cup (1 NLEA serving)	684
20024	Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	683
20324	Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	683
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	31.0	0.5 cup (1 NLEA serving)	681
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	80.0	1.0 bar	680
08214	Cereals ready-to-eat, QUAKER, Oatmeal Squares	56.0	1.0 cup (1 NLEA serving)	680
25004	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Chewy Chocolate Peanut Bar	55.0	1.0 bar	680
25005	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON MULTIGRAIN CRUNCH BAR	55.0	1.0 bar	680
14060	Beverages, Energy Drink with carbonated water and high fructose corn syrup	240.0	8.0 fl oz	679
14061	Beverages, Energy Drink, sugar free	240.0	8.0 fl oz	679
08348	Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice	33.0	1.25 cup (1 NLEA serving)	678
08550	Cereals ready-to-eat, QUAKER, Christmas Crunch	26.0	0.75 cup (1 NLEA serving)	676
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29.0	0.75 cup (1 NLEA serving)	676
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30.0	1.0 cup (1 NLEA serving)	676
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30.0	0.75 cup (1 NLEA serving)	676
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31.0	1.0 cup (1 NLEA serving)	676
08489	Cereals, MALT-O-MEAL, Maple & Brown Sugar Hot Wheat Cereal, dry	45.0	0.25 cup (1 NLEA serving)	674
08116	Cereals, MALT-O-MEAL, original, plain, dry	35.0	3.0 tbsp (1 NLEA serving)	674
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	47.0	0.75 cup (1 NLEA serving)	674

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08318	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal	50.0	1.0 cup (1 NLEA serving)	674
08596	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight	50.0	1.0 cup (1 NLEA serving)	674
08177	Cereals, MALT-O-MEAL, chocolate, dry	35.0	3.0 tbsp (1 NLEA serving)	673
08189	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	49.0	0.5 cup (1 NLEA serving)	673
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	53.0	1.0 cup (1 NLEA serving)	673
08598	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS	52.0	1.0 cup (1 NLEA serving)	673
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	55.0	0.67 cup (1 NLEA serving)	673
08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins	60.0	0.667 cup (1 NLEA serving)	673
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	30.0	0.333 cup (1 NLEA serving)	671
08387	Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat	33.0	0.75 cup (1 NLEA serving)	670
08500	Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	669
08538	Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Blueberry Clusters	55.0	1.0 cup (1 NLEA serving)	663
16076	Lupins, mature seeds, raw	180.0	1.0 cup	639
16052	Broadbeans (fava beans), mature seeds, raw	150.0	1.0 cup	634
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	55.0	1.0 bar	606
05138	Chicken, capons, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	600
05021	Chicken, broilers or fryers, giblets, cooked, fried	145.0	1.0 cup, chopped or diced	550
16085	Peas, green, split, mature seeds, raw	197.0	1.0 cup	540
05128	Chicken, stewing, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	532
05177	Turkey, liver, all classes, raw	78.0	1.0 raw liver	528
20322	Cornmeal, degermed, enriched, white	157.0	1.0 cup	526
20022	Cornmeal, degermed, enriched, yellow	157.0	1.0 cup	526
20325	Cornmeal, white, self-rising, degermed, enriched	138.0	1.0 cup	518
20025	Cornmeal, yellow, self-rising, degermed, enriched	138.0	1.0 cup	516
11212	Edamame, frozen, prepared	155.0	1.0 cup	482
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29.0	1.0 cup (1 NLEA serving)	472
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	33.0	1.25 cup (1 NLEA serving)	472
08673	Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	466
05137	Chicken, capons, giblets, raw	115.0	1.0 giblets	453
16083	Mungo beans, mature seeds, raw	207.0	1.0 cup	447
20048	Rice, white, long-grain, precooked or instant, enriched, dry	95.0	1.0 cup	443
05116	Chicken, roasting, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	439
20066	Semolina, enriched	167.0	1.0 cup	436
20323	Cornmeal, white, self-rising, bolted, plain, enriched	122.0	1.0 cup	434
20023	Cornmeal, yellow, self-rising, bolted, plain, enriched	122.0	1.0 cup	434
11450	Soybeans, green, raw	256.0	1.0 cup	422

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
21153	Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato	413.0	12.0 inch sub	413
11697	Arrowroot, raw	120.0	1.0 cup, sliced	406
16157	Chickpea flour (besan)	92.0	1.0 cup	402
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	55.0	1.0 bar	399
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30.0	1.25 cup (1 NLEA serving)	397
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	395
16144	Lentils, pink or red, raw	192.0	1.0 cup	392
20105	Macaroni, vegetable, enriched, dry	84.0	1.0 cup spiral shaped	386
20084	Wheat flour, white, cake, enriched	137.0	1.0 cup unsifted, dipped	386
20082	Wheat flour, white, all-purpose, self-rising, enriched	125.0	1.0 cup	384
20017	Corn flour, masa, enriched, white	114.0	1.0 cup	382
20317	Corn flour, yellow, masa, enriched	114.0	1.0 cup	382
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145.0	1.0 cup chopped or dice	373
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	170.0	1.0 cup	372
16119	Soy meal, defatted, raw	122.0	1.0 cup	370
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	177.0	1.0 cup	366
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	177.0	1.0 cup	366
05178	Turkey, liver, all classes, cooked, simmered	53.0	1.0 liver cooked	366
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	125.0	1.0 cup	364
20081	Wheat flour, white, all-purpose, enriched, bleached	125.0	1.0 cup	364
20581	Wheat flour, white, all-purpose, enriched, unbleached	125.0	1.0 cup	364
20093	Pasta, fresh-refrigerated, plain, as purchased	128.0	4.5 oz	364
16110	Soybeans, mature seeds, roasted, salted	172.0	1.0 cup	363
16410	Soybeans, mature seeds, roasted, no salt added	172.0	1.0 cup	363
16093	Peanuts, valencia, raw	146.0	1.0 cup	359
16370	Lentils, mature seeds, cooked, boiled, with salt	198.0	1.0 cup	358
16070	Lentils, mature seeds, cooked, boiled, without salt	198.0	1.0 cup	358
11211	Edamame, frozen, unprepared	118.0	1.0 cup	358
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	356
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	171.0	1.0 cup	356
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	171.0	1.0 cup	356
43406	Yeast extract spread	6.0	1.0 tsp	353
16091	Peanuts, spanish, raw	146.0	1.0 cup	350
16095	Peanuts, virginia, raw	146.0	1.0 cup	349
08594	Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX	32.0	0.75 cup (1 NLEA serving)	349
12160	Seeds, cottonseed kernels, roasted (glandless)	149.0	1.0 cup	347

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11432	Radishes, oriental, dried	116.0	1.0 cup	342
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.0	1.25 cup (1 NLEA serving)	341
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	85.0	3.0 oz	340
14058	Beverages, Whey protein powder isolate	86.0	3.0 scoop	340
08595	Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX	30.0	0.75 cup (1 NLEA serving)	339
08653	Cereals ready-to-eat, KELLOGG'S RICE KRISPIES, Gluten Free	30.0	1.0 cup (1 NLEA serving)	339
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	27.0	1.0 cup (1 NLEA serving)	339
08025	Cereals ready-to-eat, RALSTON CRISP RICE	33.0	1.25 cup (1 NLEA serving)	339
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	27.0	0.75 cup (1 NLEA serving)	338
08553	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry	30.0	0.75 cup (1 NLEA serving)	337
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS	27.0	0.75 cup (1 NLEA serving)	336
08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	27.0	0.75 cup (1 NLEA serving)	336
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	27.0	0.75 cup (1 NLEA serving)	336
08582	Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER	27.0	0.75 cup (1 NLEA serving)	336
08593	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate	27.0	0.75 cup (1 NLEA serving)	336
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	27.0	0.75 cup (1 NLEA serving)	336
08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS	27.0	0.75 cup (1 NLEA serving)	336
08481	Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES	30.0	0.75 cup (1 NLEA serving)	336
08346	Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	336
08674	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey	30.0	0.75 cup (1 NLEA serving)	336
08347	Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	336
08675	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & almonds	30.0	0.75 cup (1 NLEA serving)	336
08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	30.0	0.75 cup (1 NLEA serving)	336
08487	Cereals ready-to-eat, MALT-O-MEAL, Blueberry MUFFIN TOPS Cereal	30.0	0.75 cup (1 NLEA serving)	336
08676	Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS	30.0	1.0 cup (1 NLEA serving)	336
08206	Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	30.0	0.75 cup (1 NLEA serving)	336
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	336
08592	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut	28.0	0.75 cup (1 NLEA serving)	336
08074	Cereals ready-to-eat, RALSTON TASTEEOS	28.0	1.0 cup (1 NLEA serving)	336
08039	Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	29.0	0.75 cup (1 NLEA serving)	336
08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS	29.0	1.0 cup (1 NLEA serving)	336
08655	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	29.0	0.75 cup (1 NLEA serving)	336
08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	30.0	1.0 cup	336
08029	Cereals ready-to-eat, POST Bran Flakes	30.0	0.75 cup (1 NLEA serving)	336
08002	Cereals ready-to-eat, POST, ALPHA-BITS	30.0	1.0 cup (1 NLEA serving for adults)	336
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30.0	0.75 cup (1 NLEA serving)	336

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43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	30.0	0.75 cup (1 NLEA serving)	336
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	31.0	1.0 cup (1 NLEA serving)	336
42240	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	32.0	0.75 cup (1 NLEA serving)	336
08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	32.0	1.0 cup (1 NLEA serving)	336
08493	Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS	33.0	1.0 cup (1 NLEA serving)	336
20095	Pasta, fresh-refrigerated, spinach, as purchased	128.0	4.5 oz	335
08542	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS Bite Size Strawberry Delight	55.0	25.0 biscuits (1 NLEA serving)	333
08617	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Bite Size Blueberry Muffin	55.0	25.0 biscuits (1 NLEA serving)	333
08631	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS LITTLE BITES, chocolate	56.0	1.0 cup (1 NLEA serving)	333
08695	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, little bites	56.0	1.0 Cup (1 NLEA serving)	333
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	56.0	1.0 cup (1 NLEA serving)	333
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	54.0	21.0 biscuits (1 NLEA serving)	333
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	58.0	7.0 biscuit (1 NLEA serving)	332
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	58.0	0.5 cup (1 NLEA serving)	332
42297	Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	59.0	1.0 cup (1 NLEA serving)	332
08484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	332
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	332
08384	Cereals ready-to-eat, KELLOGG, KELLOGG'S MINI-WHEATS, unfrosted bite size	55.0	30.0 biscuits (1 NLEA serving)	329
08459	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS, Maple & Brown Sugar, Bite Size	55.0	25.0 biscuits (1 NLEA serving)	329
05143	Duck, domesticated, liver, raw	44.0	1.0 liver	325
20078	Wheat germ, crude	115.0	1.0 cup	323
16081	Mung beans, mature seeds, cooked, boiled, without salt	202.0	1.0 cup	321
16381	Mung beans, mature seeds, cooked, boiled, with salt	202.0	1.0 cup	321
16117	Soy flour, defatted	105.0	1.0 cup	320
12039	Seeds, sunflower seed kernels, toasted, without salt	134.0	1.0 cup	319
12539	Seeds, sunflower seed kernels, toasted, with salt added	134.0	1.0 cup	319
16003	Beans, adzuki, mature seeds, canned, sweetened	296.0	1.0 cup	317
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	135.0	1.0 cup	316
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	316
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	197.0	1.0 serving	313
20035	Quinoa, uncooked	170.0	1.0 cup	313
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	777.0	1.0 order	311
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	28.0	0.75 cup (1 NLEA serving)	310
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	128.0	1.0 cup	303
12037	Seeds, sunflower seed kernels, dry roasted, without salt	128.0	1.0 cup	303
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	128.0	1.0 cup	303

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11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	160.0	1.0 cup	299
35142	Frybread, made with lard (Navajo)	152.0	1.0 piece	298
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	294
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	294
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	202.0	1.0 pie crust (average weight)	291
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	33.0	1.25 cup (1 NLEA serving)	291
16115	Soy flour, full-fat, raw	84.0	1.0 cup, stirred	290
05172	Turkey, whole, giblets, cooked, simmered	95.0	1.0 giblets	288
21270	TACO BELL, Taco Salad	533.0	1.0 item	288
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	286
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	240.0	1.0 cup	286
16041	Beans, pink, mature seeds, cooked, boiled, without salt	169.0	1.0 cup	284
16341	Beans, pink, mature seeds, cooked, boiled, with salt	169.0	1.0 cup	284
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164.0	1.0 cup	282
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	164.0	1.0 cup	282
05171	Turkey, whole, giblets, raw	85.0	3.0 oz	281
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	230.0	1.0 cup	278
16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	230.0	1.0 cup	278
08173	Cereals, farina, enriched, cooked with water, with salt	233.0	1.0 cup	277
36626	Restaurant, Chinese, chicken and vegetables	693.0	1.0 order	277
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	182.0	1.0 cup	273
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	182.0	1.0 cup	273
08637	Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch	27.0	0.75 cup (1 NLEA serving)	268
08672	Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS	30.0	0.75 cup (1 NLEA serving)	268
11344	Pigeonpeas, immature seeds, raw	154.0	1.0 cup	266
17203	Veal, variety meats and by-products, liver, cooked, braised	80.0	1.0 slice	265
32010	Pasta mix, Italian lasagna, unprepared	141.0	1.0 package	264
11854	Spinach, cooked, boiled, drained, with salt	180.0	1.0 cup	263
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	263
20622	Spaghetti, protein-fortified, dry, enriched (n x 6.25)	57.0	2.0 oz	261
05027	Chicken, liver, all classes, raw	44.0	1.0 liver	259
36603	Restaurant, Chinese, beef and vegetables	574.0	1.0 order	258
16015	Beans, black, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	256
16315	Beans, black, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	256
08211	Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	27.0	0.75 cup (1 NLEA serving)	255

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
16338	Beans, navy, mature seeds, cooked, boiled, with salt	182.0	1.0 cup	255
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	255
05028	Chicken, liver, all classes, cooked, simmered	44.0	1.0 liver	254
16118	Soy flour, low-fat	88.0	1.0 cup, stirred	254
16379	Mothbeans, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	253
16079	Mothbeans, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	253
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	225.0	1.0 pie crust (average weight)	250
16134	Yardlong beans, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	250
16434	Yardlong beans, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	250
13325	Beef, variety meats and by-products, liver, raw	85.0	3.0 oz	246
05661	Chicken, liver, all classes, cooked, pan-fried	44.0	1.0 liver	246
16346	Beans, small white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	245
16046	Beans, small white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	245
11191	Cowpeas (blackeyes), immature seeds, raw	145.0	1.0 cup	244
32008	Pasta mix, classic cheeseburger macaroni, unprepared	123.0	1.0 package	244
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	243
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	243
11709	Asparagus, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	243
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	243
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	243
32009	Pasta mix, classic beef, unprepared	122.0	1.0 package	240
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	240
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	240
20086	Wheat flour, white, tortilla mix, enriched	111.0	1.0 cup	239
11274	Mustard spinach, (tendergreen), raw	150.0	1.0 cup, chopped	238
01224	Protein supplement, milk based, Muscle Milk Light, powder	50.0	2.0 scoop	238
21061	Fast foods, burrito, with beans and cheese	185.0	1.0 each burrito	237
21158	Fast foods, submarine sandwich, meatball marinara on white bread	209.0	6.0 inch sub	236
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	68.0	0.333 cup	236
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	67.0	1.0 slice	234
08613	Cereals ready-to-eat, KELLOGG'S SPECIAL K Multigrain Oats and Honey	29.0	0.666 cup (1 NLEA serving)	234
08603	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry	30.0	0.75 cup (1 NLEA serving)	234
08543	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	30.0	0.75 cup (1 NLEA serving)	234
08602	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan	30.0	0.75 cup (1 NLEA serving)	234
08383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries	31.0	1.0 cup (1 NLEA serving)	234
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight	31.0	0.75 cup (1 NLEA serving)	234

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
08471	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Protein Plus	32.0	0.75 cup (1 NLEA serving)	234
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt	32.0	0.75 cup (1 NLEA serving)	234
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	70.0	1.0 serving (makes about 1 cup prepared)	234
11015	Asparagus, canned, drained solids	242.0	1.0 cup	232
14036	Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	414.0	14.0 fl oz	232
08587	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Low Fat Granola	52.0	0.5 cup (1 NLEA serving)	231
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	230
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	230
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	230
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	230
21253	BURGER KING, WHOPPER, with cheese	316.0	1.0 item	228
15250	Mollusks, conch, baked or broiled	127.0	1.0 cup, sliced	227
08501	Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES	27.0	0.75 cup	227
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	227
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	226
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	198.0	1.0 cup	226
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	374.0	1.0 item	224
21254	BURGER KING, DOUBLE WHOPPER, no cheese	374.0	1.0 item	224
32014	Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared	99.0	1.0 serving (3.5 oz)	222
20110	Noodles, egg, enriched, cooked	160.0	1.0 cup	221
20310	Noodles, egg, cooked, enriched, with added salt	160.0	1.0 cup	221
14048	Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6	500.0	1.0 bottle	220
21063	Fast foods, burrito, with beans and beef	241.0	1.0 item	217
12007	Seeds, cottonseed flour, partially defatted (glandless)	94.0	1.0 cup	215
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	247.0	1.0 item	215
20047	Rice, white, long-grain, parboiled, enriched, cooked	158.0	1.0 cup	215
16026	Beans, great northern, mature seeds, canned	262.0	1.0 cup	212
16326	Beans, great northern, mature seeds, canned, low sodium	262.0	1.0 cup	212
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	81.0	1.0 slice	211
11461	Spinach, canned, regular pack, drained solids	214.0	1.0 cup	210
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	165.0	1.0 cup	210
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	210
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	196.0	6.0 inch sub	208
36625	Restaurant, Chinese, vegetable lo mein, without meat	741.0	1.0 order	207
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	190.0	6.0 inch sub	205
09038	Avocados, raw, California	230.0	1.0 cup, pureed	205

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
21154	Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato	198.0	6.0 inch sub	204
22401	Spaghetti with meat sauce, frozen entree	283.0	1.0 serving	204
32016	Macaroni or noodles with cheese, microwaveable, unprepared	61.0	1.0 serving 1 pouch	204
21252	BURGER KING, WHOPPER, no cheese	291.0	1.0 item	204
14044	Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan	295.0	1.0 bottle	204
08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES	30.0	0.75 cup (1 NLEA serving)	203
21160	Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	201.0	6.0 inch sub	203
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	202
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	262.0	1.0 cup	202
11272	Mustard greens, frozen, unprepared	146.0	1.0 cup, chopped	201
21156	Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	184.0	6.0 inch sub	201
16021	Beans, cranberry (roman), mature seeds, canned	260.0	1.0 cup	200
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	168.0	1.0 cup	200
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	168.0	1.0 cup	200
21162	Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread	148.0	6.0 inch sub	200
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	200
11853	Soybeans, green, cooked, boiled, drained, with salt	180.0	1.0 cup	200
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	32.0	1.0 cup (1 NLEA serving)	200
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	240.0	1.0 cup	197
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	197
14059	Beverages, KELLOGG'S, SPECIAL K Protein Shake	296.0	1.0 serving	195
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	295.0	1.0 bottle	195
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165.0	1.0 cup	195
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup (1 NLEA serving)	194
16116	Soy flour, full-fat, roasted	85.0	1.0 cup, stirred	193
16111	Soybeans, mature seeds, dry roasted	93.0	1.0 cup	191
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	30.0	0.75 cup (1 NLEA serving)	190
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	190
21155	Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato	184.0	6.0 inch sub	188
08129	Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	240.0	1.0 cup	187
21151	Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce	228.0	6.0 inch sub	187
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	168.0	1.0 cup	186
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	168.0	1.0 cup	186
11973	Beans, fava, in pod, raw	126.0	1.0 cup	186
28305	Pancakes, plain, reduced fat	105.0	1.0 serving 3 pancakes	186

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	254.0	1.0 item	185
16392	Peanuts, spanish, oil-roasted, without salt	147.0	1.0 cup	185
16092	Peanuts, spanish, oil-roasted, with salt	147.0	1.0 cup	185
20523	Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	140.0	1.0 cup	185
20053	Rice, white, short-grain, enriched, cooked	186.0	1.0 cup	184
14062	Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	254.0	8.0 fl oz	183
16394	Peanuts, valencia, oil-roasted, without salt	144.0	1.0 cup	181
16094	Peanuts, valencia, oil-roasted, with salt	144.0	1.0 cup	181
12005	Seeds, breadnut tree seeds, dried	160.0	1.0 cup	181
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	181
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	181
20051	Rice, white, medium-grain, enriched, cooked	186.0	1.0 cup	180
16096	Peanuts, virginia, oil-roasted, with salt	143.0	1.0 cup	179
16396	Peanuts, virginia, oil-roasted, without salt	143.0	1.0 cup	179
08588	Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal	30.0	1.0 cup (1 NLEA serving)	178
32000	Rice and vermicelli mix, beef flavor, unprepared	61.0	0.333 cup	178
22918	Burrito, bean and cheese, frozen	129.0	1.0 burrito	178
06980	Soup, beef stroganoff, canned, chunky style, ready-to-serve	240.0	1.0 cup	178
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	170.0	1.0 cup	177
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	170.0	1.0 cup	177
08204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	30.0	1.0 cup	176
42236	Cereals ready-to-eat, frosted oat cereal with marshmallows	30.0	0.75 cup (1 NLEA serving)	176
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	237.0	6.0 inch sub	175
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	219.0	1.0 item	175
21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	110.0	1.0 slice	175
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	115.0	1.0 slice	175
16106	Meat extender	88.0	1.0 cup	174
36041	Restaurant, Italian, lasagna with meat	457.0	1.0 serving	174
16089	Peanuts, all types, oil-roasted, with salt	144.0	1.0 cup, chopped	173
16155	Peanut butter, smooth, vitamin and mineral fortified	32.0	2.0 tbsp	173
11316	Peas, mature seeds, sprouted, raw	120.0	1.0 cup	173
16389	Peanuts, all types, oil-roasted, without salt	144.0	1.0 cup,	173
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	127.0	1.0 slice	173
12201	Seeds, sesame seed kernels, dried (decorticated)	150.0	1.0 cup	172
28288	Bread, roll, Mexican, bollilo	98.0	1.0 piece	172
13326	Beef, variety meats and by-products, liver, cooked, braised	68.0	1.0 slice	172

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
22917	Burrito, beef and bean, frozen	139.0	1.0 burrito frozen	171
14163	Beverages, chocolate drink, milk and soy based, ready to drink, fortified	237.0	8.0 fl oz	171
16051	Beans, white, mature seeds, canned	262.0	1.0 cup	170
01250	Nutritional supplement for people with diabetes, liquid	227.0	1.0 can	170
21294	PIZZA HUT 14" Cheese Pizza, Pan Crust	112.0	1.0 slice	170
20031	Millet, raw	200.0	1.0 cup	170
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	170
11891	Turnip greens, cooked, boiled, drained, with salt	144.0	1.0 cup, chopped	170
14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	26.0	1.0 scoop	170
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan,	26.0	1.0 scoop	170
06002	Soup, black bean, canned, condensed	257.0	1.0 cup (8 fl oz)	170
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	269.0	1.0 cup	169
08495	Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES	29.0	0.75 cup (1 NLEA serving)	169
08034	Cereals ready-to-eat, POST, FRUITY PEBBLES	27.0	0.75 cup (1 NLEA serving)	169
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31.0	0.75 cup (1 NLEA serving)	169
16084	Mungo beans, mature seeds, cooked, boiled, without salt	180.0	1.0 cup	169
16384	Mungo beans, mature seeds, cooked, boiled, with salt	180.0	1.0 cup	169
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	29.0	0.75 cup (1 NLEA serving)	169
12175	Nuts, chestnuts, japanese, dried	155.0	1.0 cup	169
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30.0	0.75 cup (1 NLEA serving)	169
43528	Beverages, ABBOTT, ENSURE PLUS, ready-to-drink	252.0	1.0 cup	169
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	118.0	1.0 slice	169
21255	BURGER KING, DOUBLE WHOPPER, with cheese	399.0	1.0 item	168
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	26.0	0.75 cup (1 NLEA serving)	167
21227	Pizza, meat and vegetable topping, rising crust, frozen, cooked	170.0	1.0 serving 6 servings per 34.98 oz package	167
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	27.0	0.75 cup (1 NLEA serving)	166
08513	Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS	28.0	0.75 cup (1 NLEA serving)	166
08073	Cereals ready-to-eat, POST, GOLDEN CRISP	27.0	0.75 cup (1 NLEA serving)	166
08660	Cereals ready-to-eat, KELLOGG'S APPLE JACKS with marshmallows	28.0	1.0 cup (1 NLEA serving)	166
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	27.0	0.75 cup (1 NLEA serving)	166
08586	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIX	28.0	1.0 cup	166
08661	Cereals ready-to-eat, KELLOGG'S CINNAMON JACKS	28.0	1.0 cup (1 NLEA serving)	166
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	27.0	0.75 cup (1 NLEA serving)	166
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	28.0	1.0 cup (1 NLEA serving)	166
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	29.0	0.75 cup (1 NLEA serving)	166
08376	Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	166

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08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	166
08409	Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	31.0	0.75 cup (1 NLEA serving)	166
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	234.0	1.0 cup, cooked	166
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	30.0	0.75 cup (1 NLEA serving)	166
08309	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES	30.0	0.75 cup (1 NLEA serving)	166
08659	Cereals ready-to-eat, KELLOGG'S FROSTED FLAKES, CHOCO ZUCARITAS	30.0	0.75 cup (1 NLEA serving)	166
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	30.0	1.0 cup (1 NLEA serving)	166
08635	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar	30.0	1.0 cup (1 NLEA serving)	166
08305	Cereals ready-to-eat, Post, Waffle Crisp	30.0	1.0 cup (1 NLEA serving)	166
08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	30.0	0.5 cup (1 NLEA serving)	166
08662	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with real strawberries	31.0	0.75 cup (1 NLEA serving)	166
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	31.0	0.75 cup (1 NLEA serving)	166
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	32.0	0.75 cup (1 NLEA serving)	166
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	32.0	1.5 cup (1 NLEA serving)	166
08268	Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	33.0	1.0 cup (1 NLEA serving)	166
08273	Cereals ready-to-eat, GENERAL MILLS, BOO BERRY	33.0	1.0 cup (1 NLEA serving)	166
08615	Cereals ready-to-eat, KELLOGG'S CRUNCHY NUT Golden Honey Nut flakes	31.0	0.75 cup (1 NLEA serving)	164
01134	Egg, whole, dried, stabilized, glucose reduced	85.0	1.0 cup, sifted	164
21265	TACO BELL, BURRITO SUPREME with beef	241.0	1.0 burrito	164
08544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	48.0	0.75 cup (1 NLEA serving)	164
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	49.0	0.75 cup (1 NLEA serving)	164
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	49.0	0.75 cup (1 NLEA serving)	164
32019	Lasagna, cheese, frozen, unprepared	237.0	1.0 cup 1 serving	164
43495	Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	50.0	1.0 cup (1 NLEA serving)	164
42261	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	52.0	0.75 cup (1 NLEA serving)	163
08554	Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	52.0	0.75 cup (1 NLEA serving)	163
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28.0	1.0 cup (1 NLEA serving)	163
08380	Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH	53.0	1.0 cup (1 NLEA serving)	163
42265	Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan	55.0	0.75 cup (1 NLEA serving)	163
08192	Cereals ready-to-eat, POST SELECTS Blueberry Morning	55.0	1.25 cup (1 NLEA serving)	163
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55.0	1.0 cup (1 NLEA serving)	163
08599	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS	55.0	1.0 cup (1 NLEA serving)	163
43245	Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	55.0	1.0 cup (1 NLEA serving)	163
08191	Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	52.0	1.0 cup (1 NLEA serving)	163
08083	Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	31.0	1.0 cup (1 NLEA serving)	163
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	57.0	1.0 cup (1 NLEA serving)	162

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
16039	Beans, navy, mature seeds, canned	262.0	1.0 cup	162
21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	113.0	1.0 slice	162
21064	Fast foods, burrito, with beans, cheese, and beef	241.0	1.0 burrito	161
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	99.0	1.0 bagel	161
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	185.0	1.0 cup	159
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	159
21266	TACO BELL, BURRITO SUPREME with chicken	248.0	1.0 item	159
20001	Amaranth grain, uncooked	193.0	1.0 cup	158
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	154.0	1.0 pie crust (average weight of 1 baked crust)	157
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155.0	1.0 cup	157
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	155.0	1.0 cup	157
21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	105.0	1.0 slice	156
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	188.0	1.0 cup	156
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188.0	1.0 cup	156
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	215.0	1.0 sandwich	155
21605	School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, cooked	129.0	1.0 slice per 1/10 pizza	155
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	237.0	1.0 bottle	154
20045	Rice, white, long-grain, regular, enriched, cooked	158.0	1.0 cup	153
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	158.0	1.0 cup	153
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	44.0	1.0 packet	153
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	153.0	1.0 cup	153
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	153.0	1.0 cup	153
08081	Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	59.0	1.0 cup (1 NLEA serving)	153
21601	School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	153
20088	Wild rice, raw	160.0	1.0 cup	152
21096	Fast foods, cheeseburger; single, large patty; plain	182.0	1.0 sandwich	151
22906	Chicken pot pie, frozen entree, prepared	302.0	1.0 pie	151
20112	Noodles, egg, spinach, enriched, cooked	160.0	1.0 cup	150
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	43.0	1.0 packet (1 NLEA serving)	150
16156	Peanut butter, chunky, vitamin and mineral fortified	32.0	2.0 tbsp	149
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	355.0	1.0 item	149
16099	Peanut flour, defatted	60.0	1.0 cup	149
11080	Beets, raw	136.0	1.0 cup	148
20321	Pasta, cooked, enriched, with added salt	124.0	1.0 cup spaghetti not packed	148
20121	Pasta, cooked, enriched, without added salt	124.0	1.0 cup spaghetti not packed	148
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	146

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
16316	Beans, black, mature seeds, canned, low sodium	240.0	1.0 cup	146
03127	Babyfood, vegetables, spinach, creamed, strained	240.0	1.0 cup	146
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	117.0	1.0 slice 1/8 pizza	146
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	116.0	1.0 slice	146
21488	Fast foods, quesadilla, with chicken	180.0	1.0 each quesadilla	146
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	111.0	1.0 slice	145
22902	Pizza, meat topping, thick crust, frozen, cooked	103.0	1.0 slice 1/8 of 12" pizza	145
21105	Fast foods, fish sandwich, with tartar sauce	220.0	1.0 sandwich	145
16050	Beans, white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	145
16350	Beans, white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	145
08225	Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	35.0	1.0 packet	144
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	143
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	143
21307	Fast foods, griddle cake sandwich, egg, cheese, and bacon	174.0	1.0 item 6.1 oz	143
12041	Seeds, sunflower seed flour, partially defatted	64.0	1.0 cup	142
20106	Macaroni, vegetable, enriched, cooked	134.0	1.0 cup spiral shaped	142
21022	Fast foods, english muffin, with egg, cheese, and sausage	165.0	1.0 item	142
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	142
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	45.0	1.0 packet	141
08228	Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry	37.0	1.0 packet	141
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	153.0	1.0 slice	141
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	141
20109	Noodles, egg, dry, enriched	38.0	1.0 cup	141
20069	Triticale	192.0	1.0 cup	140
01137	Egg, yolk, dried	67.0	1.0 cup, sifted	140
12023	Seeds, sesame seeds, whole, dried	144.0	1.0 cup	140
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	199.0	1.0 item	139
20653	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry	91.0	1.0 cup spaghetti	139
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	139
21604	School Lunch, pizza, sausage topping, thin crust, whole grain, frozen, cooked	133.0	1.0 piece 4" x 6"	138
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	107.0	1.0 slice	138
21024	Fast foods, french toast sticks	65.0	3.0 pieces	138
11046	Beans, navy, mature seeds, sprouted, raw	104.0	1.0 cup	137
32024	Rice mix, cheese flavor, dry mix, unprepared	57.0	0.25 cup dry rice mix	137
08652	Cereals ready-to-eat, KELLOGG'S KRAVE chocolate cereal	31.0	0.75 cup (1 NLEA serving)	137
25031	Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	50.0	1.0 bar	136

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	136
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	127.0	0.25 pizza 12" diameter	136
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	136
11855	Spinach, canned, no salt added, solids and liquids	234.0	1.0 cup	136
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	43.0	1.0 packet (1 NLEA serving)	135
21306	Fast foods, griddle cake sandwich, sausage	135.0	1.0 item	135
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	126.0	1.0 sandwich	135
21120	Fast foods, hotdog, with corn flour coating (corndog)	175.0	1.0 sandwich	135
20111	Noodles, egg, spinach, enriched, dry	38.0	1.0 cup	135
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	134
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	134
21267	TACO BELL, BURRITO SUPREME with steak	248.0	1.0 item	134
06583	Soup, ramen noodle, any flavor, dry	81.0	1.0 package without flavor packet	134
18374	Leavening agents, yeast, baker's, compressed	17.0	1.0 cake (0.6 oz)	133
20094	Pasta, fresh-refrigerated, plain, cooked	128.0	2.0 oz	133
16323	Beans, french, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	133
16023	Beans, french, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	133
14033	Beverages, ABBOTT, EAS whey protein powder	39.0	2.0 scoop	133
43387	Turnip greens, canned, no salt added	144.0	1.0 cup	132
08658	Cereals ready-to-eat, KELLOGG'S KRAVE double chocolate cereal	30.0	0.75 cup (1 NLEA serving)	132
21095	Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables	228.0	1.0 sandwich	132
08579	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH	28.0	1.0 bowl (3/4 cup) (1 NLEA serving)	132
16172	Refried beans, canned, fat-free	231.0	1.0 cup	132
11801	Mustard spinach, (tendergreen), cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	131
11275	Mustard spinach, (tendergreen), cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	131
21490	Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread	230.0	1.0 sandwich	131
22928	Burrito, beef and bean, microwaved	116.0	1.0 burrito cooked	131
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	131
16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	177.0	1.0 cup	131
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	131
16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	131
14067	Beverages, Protein powder soy based	45.0	1.0 scoop	130
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	130
19086	Candies, confectioner's coating, peanut butter	168.0	1.0 cup chips	129
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.0	1.0 cup, chopped	129
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	170.0	1.0 cup, chopped	129

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	269.0	1.0 serving	129
43128	Chicken, meatless	168.0	1.0 cup	128
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	117.0	1.0 slice	128
16086	Peas, split, mature seeds, cooked, boiled, without salt	196.0	1.0 cup	127
16386	Peas, split, mature seeds, cooked, boiled, with salt	196.0	1.0 cup	127
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	127
22914	Pasta with tomato sauce, no meat, canned	252.0	1.0 serving (1 NLEA serving)	126
21264	TACO BELL, Bean Burrito	185.0	1.0 each burrito	126
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	123.0	1.0 slice	125
08366	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Wheat Germ, Regular	14.0	2.0 tbsp (1 NLEA serving)	125
32011	Yellow rice with seasoning, dry packet mix, unprepared	57.0	1.0 serving (2 oz)	125
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	47.0	1.0 bar	124
22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	252.0	1.0 serving (1 cup)	123
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	128.0	1.0 cup	123
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	128.0	1.0 cup	123
11149	Chayote, fruit, raw	132.0	1.0 cup (1" pieces)	123
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240.0	1.0 cup	122
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	240.0	1.0 cup	122
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	122
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	253.0	1.0 can drained	121
16005	Beans, baked, home prepared	253.0	1.0 cup	121
19182	Desserts, mousse, chocolate, prepared-from-recipe	808.0	1.0 recipe yield	121
11122	Cardoon, raw	178.0	1.0 cup, shredded	121
16073	Lima beans, large, mature seeds, canned	241.0	1.0 cup	120
20466	Semolina, unenriched	167.0	1.0 cup	120
09175	Mammy-apple, (mamey), raw	846.0	1.0 fruit without refuse	118
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	136.0	1.0 slice	118
21010	Fast foods, biscuit, with crispy chicken fillet	132.0	1.0 item	117
18080	Bread sticks, plain	46.0	1.0 cup, small pieces	117
11497	Succotash, (corn and limas), canned, with cream style corn	266.0	1.0 cup	117
11214	Escarole, cooked, boiled, drained, no salt added	150.0	1.0 cup	117
11100	Brussels sprouts, frozen, unprepared	95.0	0.33 package (10 oz)	117
32015	Turnover, cheese-filled, tomato-based sauce, frozen, unprepared	127.0	1.0 serving 4.5 oz	117
05026	Chicken, heart, all classes, cooked, simmered	145.0	1.0 cup, chopped or diced	116
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218.0	1.0 sandwich	116
11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	115

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	115
11907	Corn, sweet, white, canned, cream style, no salt added	256.0	1.0 cup	115
11772	Corn, sweet, yellow, canned, cream style, no salt added	256.0	1.0 cup	115
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	115
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	115
22910	Lasagna, cheese, frozen, prepared	225.0	1.0 cup 1 serving	115
21463	Yogurt parfait, lowfat, with fruit and granola	149.0	1.0 item	115
12155	Nuts, walnuts, english	117.0	1.0 cup, chopped	115
16007	Beans, baked, canned, with beef	266.0	1.0 cup	114
32027	Turnover, meat- and cheese-filled, tomato-based sauce, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	114
32025	Dumpling, potato- or cheese-filled, frozen	114.0	3.0 pieces pierogies	114
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	114
18969	Cream puff, eclair, custard or cream filled, iced	113.0	4.0 oz	113
21083	Fast foods, taco salad	198.0	1.5 cup	113
08085	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ	14.0	2.0 tbsp (1 NLEA serving)	113
43132	Meatballs, meatless	144.0	1.0 cup	112
21111	Fast foods, hamburger; double, regular patty; with condiments	215.0	1.0 item	112
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	385.0	1.0 serving	112
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	159.0	1.0 cup	111
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	134.0	1.0 cup	111
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	134.0	1.0 cup	111
11018	Asparagus, frozen, unprepared	58.0	4.0 spears	111
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226.0	1.0 sandwich	111
01139	Egg, goose, whole, fresh, raw	144.0	1.0 egg	109
43130	Frankfurter, meatless	140.0	1.0 cup, sliced	109
21007	Fast foods, biscuit, with egg, cheese, and bacon	145.0	1.0 item	109
11029	Beans, kidney, mature seeds, sprouted, raw	184.0	1.0 cup	109
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	88.0	1.0 slice	108
21603	School Lunch, pizza, pepperoni topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	108
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	107
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	120.0	1.0 artichoke, medium	107
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120.0	1.0 artichoke, medium	107
11568	Turnip greens, raw	55.0	1.0 cup, chopped	107
22962	LEAN POCKETS, Ham N Cheddar	127.0	1.0 hot pocket (1 NLEA serving)	107
22535	HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	107
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	107

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
21295	PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	79.0	1.0 slice	107
19059	Snacks, trail mix, regular	150.0	1.0 cup	106
19821	Snacks, trail mix, regular, unsalted	150.0	1.0 cup	106
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	231.0	1.0 cup	106
21115	Fast foods, hamburger, large, triple patty, with condiments	259.0	1.0 sandwich	106
36621	Restaurant, Chinese, sweet and sour chicken	706.0	1.0 order	106
18968	Bagels, wheat	98.0	1.0 bagel	106
11009	Artichokes, (globe or french), frozen, unprepared	84.0	0.33 package	106
11667	Seaweed, spirulina, dried	112.0	1.0 cup	105
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	150.0	1.0 cup, chopped	105
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	150.0	1.0 cup, chopped or diced	105
36016	Restaurant, family style, shrimp, breaded and fried	169.0	1.0 serving	105
11658	Spinach souffle	136.0	1.0 cup	105
21102	Fast foods, chicken fillet sandwich, plain with pickles	187.0	1.0 sandwich	105
18965	Crackers, cheese, reduced fat	30.0	1.0 serving	105
11088	Broadbeans, immature seeds, raw	109.0	1.0 cup	105
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	105
12036	Seeds, sunflower seed kernels, dried	46.0	1.0 cup, with hulls, edible yield	104
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	254.0	1.0 can drained, rinsed	104
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	104
11707	Asparagus, canned, no salt added, solids and liquids	122.0	0.5 cup	104
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	79.0	1.0 slice	103
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	43.0	1.0 packet	103
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	184.0	1.0 cup	103
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	103
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	210.0	1.0 cup	103
11909	Corn, sweet, white, canned, vacuum pack, no salt added	210.0	1.0 cup	103
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	103
11908	Corn, sweet, white, canned, vacuum pack, regular pack	210.0	1.0 cup	103
01136	Egg, white, dried, powder, stabilized, glucose reduced	107.0	1.0 cup, sifted	103
32029	Rice mix, white and wild, flavored, unprepared	57.0	2.0 oz (1/4 c dry rice mix and 4 tsp seasoning mix)	103
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	76.0	1.0 slice	103
21023	Fast foods, french toast with butter	135.0	2.0 slices	103
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	102
28323	Pancakes, plain, low fat, dry mix, incomplete (includes buttermilk)	41.0	0.33 cup 1 serving	102
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	123.0	1.0 slice	102

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
25018	Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Blueberry Snack Bar	22.0	1.0 bar	102
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	129.0	1.0 cup	102
21602	School Lunch, pizza, pepperoni topping, thin crust, whole grain, frozen, cooked	127.0	1.0 piece 4"x6"	102
21600	School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked	130.0	1.0 piece 4"x6"	101
01133	Egg, whole, dried	85.0	1.0 cup, sifted	101
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	101
11811	Peas, green, cooked, boiled, drained, with salt	160.0	1.0 cup	101
21520	Fast foods, breadstick, soft, prepared with garlic and parmesan cheese	43.0	1.0 breadstick	100
12167	Nuts, chestnuts, european, roasted	143.0	1.0 cup	100
08084	Cereals ready-to-eat, wheat germ, toasted, plain	28.35	1.0 oz	100
18973	Focaccia, Italian flatbread, plain	57.0	1.0 piece	100
21099	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham	254.0	1.0 sandwich	99
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	99
32032	Sausage, egg and cheese breakfast biscuit	126.0	1.0 biscuit	98
05127	Chicken, stewing, giblets, raw	28.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	98
16077	Lupins, mature seeds, cooked, boiled, without salt	166.0	1.0 cup	98
16377	Lupins, mature seeds, cooked, boiled, with salt	166.0	1.0 cup	98
21486	Fast foods, taco with beef, cheese and lettuce, soft	102.0	1.0 each taco	98
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	98
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	98
18955	Bread, pan dulce, sweet yeast bread	63.0	1.0 slice (average weight of 1 slice)	98
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	244.0	1.0 cup	98
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	256.0	1.0 cup	97
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	97
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	256.0	1.0 cup	97
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	97
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	237.0	1.0 cup	97
14654	Beverages, nutritional shake mix, high protein, powder	10.0	1.0 tbsp	97
36619	Restaurant, Chinese, kung pao chicken	604.0	1.0 order	97
21461	Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise	268.0	1.0 sandwich	96
16420	Soy protein concentrate, produced by acid wash	28.35	1.0 oz	96
16121	Soy protein concentrate, produced by alcohol extraction	28.35	1.0 oz	96
20070	Triticale flour, whole-grain	130.0	1.0 cup	96
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	109.0	1.0 burrito	96
21259	BURGER KING, Original Chicken Sandwich	199.0	1.0 sandwich	96
36417	Restaurant, Mexican, spanish rice	116.0	1.0 cup	95

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
18963	Garlic bread, frozen	43.0	1.0 slice presliced	95
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	146.0	1.0 cup	95
22901	Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased	81.0	0.75 cup	95
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	155.0	1.0 sandwich	95
21395	Fast foods, cheeseburger; double, regular patty; with condiments	155.0	1.0 sandwich	95
12085	Nuts, cashew nuts, dry roasted, without salt added	137.0	1.0 cup, halves and whole	95
12585	Nuts, cashew nuts, dry roasted, with salt added	137.0	1.0 cup, halves and whole	95
11426	Pumpkin pie mix, canned	270.0	1.0 cup	94
11304	Peas, green, raw	145.0	1.0 cup	94
18375	Leavening agents, yeast, baker's, active dry	4.0	1.0 tsp	94
21517	Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	133.0	1.0 item	93
18946	Pie crust, refrigerated, regular, baked	198.0	1.0 pie crust	93
21100	Fast foods, cheeseburger; double, large patty, with condiments and vegetables	258.0	1.0 sandwich	93
16409	Soybeans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	93
16109	Soybeans, mature cooked, boiled, without salt	172.0	1.0 cup	93
28322	Bagels, multigrain	81.0	1.0 piece bagel	92
16029	Beans, kidney, all types, mature seeds, canned	256.0	1.0 cup	92
43144	Cabbage, mustard, salted	128.0	1.0 cup	92
21462	Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise	271.0	1.0 sandwich	92
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	92
11804	Okra, frozen, cooked, boiled, drained, with salt	92.0	0.5 cup slices	92
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	92
14256	Beverages, OCEAN SPRAY, Cran Cherry	248.0	8.0 fl oz	92
11297	Parsley, fresh	60.0	1.0 cup chopped	91
16009	Beans, baked, canned, with pork	253.0	1.0 cup	91
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	90
11789	Jute, potherb, cooked, boiled, drained, with salt	87.0	1.0 cup	90
11698	Chrysanthemum leaves, raw	51.0	1.0 cup, chopped	90
12097	Nuts, chestnuts, european, raw, unpeeled	145.0	1.0 cup	90
08130	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	43.0	1.0 packet	89
21121	Fast foods, roast beef sandwich, plain	149.0	1.0 sandwich	89
11094	Broccoli, frozen, spears, unprepared	95.0	0.33 package (10 oz)	89
11298	Parsnips, raw	133.0	1.0 cup slices	89
21119	Fast foods, hotdog, with chili	114.0	1.0 sandwich	89
32028	Turnover, filled with egg, meat and cheese, frozen	127.0	1.0 piece turnover 1 serving	89
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	268.0	1.0 cup	88

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
36012	Restaurant, family style, fried mozzarella sticks	245.0	1.0 serving	88
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	245.0	1.0 cup	88
21250	BURGER KING, Hamburger	99.0	1.0 sandwich	88
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166.0	1.0 sandwich	88
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	219.0	1.0 item	88
21225	Pizza, cheese topping, rising crust, frozen, cooked	139.0	1.0 serving 6 servings per 29.25 oz package	88
22953	Egg rolls, pork, refrigerated, heated	85.0	1.0 roll	88
20038	Oats	156.0	1.0 cup	87
11969	Broccoli, chinese, cooked	88.0	1.0 cup	87
21106	Fast foods, fish sandwich, with tartar sauce and cheese	134.0	1.0 sandwich	87
09056	Boysenberries, canned, heavy syrup	256.0	1.0 cup	87
11007	Artichokes, (globe or french), raw	128.0	1.0 artichoke, medium	87
21013	Fast foods, croissant, with egg, cheese, and ham	155.0	1.0 item	87
16147	Veggie burgers or soyburgers, unprepared	70.0	1.0 pattie	87
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	124.0	1.0 cup	87
43134	Vegetarian fillets	85.0	1.0 fillet	87
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	86
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	233.0	1.0 cup	86
18033	Bread, italian	28.35	1.0 oz	86
21008	Fast foods, biscuit, with ham	162.0	1.0 biscuit	86
21012	Fast foods, croissant, with egg, cheese, and bacon	128.0	1.0 item	86
19367	Toppings, nuts in syrup	328.0	1.0 cup	85
36412	Restaurant, Latino, tamale, pork	142.0	1.0 piece	85
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	85
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	123.0	1.0 item	85
18948	Pie crust, refrigerated, regular, unbaked	229.0	1.0 pie crust (average weight)	85
16054	Broadbeans (fava beans), mature seeds, canned	256.0	1.0 cup	84
11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	84
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	84
21505	Pizza, cheese topping, thin crust, frozen, cooked	69.0	1.0 slice	84
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22.0	1.0 serving	84
21004	Fast foods, biscuit, with egg and ham	182.0	1.0 biscuit	84
21009	Fast foods, biscuit, with sausage	111.0	1.0 item	83
09057	Boysenberries, frozen, unsweetened	132.0	1.0 cup, unthawed	83
20076	Wheat, durum	192.0	1.0 cup	83
20071	Wheat, hard red spring	192.0	1.0 cup	83

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
18271	Ice cream cones, cake or wafer-type	28.35	1.0 oz	82
05708	Turkey, retail parts, breast, meat only, with added solution, raw	1171.0	1.0 breast	82
18951	Waffles, chocolate chip, frozen, ready-to-heat	70.0	2.0 waffles	82
16135	Winged beans, mature seeds, raw	182.0	1.0 cup	82
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	255.0	1.0 cup	82
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	143.0	1.0 serving 5 servings per 24.2 oz package	82
06402	Soup, black bean, canned, prepared with equal volume water	247.0	1.0 cup	82
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	58.0	1.0 serving 1 biscuit	81
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	219.0	1.0 cup	81
21020	Fast foods, english muffin, with cheese and sausage	108.0	1.0 item	81
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	81
21089	Fast foods, cheeseburger; single, regular patty; plain	91.0	1.0 sandwich	81
11741	Broccoli, stalks, raw	114.0	1.0 stalk	81
09139	Guavas, common, raw	165.0	1.0 cup	81
21112	Fast foods, hamburger; single, large patty; plain	137.0	1.0 sandwich	81
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	81
12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	144.0	1.0 cup	81
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	144.0	1.0 cup	81
09039	Avocados, raw, Florida	230.0	1.0 cup, pureed	80
36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	80
25051	Snacks, CLIF BAR, mixed flavors	68.0	1.0 bar	80
21002	Fast foods, biscuit, with egg	136.0	1.0 biscuit	80
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	80
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	216.0	1.0 can (6 fl oz)	80
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	228.0	1.0 cup	80
16100	Peanut flour, low fat	60.0	1.0 cup	80
05020	Chicken, broilers or fryers, giblets, raw	23.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	79
03092	Babyfood, vegetables, green beans, junior	240.0	1.0 cup	79
12084	Nuts, butternuts, dried	120.0	1.0 cup	79
43125	Beans, liquid from stewed kidney beans	240.0	1.0 cup	79
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	131.0	1.0 cup	79
18961	Crackers, cream, GAMESA SABROSAS	31.0	11.0 crackers (1 NLEA serving)	78
21487	Fast foods, taco with chicken, lettuce and cheese, soft	98.0	1.0 each taco	78
08092	Cereals, QUAKER, corn grits, instant, plain, dry	29.0	1.0 packet	78
20140	Spelt, uncooked	174.0	1.0 cup	78
18344	Rolls, dinner, egg	28.35	1.0 oz	78

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
11118	Cabbage, kimchi	150.0	1.0 cup	78
21107	Fast foods, hamburger; single, regular patty; plain	78.0	1.0 sandwich	78
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	78
01024	Cheese, limburger	134.0	1.0 cup	78
20137	Quinoa, cooked	185.0	1.0 cup	78
16603	MORNINGSTAR FARMS Breakfast Biscuit Sausage, Egg & Cheese, frozen, unprepared	105.0	1.0 biscuit	78
16008	Beans, baked, canned, with franks	259.0	1.0 cup	78
05711	Turkey, retail parts, breast, meat only, cooked, roasted	863.0	1.0 breast	78
01263	Ice cream, light, soft serve, chocolate	298.0	1.0 medium	77
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	77
08094	Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	28.0	1.0 packet (1 NLEA serving)	77
11184	Corn with red and green peppers, canned, solids and liquids	227.0	1.0 cup	77
11311	Peas, green, canned, drained solids, rinsed in tap water	257.0	1.0 can	77
11248	Lentils, sprouted, raw	77.0	1.0 cup	77
28319	Bagels, whole grain white	43.0	0.5 piece bagel 1 serving	77
27035	Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium	40.0	1.41 oz dry (half noodle block)	76
18972	Bread, cheese	48.0	1.0 slice	76
18084	Bread stuffing, cornbread, dry mix	28.35	1.0 oz	76
19126	Candies, milk chocolate coated peanuts	149.0	1.0 cup	76
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146.0	1.0 cup	76
12563	Nuts, almonds, dry roasted, with salt added	138.0	1.0 cup whole kernels	76
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	76
22973	Corn dogs, frozen, prepared	78.0	1.0 corn dog	76
21006	Fast foods, biscuit with egg and steak	148.0	1.0 biscuit	75
11004	Amaranth leaves, cooked, boiled, drained, without salt	132.0	1.0 cup	75
11700	Amaranth leaves, cooked, boiled, drained, with salt	132.0	1.0 cup	75
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	75
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	94.0	1.0 cup	75
11980	Peppers, chili, green, canned	139.0	1.0 cup	75
22529	Beef Pot Pie, frozen entree, prepared	268.0	1.0 pie, cooked (average weight)	75
12014	Seeds, pumpkin and squash seed kernels, dried	129.0	1.0 cup	75
21109	Fast foods, hamburger; single, regular patty; with condiments and vegetables	110.0	1.0 item	75
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	340.0	1.0 bowl	75
16145	Beans, kidney, red, mature seeds, canned, drained solids	266.0	1.0 can drained solids	74
09206	Orange juice, raw	248.0	1.0 cup	74
22954	Egg rolls, chicken, refrigerated, heated	80.0	1.0 roll	74

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
20060	Rice bran, crude	118.0	1.0 cup	74
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup (1" pieces)	74
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup (1" pieces)	74
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	262.0	1.0 cup	73
08144	Cereals, whole wheat hot natural cereal, dry	94.0	1.0 cup	73
20072	Wheat, hard red winter	192.0	1.0 cup	73
20074	Wheat, hard white	192.0	1.0 cup	73
43410	Chicken, meatless, breaded, fried	130.0	1.0 cup, diced	73
11656	Corn pudding, home prepared	250.0	1.0 cup	72
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	102.0	1.0 each taco	72
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	72
12145	Nuts, pilinuts, dried	120.0	1.0 cup	72
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	35.0	1.0 bar	72
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	48.0	1.0 tortilla	72
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	71
11605	Beets, harvard, canned, solids and liquids	246.0	1.0 cup slices	71
22912	Spaghetti, with meatballs in tomato sauce, canned	246.0	1.0 cup	71
11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	71
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	115.0	1.0 sandwich	71
09317	Strawberries, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup	71
06193	Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	71
12062	Nuts, almonds, blanched	145.0	1.0 cup whole kernels	71
06190	Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	71
28352	Cookies, vanilla sandwich with creme filling, reduced fat	48.0	1.0 serving cookie	71
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	71
09176	Mangos, raw	165.0	1.0 cup pieces	71
18964	Cinnamon buns, frosted (includes honey buns)	65.0	1.0 bun	71
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	114.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	71
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	85.0	3.0 oz	71
12193	Seeds, sisymbrium sp. seeds, whole, dried	74.0	1.0 cup	70
09201	Oranges, raw, California, valencias	180.0	1.0 cup sections, without membranes	70
28321	Rolls, hamburger, whole grain white, calcium-fortified	43.0	1.0 piece roll	70
08290	Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	31.0	0.75 cup (1 NLEA serving)	70
09530	Fruit juice smoothie, ODWALLA, strawberry banana	233.0	1.0 cup	70
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	70
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	205.0	1.0 item	70

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	70
11011	Asparagus, raw	134.0	1.0 cup	70
11879	Taro, leaves, cooked, steamed, with salt	145.0	1.0 cup	70
11521	Taro leaves, cooked, steamed, without salt	145.0	1.0 cup	70
03098	Babyfood, vegetables, beets, strained	224.0	1.0 cup	69
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	69
18459	Breakfast tart, low fat	52.0	1.0 tart	69
11989	Mushrooms, straw, canned, drained solids	182.0	1.0 cup	69
09046	Blackberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	69
05115	Chicken, roasting, giblets, raw	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	69
20075	Wheat, soft white	168.0	1.0 cup	69
20073	Wheat, soft red winter	168.0	1.0 cup	69
20009	Buckwheat groats, roasted, dry	164.0	1.0 cup	69
17196	Lamb, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	69
15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	69
12011	Seeds, cottonseed meal, partially defatted (glandless)	28.35	1.0 oz	69
11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped	69
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	137.0	1.0 cup	68
15137	Crustaceans, crab, alaska king, cooked, moist heat	134.0	1.0 leg	68
11481	Squash, summer, zucchini, italian style, canned	227.0	1.0 cup	68
16087	Peanuts, all types, raw	28.35	1.0 oz	68
25025	Snacks, soy chips or crisps, salted	28.35	1.0 oz	68
11734	Beets, cooked, boiled, drained, with salt	85.0	0.5 cup slices	68
11081	Beets, cooked, boiled, drained	85.0	0.5 cup slices	68
25010	Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Almond Snack Bar	22.0	1.0 bar	68
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	60.0	1.0 bar	68
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	98.0	1.0 each taco	68
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	118.0	1.0 cup	67
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	67
06039	Soup, minestrone, canned, chunky, ready-to-serve	240.0	1.0 cup	67
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	67
11024	Balsam-pear (bitter melon), pods, raw	93.0	1.0 cup (1/2" pieces)	67
18272	Ice cream cones, sugar, rolled-type	28.35	1.0 oz	67
11753	Cabbage, savoy, cooked, boiled, drained, with salt	145.0	1.0 cup, shredded	67
11115	Cabbage, savoy, cooked, boiled, drained, without salt	145.0	1.0 cup, shredded	67
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	256.0	1.0 cup	67

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
21142	Fast food, biscuit	55.0	1.0 biscuit	67
03945	Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA	30.5	1.0 fl oz	66
16146	Beans, pinto, canned, drained solids	277.0	1.0 can drained solids	66
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	28.35	1.0 oz	66
21263	TACO BELL, Soft Taco with steak	127.0	1.0 item	66
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	66
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	66
11310	Peas, green, canned, seasoned, solids and liquids	227.0	1.0 cup	66
18346	Rolls, dinner, rye	43.0	1.0 large (approx 3-1/2" to 4" dia)	66
43112	Beans, chili, barbecue, ranch style, cooked	253.0	1.0 cup	66
11501	Succotash, (corn and limas), frozen, unprepared	156.0	1.0 cup	66
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	152.0	1.0 sandwich	65
17199	Lamb, variety meats and by-products, liver, raw	28.35	1.0 oz	65
09306	Raspberries, frozen, red, sweetened	250.0	1.0 cup, thawed	65
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	32.0	1.0 bar	65
18339	Popovers, dry mix, enriched	28.35	1.0 oz	65
20011	Buckwheat flour, whole-groat	120.0	1.0 cup	65
36629	Restaurant, Chinese, orange chicken	648.0	1.0 order	65
12008	Seeds, cottonseed flour, low fat (glandless)	28.35	1.0 oz	65
15165	Mollusks, mussel, blue, cooked, moist heat	85.0	3.0 oz	65
20062	Rye grain	169.0	1.0 cup	64
21108	Fast foods, hamburger; single, regular patty; with condiments	97.0	1.0 sandwich	64
11291	Onions, spring or scallions (includes tops and bulb), raw	100.0	1.0 cup, chopped	64
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	64
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	64
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	64
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	28.35	1.0 oz	64
11043	Mung beans, mature seeds, sprouted, raw	104.0	1.0 cup	63
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	192.0	1.0 cup	63
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	192.0	1.0 cup	63
11711	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	124.0	1.0 cup (1/2" pieces)	63
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	124.0	1.0 cup (1/2" pieces)	63
06006	Soup, bean with frankfurters, canned, condensed	263.0	1.0 cup (8 fl oz)	63
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	119.0	1.0 cup, shredded	63
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119.0	1.0 cup, shredded	63
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	63

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
43143	Cabbage, japanese style, fresh, pickled	150.0	1.0 cup	63
12061	Nuts, almonds	143.0	1.0 cup, whole	63
22899	Ravioli, cheese-filled, canned	242.0	1.0 cup	63
28318	Bread, french or vienna, whole wheat	48.0	1.0 slice 1 serving	63
20124	Pasta, whole-wheat, dry	91.0	1.0 cup spaghetti	63
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	251.0	1.0 cup (1 serving)	63
12152	Nuts, pistachio nuts, dry roasted, without salt added	123.0	1.0 cup	63
12652	Nuts, pistachio nuts, dry roasted, with salt added	123.0	1.0 cup	63
12151	Nuts, pistachio nuts, raw	123.0	1.0 cup	63
12174	Seeds, watermelon seed kernels, dried	108.0	1.0 cup	63
11054	Beans, snap, green, canned, regular pack, solids and liquids	240.0	1.0 cup	62
25046	Snacks, bagel chips, plain	28.35	1.0 oz	62
17200	Lamb, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	62
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	62
28312	Rolls, hamburger or hot dog, wheat/cracked wheat	51.0	1.0 roll	62
28304	Waffles, whole wheat, lowfat, frozen, ready-to-heat	70.0	1.0 serving 2 waffles	62
28314	Crackers, sandwich-type, peanut butter filled, reduced fat	36.0	1.0 package	62
20131	Barley malt flour	162.0	1.0 cup	62
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	62
36403	Restaurant, Latino, empanadas, beef, prepared	89.0	1.0 piece	61
11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	61
18236	Cracker meal	28.35	1.0 oz	61
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	61
25037	Snacks, pita chips, salted	28.35	1.0 oz	61
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	53.0	1.0 piece	61
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	61
09177	Mangosteen, canned, syrup pack	196.0	1.0 cup, drained	61
21118	Fast foods, hotdog, plain	98.0	1.0 sandwich	61
43449	Beans, baked, canned, no salt added	253.0	1.0 cup	61
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	61
20018	Corn flour, yellow, degermed, unenriched	126.0	1.0 cup	60
16104	Bacon, meatless	144.0	1.0 cup	60
11097	Broccoli raab, cooked	85.0	1.0 NLEA serving	60
11452	Soybeans, mature seeds, sprouted, raw	35.0	0.5 cup	60
15140	Crustaceans, crab, blue, cooked, moist heat	118.0	1.0 cup, flaked and pieces	60
10110	Pork, fresh, variety meats and by-products, liver, raw	28.35	1.0 oz	60

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	60
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond	60.0	1.0 cup (1 NLEA serving)	60
11278	Okra, raw	100.0	1.0 cup	60
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	240.0	1.0 cup	60
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	60
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	200.0	1.0 cup	60
28320	English muffins, whole grain white	57.0	1.0 muffin 1 serving	60
01129	Egg, whole, cooked, hard-boiled	136.0	1.0 cup, chopped	60
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	60
09442	Pomegranate juice, bottled	249.0	1.0 cup	60
08245	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin	62.0	1.0 cup (1 NLEA serving)	60
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	165.0	1.0 cup	59
11922	Sesbania flower, cooked, steamed, with salt	104.0	1.0 cup	59
11448	Sesbania flower, cooked, steamed, without salt	104.0	1.0 cup	59
20652	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, cooked	116.0	1.0 cup spaghetti not packed	59
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	59
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	59
06977	Gravy, meat or poultry, low sodium, prepared	236.0	1.0 cup	59
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.0	1.0 cup	59
16059	Chili with beans, canned	256.0	1.0 cup	59
19061	Snacks, trail mix, tropical	140.0	1.0 cup	59
22969	Chili with beans, microwavable bowls	244.0	1.0 cup	59
06018	Soup, chunky chicken noodle, canned, ready-to-serve	530.0	1.0 can	58
11457	Spinach, raw	30.0	1.0 cup	58
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	40.0	1.0 donut	58
11295	Onion rings, breaded, par fried, frozen, unprepared	85.0	6.0 rings	58
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	165.0	1.0 cup	58
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	58
18350	Rolls, hamburger or hotdog, plain	44.0	1.0 roll 1 serving	58
11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	58
16044	Beans, pinto, mature seeds, canned, solids and liquids	240.0	1.0 cup	58
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	58
03091	Babyfood, vegetables, green beans, strained	240.0	1.0 cup	58
10107	Pork, fresh, variety meats and by-products, kidneys, cooked, braised	140.0	1.0 cup	57
11090	Broccoli, raw	91.0	1.0 cup chopped	57
18950	Crackers, wheat, reduced fat	29.0	1.0 serving	57

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
36017	Restaurant, family style, macaroni & cheese, from kids' menu	136.0	1.0 cup	57
18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	28.35	1.0 oz	57
11246	Leeks, (bulb and lower leaf-portion), raw	89.0	1.0 cup	57
11961	Hearts of palm, canned	146.0	1.0 cup	57
21469	Fast Foods, Fried Chicken, Breast, meat and skin and breading	203.0	1.0 breast, with skin	57
32012	Pizza rolls, frozen, unprepared	80.0	1.0 serving 6 rolls	57
19804	Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	28.35	1.0 oz	57
28295	Tortillas, ready-to-bake or -fry, whole wheat	41.0	1.0 tortilla 1 serving	57
11199	Yardlong bean, raw	91.0	1.0 cup slices	56
11987	Mushrooms, oyster, raw	148.0	1.0 large	56
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	56
09202	Oranges, raw, navels	165.0	1.0 cup sections, without membranes	56
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	56
01141	Egg, turkey, whole, fresh, raw	79.0	1.0 egg	56
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	56
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	160.0	1.0 cup	56
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160.0	1.0 cup	56
01138	Egg, duck, whole, fresh, raw	70.0	1.0 egg	56
11114	Cabbage, savoy, raw	70.0	1.0 cup, shredded	56
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	233.0	1.0 cup	56
09334	Feijoa, raw	243.0	1.0 cup, pureed	56
08393	Cereals ready-to-eat, KASHI GOLEAN	52.0	1.0 cup (1 NLEA serving)	56
11134	Cassava, raw	206.0	1.0 cup	56
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	134.0	1.0 cup	55
11417	Pumpkin flowers, cooked, boiled, drained, without salt	134.0	1.0 cup	55
20096	Pasta, fresh-refrigerated, spinach, cooked	57.0	2.0 oz	55
21011	Fast foods, croissant, with egg and cheese	127.0	1.0 croissant	55
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	54
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	25.0	1.0 serving (3.5 oz)	54
09200	Oranges, raw, all commercial varieties	180.0	1.0 cup, sections	54
11553	Tomato products, canned, sauce, with onions	245.0	1.0 cup	54
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	54
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	163.0	1.0 cup	54
20135	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry	91.0	1.0 cup spaghetti	54
11098	Brussels sprouts, raw	88.0	1.0 cup	54
09226	Papayas, raw	145.0	1.0 cup 1" pieces	54

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	53
11031	Lima beans, immature seeds, raw	156.0	1.0 cup	53
21202	Fast foods, hamburger, large, single patty, with condiments	171.0	1.0 item	53
20080	Wheat flour, whole-grain	120.0	1.0 cup	53
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")	53
06061	Soup, tomato beef with noodle, canned, condensed	251.0	1.0 cup (8 fl oz)	53
21224	Pizza, cheese topping, regular crust, frozen, cooked	81.0	1.0 serving 9 servings per 24 oz package	53
28351	Cookies, Marie biscuit	28.0	5.0 cookie	52
09278	Plantains, cooked	200.0	1.0 cup, mashed	52
18376	Bread crumbs, dry, grated, seasoned	28.35	1.0 oz	52
18449	Tortillas, ready-to-bake or -fry, corn, without added salt	28.35	1.0 oz	52
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	52
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	52
09048	Blackberries, frozen, unsweetened	151.0	1.0 cup, unthawed	51
22247	Macaroni and Cheese, canned entree	244.0	1.0 serving	51
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	51
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	51
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	165.0	1.0 cup	51
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	51
12129	Nuts, ginkgo nuts, canned	155.0	1.0 cup (78 kernels)	51
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	51
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	51
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	51
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	58.0	1.0 cup	51
11710	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	58.0	1.0 cup	51
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	28.35	1.0 oz	51
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	51
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	51.0	1.0 biscuit	51
22955	Egg rolls, vegetable, frozen, prepared	68.0	1.0 egg roll	51
20008	Buckwheat	170.0	1.0 cup	51
09205	Oranges, raw, with peel	170.0	1.0 cup	51
43365	Tomato and vegetable juice, low sodium	242.0	1.0 cup	51
22904	Chili con carne with beans, canned entree	242.0	1.0 cup	51
06440	Soup, minestrone, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	51
06192	Split pea soup, canned, reduced sodium, prepared with water or ready-to-serve	253.0	1.0 cup	51
11740	Broccoli, flower clusters, raw	71.0	1.0 cup flowerets	50

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	50
11349	Poi	240.0	1.0 cup	50
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	50
11972	Lemon grass (citronella), raw	67.0	1.0 cup	50
11986	Malabar spinach, cooked	44.0	1.0 cup	50
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	100.0	1.0 cup (1" pieces)	50
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	100.0	1.0 cup (1" pieces)	50
20647	Millet flour	119.0	1.0 cup	50
11781	Cress, garden, cooked, boiled, drained, with salt	135.0	1.0 cup	50
11204	Cress, garden, cooked, boiled, drained, without salt	135.0	1.0 cup	50
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	50
16122	Soy protein isolate	28.35	1.0 oz	50
16422	Soy protein isolate, potassium type	28.35	1.0 oz	50
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	50
11197	Cowpeas, young pods with seeds, raw	94.0	1.0 cup	50
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	35.0	1.0 bar	50
06037	Soup, lentil with ham, canned, ready-to-serve	248.0	1.0 cup (8 fl oz)	50
11224	Hyacinth-beans, immature seeds, raw	80.0	1.0 cup	50
18069	Bread, white, commercially prepared (includes soft bread crumbs)	29.0	1.0 slice	50
21090	Fast foods, cheeseburger; single, regular patty, with condiments	127.0	1.0 item	50
43299	Soybean, curd cheese	225.0	1.0 cup	50
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	50
43595	Breakfast bar, corn flake crust with fruit	28.35	1.0 oz	49
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	49
18448	Taco shells, baked, without added salt	28.35	1.0 oz	49
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	28.35	1.0 oz	49
06040	Soup, minestrone, canned, condensed	123.0	0.5 cup (4 fl oz)	49
21130	Fast foods, onion rings, breaded and fried	117.0	1.0 package (18 onion rings)	49
21129	Fast foods, hush puppies	22.0	1.0 piece	49
18043	Bread, protein (includes gluten)	28.35	1.0 oz	49
11932	Beans, snap, yellow, canned, regular pack, drained solids	153.0	1.0 cup	49
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	49
11933	Beans, snap, yellow, canned, no salt added, drained solids	153.0	1.0 cup	49
20033	Oat bran, raw	94.0	1.0 cup	49
09152	Lemon juice, raw	244.0	1.0 cup	49
18297	Pancakes, special dietary, dry mix	28.35	1.0 oz	49

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	24.0	1.0 mini bagel (2-1/2" dia)	49
11540	Tomato juice, canned, with salt added	243.0	1.0 cup	49
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	49
18352	Rolls, hamburger or hotdog, reduced-calorie	28.35	1.0 oz	48
18416	Bread, white, commercially prepared, low sodium, no salt	28.35	1.0 oz	48
18142	Cake, pudding-type, yellow, dry mix	28.35	1.0 oz	48
18351	Rolls, hamburger or hotdog, mixed-grain	28.35	1.0 oz	48
06584	Soup, broccoli cheese, canned, condensed, commercial	121.0	1.0 serving 1/2 cup	48
11951	Peppers, sweet, yellow, raw	186.0	1.0 pepper, large (3-3/4" long, 3" dia)	48
16067	Hyacinth beans, mature seeds, raw	210.0	1.0 cup	48
18029	Bread, french or vienna (includes sourdough)	28.35	1.0 oz	48
03120	Babyfood, vegetables, corn, creamed, junior	240.0	1.0 cup	48
12130	Nuts, hickorynuts, dried	120.0	1.0 cup	48
01019	Cheese, feta	150.0	1.0 cup, crumbled	48
11570	Turnip greens, canned, solids and liquids	117.0	0.5 cup	48
18349	Rolls, french	28.35	1.0 oz	48
21398	Fast foods, cheeseburger; single, large patty; with condiments	199.0	1.0 item	48
18971	Bread, potato	32.0	1.0 slice	48
43260	Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	5.6	1.0 tbsp	48
28324	Pancakes, whole wheat, dry mix, incomplete	38.0	0.25 cup mix 1 serving	48
32007	Taquitos, frozen, beef and cheese, oven-heated	42.0	1.0 piece	47
01212	Milk, dry, whole, without added vitamin D	128.0	1.0 cup	47
14252	Beverages, Malt liquor beverage	1184.0	1.0 bottle	47
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	47
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	249.0	1.0 cup	47
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249.0	1.0 cup	47
09212	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium	249.0	1.0 cup	47
09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	47
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	47
16088	Peanuts, all types, cooked, boiled, with salt	63.0	1.0 cup in shell, edible yield	47
11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	47
11814	Peas, green, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	47
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	47
20422	Cornmeal, degermed, unenriched, yellow	157.0	1.0 cup	47
20522	Cornmeal, degermed, unenriched, white	157.0	1.0 cup	47
19047	Snacks, pretzels, hard, plain, salted	28.35	1.0 oz	47

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
11048	Beans, pinto, immature seeds, frozen, unprepared	94.0	0.333 package (10 oz)	47
11970	Cabbage, napa, cooked	109.0	1.0 cup	47
11899	Yardlong bean, cooked, boiled, drained, with salt	104.0	1.0 cup slices	47
11200	Yardlong bean, cooked, boiled, drained, without salt	104.0	1.0 cup slices	47
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	28.35	1.0 oz	47
18079	Bread crumbs, dry, grated, plain	28.35	1.0 oz	46
18332	Pie crust, standard-type, dry mix	28.35	1.0 oz	46
11161	Collards, raw	36.0	1.0 cup, chopped	46
18144	Cake, yellow, enriched, dry mix	43.0	1.0 serving	46
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	46
11809	Peas, edible-podded, cooked, boiled, drained, with salt	160.0	1.0 cup	46
11301	Peas, edible-podded, boiled, drained, without salt	160.0	1.0 cup	46
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	136.0	1.0 thigh with skin	46
11116	Cabbage, chinese (pak-choi), raw	70.0	1.0 cup, shredded	46
20113	Noodles, chinese, chow mein	28.0	0.5 cup dry	46
12206	Nuts, almonds, honey roasted, unblanched	144.0	1.0 cup whole kernels	46
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	144.0	1.0 piece (1/12 of a cake)	46
20005	Barley, pearled, raw	200.0	1.0 cup	46
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	46
12147	Nuts, pine nuts, dried	135.0	1.0 cup	46
11318	Peas and carrots, canned, regular pack, solids and liquids	255.0	1.0 cup	46
11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	46
11695	Tomatoes, orange, raw	158.0	1.0 cup, chopped	46
20077	Wheat bran, crude	58.0	1.0 cup	46
06974	Soup, vegetable chicken, canned, prepared with water, low sodium	241.0	1.0 cup	46
18066	Bread, wheat bran	28.35	1.0 oz	46
13953	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	569.0	1.0 roast (yield from 690g raw meat)	46
18967	Bread, white wheat	28.0	1.0 slice	45
18385	Bread, wheat germ, toasted	28.35	1.0 oz	45
20143	Teff, cooked	252.0	1.0 cup	45
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	45
12021	Seeds, safflower seed kernels, dried	28.35	1.0 oz	45
28303	Crackers, cheese, whole grain	31.0	1.0 serving 55 pieces	45
18005	Bagels, cinnamon-raisin	26.0	1.0 mini bagel (2-1/2" dia)	45
11299	Parsnips, cooked, boiled, drained, without salt	78.0	0.5 cup slices	45
11808	Parsnips, cooked, boiled, drained, with salt	78.0	0.5 cup slices	45

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
20129	Wheat flours, bread, unenriched	137.0	1.0 cup unsifted, dipped	45
03048	Babyfood, macaroni and cheese, toddler	113.0	1.0 container	45
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251.0	1.0 cup (1 serving)	45
12022	Seeds, safflower seed meal, partially defatted	28.35	1.0 oz	45
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	45
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	250.0	1.0 cup	45
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	250.0	1.0 cup	45
09040	Bananas, raw	225.0	1.0 cup, mashed	45
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	45
43441	Rolls, pumpernickel	36.0	1.0 medium (2-1/2" dia)	45
09185	Melon balls, frozen	173.0	1.0 cup, unthawed	45
16149	Peanut spread, reduced sugar	31.0	2.0 tbsp	45
18139	Cake, white, prepared from recipe without frosting	74.0	1.0 piece (1/12 of 9" dia)	44
06142	Sauce, sofrito, prepared from recipe	103.0	0.5 cup	44
22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	44
11157	Chrysanthemum, garland, raw	25.0	1.0 cup (1" pieces)	44
18047	Bread, raisin, enriched	28.35	1.0 oz	44
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	44
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	170.0	1.0 cup	44
11579	Vegetables, mixed, canned, solids and liquids	245.0	1.0 cup	44
11050	Beans, shellie, canned, solids and liquids	245.0	1.0 cup	44
14035	Beverages, ABBOTT, EAS soy protein powder	44.0	1.0 scoop	44
11620	Drumstick pods, raw	100.0	1.0 cup slices	44
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	28.35	1.0 oz	44
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	44
21413	Light Ice Cream, soft serve, blended with cookie pieces	337.0	12.0 fl oz cup	44
36633	Restaurant, Chinese, sesame chicken	547.0	1.0 order	44
16120	Soymilk, original and vanilla, unfortified	243.0	1.0 cup	44
43137	Vegetarian meatloaf or patties	56.0	1.0 slice	44
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	150.0	1.0 cup drained, rinsed	44
11512	Sweet potato, canned, vacuum pack	255.0	1.0 cup, mashed	43
36418	Restaurant, Mexican, refried beans	148.0	1.0 cup	43
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	43
18353	Rolls, hard (includes kaiser)	28.35	1.0 oz	43
18060	Bread, rye	28.35	1.0 oz	43
01126	Egg, yolk, raw, frozen, pasteurized	28.35	1.0 oz	43

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
20089	Wild rice, cooked	164.0	1.0 cup	43
20036	Rice, brown, long-grain, raw	185.0	1.0 cup	43
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	28.35	1.0 oz	43
12065	Nuts, almonds, oil roasted, without salt added	157.0	1.0 cup whole kernels	42
12565	Nuts, almonds, oil roasted, with salt added	157.0	1.0 cup whole kernels	42
18383	Bread, protein, (includes gluten), toasted	28.35	1.0 oz	42
11137	Cauliflower, frozen, unprepared	66.0	0.5 cup (1" pieces)	42
20063	Rye flour, dark	128.0	1.0 cup	42
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28.0	1.0 roll (1 oz)	42
18061	Bread, rye, toasted	28.35	1.0 oz	42
18048	Bread, raisin, enriched, toasted	28.35	1.0 oz	42
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	42
07053	Pate, chicken liver, canned	13.0	1.0 tbsp	42
28326	Crackers, whole grain, sandwich-type, with peanut butter filling	43.0	6.0 cracker 1 serving	42
11696	Tomatoes, yellow, raw	139.0	1.0 cup, chopped	42
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	245.0	1.0 cup	42
32006	Taquitos, frozen, chicken and cheese, oven-heated	42.0	1.0 piece	42
11674	Potatoes, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	41
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	41
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	41
18177	Cookies, molasses	28.35	1.0 oz	41
28302	Cookies, graham crackers, plain or honey, lowfat	35.0	1.0 serving	41
11723	Beans, snap, green, cooked, boiled, drained, with salt	125.0	1.0 cup	41
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125.0	1.0 cup	41
09508	Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	275.0	1.0 cup	41
11053	Beans, snap, green, cooked, boiled, drained, without salt	125.0	1.0 cup	41
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	125.0	1.0 cup	41
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	41
03213	Babyfood, cookies	28.35	1.0 oz	41
18172	Cookies, gingersnaps	28.35	1.0 oz	41
20087	Wheat, sprouted	108.0	1.0 cup	41
11863	Squash, winter, all varieties, cooked, baked, with salt	205.0	1.0 cup, cubes	41
11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	41
11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	87.0	1.0 cup	41
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	87.0	1.0 cup	41
15158	Mollusks, clam, mixed species, cooked, breaded and fried	85.0	3.0 oz	41

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
11683	Carrot, dehydrated	74.0	1.0 cup	41
18432	Bread, white, commercially prepared, toasted, low sodium no salt	28.35	1.0 oz	41
12140	Nuts, formulated, wheat-based, unflavored, with salt added	28.35	1.0 oz	40
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	28.35	1.0 oz	40
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	40
27002	Soup, wonton, Chinese restaurant	223.0	1.0 cup	40
11203	Cress, garden, raw	50.0	1.0 cup	40
11413	Potato flour	160.0	1.0 cup	40
07207	OSCAR MAYER, Braunschweiger Liver Sausage (sliced)	85.0	3.0 oz	40
19352	Syrups, malt	332.0	1.0 cup	40
16114	Tempeh	166.0	1.0 cup	40
08510	Milk and cereal bar	25.0	1.0 bar	40
18345	Rolls, dinner, oat bran	28.35	1.0 oz	40
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	248.0	1.0 cup	40
09144	Jackfruit, raw	165.0	1.0 cup, sliced	40
18283	Muffins, oat bran	28.35	1.0 oz	39
19010	Snacks, crisped rice bar, chocolate chip	28.0	1.0 bar (1 oz)	39
15021	Fish, croaker, Atlantic, cooked, breaded and fried	87.0	1.0 fillet	39
18057	Bread, reduced-calorie, white	28.35	1.0 oz	39
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	28.35	1.0 oz	39
11581	Vegetables, mixed, canned, drained solids	163.0	1.0 cup	39
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	230.0	1.0 cup	39
03948	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA	30.5	1.0 fl oz	39
11475	Squash, summer, scallop, raw	130.0	1.0 cup slices	39
11866	Squash, winter, butternut, cooked, baked, with salt	205.0	1.0 cup, cubes	39
11576	Turnip greens and turnips, frozen, unprepared	95.0	0.33 package (10 oz)	39
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	39
11483	Squash, winter, acorn, cooked, baked, without salt	205.0	1.0 cup, cubes	39
11864	Squash, winter, acorn, cooked, baked, with salt	205.0	1.0 cup, cubes	39
18006	Bagels, cinnamon-raisin, toasted	24.0	1.0 mini bagel (2-1/2" dia)	39
18270	Hush puppies, prepared from recipe	28.35	1.0 oz	39
18338	Phyllo dough	28.35	1.0 oz	39
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	51.0	1.0 pastry	39
12154	Nuts, walnuts, black, dried	125.0	1.0 cup, chopped	39
11877	Sweet potato, frozen, cooked, baked, with salt	176.0	1.0 cup, cubes	39

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
11517	Sweet potato, frozen, cooked, baked, without salt	176.0	1.0 cup, cubes	39
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	39
36033	Restaurant, family style, fish fillet, battered or breaded, fried	226.0	1.0 serving	38
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240.0	1.0 cup, mashed	38
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	240.0	1.0 cup, mashed	38
20067	Sorghum grain	192.0	1.0 cup	38
11230	Pepeao, dried	24.0	1.0 cup	38
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	240.0	1.0 cup	38
18135	Cake, pudding-type, white, enriched, dry mix	28.35	1.0 oz	38
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1.0 oz	38
18055	Bread, reduced-calorie, wheat	28.35	1.0 oz	38
11109	Cabbage, raw	89.0	1.0 cup, chopped	38
09320	Strawberries, frozen, sweetened, sliced	255.0	1.0 cup, thawed	38
09167	Loganberries, frozen	147.0	1.0 cup, unthawed	38
28348	Rolls, dinner, sweet	30.0	1.0 roll	38
03100	Babyfood, vegetables, carrots, junior	224.0	1.0 cup	38
20040	Rice, brown, medium-grain, raw	190.0	1.0 cup	38
18368	Wonton wrappers (includes egg roll wrappers)	28.35	1.0 oz	38
18044	Bread, pumpernickel	28.35	1.0 oz	38
18406	Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	38
19002	Snacks, beef jerky, chopped and formed	28.35	1.0 oz	38
03217	Zwieback	28.35	1.0 oz	38
18003	Bagels, egg	28.35	1.0 oz	38
11446	Seaweed, laver, raw	26.0	10.0 sheets	38
12040	Seeds, sunflower seed butter, without salt	16.0	1.0 tbsp	38
12540	Seeds, sunflower seed butter, with salt added	16.0	1.0 tbsp	38
11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	38
11056	Beans, snap, green, canned, regular pack, drained solids	135.0	1.0 cup	38
20012	Bulgur, dry	140.0	1.0 cup	38
18017	Biscuits, mixed grain, refrigerated dough	28.35	1.0 oz	38
09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	38
06167	Sauce, homemade, white, thick	250.0	1.0 cup	38
18932	Waffles, buttermilk, frozen, ready-to-heat	39.0	1.0 waffle, square	37
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	28.35	1.0 oz	37
15143	Crustaceans, crab, dungeness, raw	85.0	3.0 oz	37
15144	Crustaceans, crab, queen, raw	85.0	3.0 oz	37

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
11813	Peas, green, canned, no salt added, drained solids	85.0	0.5 cup	37
01223	Protein supplement, milk based, Muscle Milk, powder	11.0	1.0 tbsp	37
15139	Crustaceans, crab, blue, raw	85.0	3.0 oz	37
15136	Crustaceans, crab, alaska king, raw	85.0	3.0 oz	37
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	85.0	3.0 oz	37
18400	Crackers, matzo, egg and onion	14.2	0.5 oz	37
09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	37
03215	Babyfood, pretzels	28.35	1.0 oz	37
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	28.35	1.0 oz	37
01238	Ice cream sandwich	70.0	1.0 serving	37
18101	Cake, chocolate, prepared from recipe without frosting	95.0	1.0 piece (1/12 of 9" dia)	37
11722	Beans, snap, yellow, raw	100.0	1.0 cup 1/2" pieces	37
11516	Sweet potato, frozen, unprepared	176.0	1.0 cup, cubes	37
11967	Cauliflower, green, cooked, no salt added	90.0	0.2 head	37
16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	37
18239	Croissants, butter	28.35	1.0 oz	37
19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	28.35	1.0 oz	37
18027	Bread, egg	28.35	1.0 oz	37
11803	Okra, cooked, boiled, drained, with salt	80.0	0.5 cup slices	37
09062	Cherimoya, raw	160.0	1.0 cup, pieces	37
42278	Babyfood, vegetable and brown rice, strained	230.0	1.0 cup	37
42279	Babyfood, peas and brown rice	230.0	1.0 cup	37
11279	Okra, cooked, boiled, drained, without salt	80.0	0.5 cup slices	37
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	37
11955	Tomatoes, sun-dried	54.0	1.0 cup	37
15142	Crustaceans, crab, blue, crab cakes, home recipe	60.0	1.0 cake	37
18045	Bread, pumpernickel, toasted	28.35	1.0 oz	37
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85.0	3.0 oz	37
16426	Tofu, raw, firm, prepared with calcium sulfate	126.0	0.5 cup	37
09316	Strawberries, raw	152.0	1.0 cup, halves	36
11965	Cauliflower, green, raw	64.0	1.0 cup	36
28299	Cookies, chocolate sandwich, with creme filling, reduced fat	34.0	1.0 serving	36
11143	Celery, raw	101.0	1.0 cup chopped	36
11201	Cowpeas, leafy tips, raw	36.0	1.0 cup, chopped	36
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	158.0	1.0 cup cup rinsed solids	36
18028	Bread, egg, toasted	28.35	1.0 oz	36

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
18284	Muffins, wheat bran, dry mix	28.35	1.0 oz	36
08066	Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	14.0	0.75 cup (1 NLEA serving)	36
03861	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA	28.0	3.0 scoop	36
11676	Radish seeds, sprouted, raw	38.0	1.0 cup	36
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	36
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	180.0	1.0 cup slices	36
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	36
09042	Blackberries, raw	144.0	1.0 cup	36
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	36
09522	Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium	200.0	6.75 fl oz	36
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	15.0	1.0 cup (1 NLEA serving)	36
11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	36
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	124.0	1.0 cup	36
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	36
11976	Pepper, banana, raw	124.0	1.0 cup	36
43205	Beverage, instant breakfast powder, chocolate, not reconstituted	7.4	1.0 tbsp	36
18453	Cake, yellow, light, dry mix	28.35	1.0 oz	36
18071	Bread, white, prepared from recipe, made with nonfat dry milk	28.35	1.0 oz	36
15227	Crustaceans, crab, queen, cooked, moist heat	85.0	3.0 oz	36
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	36
15226	Crustaceans, crab, dungeness, cooked, moist heat	85.0	3.0 oz	36
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	170.0	1.0 cup	36
01009	Cheese, cheddar	132.0	1.0 cup, diced	36
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	36
11213	Endive, raw	25.0	0.5 cup, chopped	36
16345	Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water	169.0	1.0 cup	35
17202	Veal, variety meats and by-products, liver, raw	28.35	1.0 oz	35
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	35
12200	Nuts, formulated, wheat-based, all flavors except macadamia, without salt	28.35	1.0 oz	35
18059	Bread, rice bran	28.35	1.0 oz	35
18155	Cookies, butter, commercially prepared, enriched	28.35	1.0 oz	35
11787	Drumstick pods, cooked, boiled, drained, with salt	118.0	1.0 cup slices	35
11621	Drumstick pods, cooked, boiled, drained, without salt	118.0	1.0 cup slices	35
11520	Taro leaves, raw	28.0	1.0 cup	35
18337	Puff pastry, frozen, ready-to-bake	28.35	1.0 oz	35
18192	Cookies, shortbread, commercially prepared, plain	28.35	1.0 oz	35

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
09321	Sugar-apples, (sweetsop), raw	250.0	1.0 cup, pulp	35
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	35
20004	Barley, hulled	184.0	1.0 cup	35
18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	35
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	35
43100	Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	43.0	1.0 bar	35
20098	Pasta, homemade, made without egg, cooked	57.0	2.0 oz	35
18146	Cake, yellow, prepared from recipe without frosting	68.0	1.0 piece (1/12 of 8" dia)	35
20064	Rye flour, medium	102.0	1.0 cup	35
18934	Waffle, buttermilk, frozen, ready-to-heat, microwaved	35.0	1.0 waffle	35
20028	Couscous, dry	173.0	1.0 cup	35
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	28.35	1.0 oz	35
09217	Orange-grapefruit juice, canned or bottled, unsweetened	247.0	1.0 cup	35
11437	Salsify, (vegetable oyster), raw	133.0	1.0 cup slices	35
11601	Yam, raw	150.0	1.0 cup, cubes	34
11231	Jute, potherb, raw	28.0	1.0 cup	34
18112	Cake, pudding-type, german chocolate, dry mix	43.0	1.0 serving	34
25024	Pretzels, soft, unsalted	143.0	1.0 large	34
43109	Pretzels, soft	143.0	1.0 large	34
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	98.0	1.0 cup, chopped	34
11504	Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt	98.0	1.0 cup, chopped	34
05141	Duck, domesticated, meat only, raw	137.0	1.0 unit (yield from 1 lb ready-to-cook duck)	34
18214	Crackers, cheese, regular	14.2	0.5 oz	34
20114	Noodles, japanese, soba, dry	57.0	2.0 oz	34
20097	Pasta, homemade, made with egg, cooked	57.0	2.0 oz	34
11649	Tomato products, canned, sauce, spanish style	244.0	1.0 cup	34
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	34
18037	Bread, oat bran	28.35	1.0 oz	34
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	68.0	1.0 cup	34
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	68.0	1.0 cup	34
15011	Fish, catfish, channel, cooked, breaded and fried	87.0	1.0 fillet	34
28301	Cookies, peanut butter, commercially prepared, sugar free	29.0	1.0 serving 3 cookies	34
18935	Waffle, plain, frozen, ready-to-heat, microwave	32.0	1.0 waffle, round (4" dia)	34
08183	Cereals, whole wheat hot natural cereal, cooked with water, with salt	242.0	1.0 cup	34
08145	Cereals, whole wheat hot natural cereal, cooked with water, without salt	242.0	1.0 cup	34
09002	Acerola juice, raw	242.0	1.0 cup	34

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
19186	Desserts, apple crisp, prepared-from-recipe	141.0	0.5 cup	34
09313	Sapodilla, raw	241.0	1.0 cup, pulp	34
18403	Waffles, plain, frozen, ready -to-heat, toasted	28.35	1.0 oz	34
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	96.0	1.0 unit	34
03099	Babyfood, vegetables, carrots, strained	224.0	1.0 cup	34
07942	Pate, truffle flavor	56.0	1.0 serving 2 oz	34
12176	Nuts, coconut milk, frozen (liquid expressed from grated meat and water)	240.0	1.0 cup	34
18310	Pie, chocolate creme, commercially prepared	120.0	1.0 serving .167 pie	34
11900	Corn, sweet, white, raw	73.0	1.0 ear, small (5-1/2" to 6-1/2" long)	34
18384	Bread, rice bran, toasted	28.35	1.0 oz	33
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	33
20132	Oat flour, partially debranned	104.0	1.0 cup	33
12013	Seeds, lotus seeds, dried	32.0	1.0 cup	33
11096	Broccoli raab, raw	40.0	1.0 cup chopped	33
14605	Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors	237.0	8.0 fl oz (1 NLEA serving)	33
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85.0	3.0 oz	33
06024	Soup, chicken and vegetable, canned, ready-to-serve	255.0	1.0 cup	33
20032	Millet, cooked	174.0	1.0 cup	33
09286	Pomegranates, raw	87.0	0.5 cup arils (seed/juice sacs)	33
20019	Corn flour, masa, unenriched, white	114.0	1.0 cup	33
09231	Passion-fruit, (granadilla), purple, raw	236.0	1.0 cup	33
11764	Celery, cooked, boiled, drained, with salt	150.0	1.0 cup, diced	33
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	33
12012	Seeds, hemp seed, hulled	30.0	3.0 tbsp	33
11490	Squash, winter, hubbard, baked, without salt	205.0	1.0 cup, cubes	33
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	33
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	33
20013	Bulgur, cooked	182.0	1.0 cup	33
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	182.0	1.0 cup	33
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	33
18282	Muffins, corn, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	33
12059	Nuts, acorns, dried	28.35	1.0 oz	33
18050	Bread, reduced-calorie, oat bran, toasted	28.35	1.0 oz	33
09277	Plantains, raw	148.0	1.0 cup, sliced	33
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	32
11430	Radishes, oriental, raw	116.0	1.0 cup slices	32

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
18213	Cookies, vanilla wafers, higher fat	30.0	8.0 wafers	32
25041	Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	40.0	2.0 bar	32
11324	Peas and onions, canned, solids and liquids	120.0	1.0 cup	32
18049	Bread, reduced-calorie, oat bran	28.35	1.0 oz	32
12060	Nuts, acorn flour, full fat	28.35	1.0 oz	32
09184	Melons, honeydew, raw	170.0	1.0 cup, diced (approx 20 pieces per cup)	32
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	85.0	3.0 oz	32
12086	Nuts, cashew nuts, oil roasted, without salt added	129.0	1.0 cup, whole	32
12586	Nuts, cashew nuts, oil roasted, with salt added	129.0	1.0 cup, whole	32
18228	Crackers, saltines (includes oyster, soda, soup)	14.9	5.0 crackers	32
08365	Cereals ready-to-eat, QUAKER, Shredded Wheat, bagged cereal	63.0	3.0 biscuits (1 NLEA serving)	32
18206	Cookies, sugar, refrigerated dough, baked	28.35	1.0 oz	32
12077	Nuts, beechnuts, dried	28.35	1.0 oz	32
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	32
11720	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt	94.0	0.333 package (10 oz) yields	32
11049	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt	94.0	0.333 package (10 oz) yields	32
06404	Soup, bean with pork, canned, prepared with equal volume water	266.0	1.0 serving 1 cup	32
25060	Snack, Pretzel, hard chocolate coated	28.0	1.0 serving	32
11503	Swamp cabbage, (skunk cabbage), raw	56.0	1.0 cup, chopped	32
11152	Chicory greens, raw	29.0	1.0 cup, chopped	32
11844	Potatoes, scalloped, home-prepared with margarine	245.0	1.0 cup	32
11372	Potatoes, scalloped, home-prepared with butter	245.0	1.0 cup	32
11373	Potatoes, au gratin, home-prepared from recipe using butter	245.0	1.0 cup	32
11843	Potatoes, au gratin, home-prepared from recipe using margarine	245.0	1.0 cup	32
11202	Cowpeas, leafy tips, cooked, boiled, drained, without salt	53.0	1.0 cup, chopped	32
11780	Cowpeas, leafy tips, cooked, boiled, drained, with salt	53.0	1.0 cup, chopped	32
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	227.0	1.0 cup	32
22956	Lasagna, Vegetable, frozen, baked	227.0	1.0 serving	32
05305	Ground turkey, raw	453.6	1.0 lb	32
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	32
01160	Egg, yolk, raw, frozen, salted, pasteurized	28.35	1.0 oz	32
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	28.35	1.0 oz	32
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	138.0	1.0 piece (1/12 of a cake)	32
06465	Soup, turkey noodle, canned, prepared with equal volume water	244.0	1.0 cup	32
16130	Okara	122.0	1.0 cup	32
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	61.0	0.167 loaf 1/6 of the loaf	32

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	226.0	1.0 cup	32
20014	Corn grain, yellow	166.0	1.0 cup	32
09315	Soursop, raw	225.0	1.0 cup, pulp	32
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	32
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	32
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	28.35	1.0 oz	31
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	31
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	85.0	3.0 oz	31
09203	Oranges, raw, Florida	185.0	1.0 cup sections, without membranes	31
15145	Crustaceans, crayfish, mixed species, wild, raw	85.0	3.0 oz	31
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	14.2	0.5 oz	31
11506	Sweet potato leaves, cooked, steamed, without salt	64.0	1.0 cup	31
11874	Sweet potato leaves, cooked, steamed, with salt	64.0	1.0 cup	31
09430	Pineapple, raw, extra sweet variety	165.0	1.0 cup, chunks	31
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	31
11884	Tomatoes, red, ripe, cooked, with salt	240.0	1.0 cup	31
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	31
06004	Soup, bean with pork, canned, condensed	130.0	0.5 cup	31
12100	Nuts, chestnuts, european, dried, peeled	28.35	1.0 oz	31
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	28.35	1.0 oz	31
12094	Nuts, chestnuts, chinese, dried	28.35	1.0 oz	31
18186	Cookies, peanut butter, commercially prepared, soft-type	28.35	1.0 oz	31
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	31
27043	Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	519.0	1.0 can	31
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	222.0	1.0 serving	31
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	31
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	31
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	31
28297	Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber	27.0	1.0 cake 1 serving	31
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	31
11326	Peas and onions, frozen, unprepared	69.0	0.5 cup	31
18254	Doughnuts, yeast-leavened, with creme filling	28.35	1.0 oz	31
12099	Nuts, chestnuts, european, dried, unpeeled	28.35	1.0 oz	31
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)	31
03994	Babyfood, fruit, banana and strawberry, junior	140.0	1.0 bottle	31

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
09059	Breadfruit, raw	220.0	1.0 cup	31
18365	Waffles, plain, frozen, ready-to-heat	28.35	1.0 oz	31
07972	Meatballs, frozen, Italian style	85.0	3.0 oz	31
20020	Cornmeal, whole-grain, yellow	122.0	1.0 cup	30
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	30
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	30
11798	Mushrooms, shiitake, cooked, with salt	145.0	1.0 cup pieces	30
11269	Mushrooms, shiitake, cooked, without salt	145.0	1.0 cup pieces	30
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	78.0	1.0 bar	30
11768	Collards, cooked, boiled, drained, with salt	190.0	1.0 cup, chopped	30
11162	Collards, cooked, boiled, drained, without salt	190.0	1.0 cup, chopped	30
11282	Onions, raw	160.0	1.0 cup, chopped	30
18457	Crackers, saltines, fat-free, low-sodium	15.0	3.0 saltines	30
20648	Sorghum flour, whole-grain	121.0	1.0 cup	30
08386	Cereals ready-to-eat, KASHI GOLEAN CRUNCH!	53.0	0.75 Cup (1 NLEA serving)	30
12128	Nuts, ginkgo nuts, dried	28.35	1.0 oz	30
18356	Sweet rolls, cinnamon, commercially prepared with raisins	28.35	1.0 oz	30
18163	Cookies, chocolate chip, refrigerated dough	33.0	1.0 serving	30
06165	Sauce, homemade, white, thin	250.0	1.0 cup	30
06406	Soup, bean with frankfurters, canned, prepared with equal volume water	250.0	1.0 cup (8 fl oz)	30
01285	Yogurt, Greek, strawberry, nonfat	150.0	1.0 container (5.3 oz)	30
09510	Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E	250.0	1.0 cup	30
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	28.0	1.0 oz	30
28328	Cookies, chocolate chip sandwich, with creme filling	34.0	1.0 cookie	30
36037	Restaurant, family style, chili with meat and beans	136.0	1.0 cup	30
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	30
16055	Carob flour	103.0	1.0 cup	30
18171	Cookies, fortune	28.35	1.0 oz	30
18423	Cookies, ladyfingers, without lemon juice and rind	28.35	1.0 oz	30
11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	30
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	30
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	124.0	1.0 leek	30
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	30
06966	Soup, chicken noodle, low sodium, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	30
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	30
15210	Fish, salmon, chinook, cooked, dry heat	85.0	3.0 oz	30

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	30
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	54.0	1.0 serving 1 singles bag	30
18242	Croutons, plain	14.2	0.5 oz	30
18222	Crackers, melba toast, wheat	14.2	0.5 oz	30
18256	Doughnuts, yeast-leavened, with jelly filling	28.35	1.0 oz	29
07040	Liver cheese, pork	28.35	1.0 oz	29
18038	Bread, oat bran, toasted	28.35	1.0 oz	29
18092	Cake, pudding-type, carrot, dry mix	28.35	1.0 oz	29
22916	Lasagna with meat & sauce, frozen entree	134.0	1.0 piece side	29
16397	Peanut butter, chunk style, without salt	32.0	2.0 tbsp	29
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	128.0	1.0 cup	29
16097	Peanut butter, chunk style, with salt	32.0	2.0 tbsp	29
28294	Cookie, chocolate, with icing or coating	32.0	4.0 cookies	29
11424	Pumpkin, canned, without salt	245.0	1.0 cup	29
09518	Raspberries, frozen, unsweetened	140.0	1.0 cup, unthawed	29
11846	Pumpkin, canned, with salt	245.0	1.0 cup	29
11435	Rutabagas, raw	140.0	1.0 cup, cubes	29
06409	Soup, beef noodle, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	29
12078	Nuts, brazilnuts, dried, unblanched	133.0	1.0 cup, whole	29
20316	Corn flour, whole-grain, white	117.0	1.0 cup	29
20016	Corn flour, whole-grain, yellow	117.0	1.0 cup	29
18277	Muffins, blueberry, toaster-type	28.35	1.0 oz	29
18241	Croissants, cheese	28.35	1.0 oz	29
06007	Soup, bean with ham, canned, chunky, ready-to-serve	243.0	1.0 cup (8 fl oz)	29
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	55.0	0.75 cup (1 NLEA serving)	29
06498	Soup, tomato, dry, mix, prepared with water	265.0	1.0 cup 8 fl oz	29
28293	Cookie, butter or sugar, with chocolate icing or filling	31.0	3.0 cookies	29
28291	Cookies, animal, with frosting or icing	31.0	8.0 cookies 1 serving	29
11595	Winged beans, immature seeds, raw	44.0	1.0 cup slices	29
11429	Radishes, raw	116.0	1.0 cup slices	29
18299	Pancakes, whole-wheat, dry mix, incomplete	28.35	1.0 oz	29
18193	Cookies, shortbread, commercially prepared, pecan	28.35	1.0 oz	29
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	85.0	3.0 oz	29
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	85.0	3.0 oz	29
11150	Chayote, fruit, cooked, boiled, drained, without salt	160.0	1.0 cup (1" pieces)	29

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	180.0	1.0 cup	29
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	29
11766	Chayote, fruit, cooked, boiled, drained, with salt	160.0	1.0 cup (1" pieces)	29
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	29
06121	Gravy, mushroom, canned	238.0	1.0 cup	29
19910	Candies, crispy bar with peanut butter filling	42.0	1.0 serving 1.5 oz	29
28296	Cake, snack cakes, creme-filled, chocolate with frosting, low-fat, with added fiber	27.0	1.0 cake 1 serving	28
18065	Bread, wheat, toasted	28.35	1.0 oz	28
18437	English muffins, plain, enriched, without calcium propionate(includes sourdough)	28.35	1.0 oz	28
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	256.0	1.0 cup	28
11797	Mushrooms, white, cooked, boiled, drained, with salt	156.0	1.0 cup pieces	28
11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	28
18064	Bread, wheat	28.35	1.0 oz	28
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	85.0	3.0 oz	28
11514	Sweet potato, canned, mashed	255.0	1.0 cup	28
14637	Water, with corn syrup and/or sugar and low calorie sweetener, fruit flavored	200.0	1.0 pouch	28
09087	Dates, deglet noor	147.0	1.0 cup, chopped	28
15261	Fish, tilapia, raw	116.0	1.0 fillet	28
16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	28
11643	Squash, winter, all varieties, raw	116.0	1.0 cup, cubes	28
21018	Fast foods, egg, scrambled	96.0	2.0 eggs	28
16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	28
13323	Beef, variety meats and by-products, kidneys, raw	28.35	1.0 oz	28
18208	Cookies, sugar, prepared from recipe, made with margarine	28.35	1.0 oz	28
12024	Seeds, sesame seeds, whole, roasted and toasted	28.35	1.0 oz	28
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	28
21521	Fast foods, strawberry banana smoothie made with ice and low-fat yogurt	347.0	12.0 fl oz	28
06182	Soup, cream of mushroom, canned, condensed, reduced sodium	251.0	1.0 cup	28
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.0	0.5 cup	28
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	28
09117	Grapefruit, raw, white, California	230.0	1.0 cup sections, with juice	28
09113	Grapefruit, raw, pink and red, California and Arizona	230.0	1.0 cup sections, with juice	28
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	92.0	0.5 cup	28
11583	Vegetables, mixed, frozen, unprepared	95.0	0.33 package (10 oz)	28
05300	Turkey sticks, breaded, battered, fried	64.0	1.0 stick (2.25 oz)	28
19165	Cocoa, dry powder, unsweetened	86.0	1.0 cup	28

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
19166	Cocoa, dry powder, unsweetened, processed with alkali	86.0	1.0 cup	28
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	28
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	250.0	1.0 cup	28
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	28
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	27
19434	Cheese puffs and twists, corn based, baked, low fat	28.35	1.0 oz	27
18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	28.35	1.0 oz	27
22905	Beef stew, canned entree	196.0	1.0 cup (1 serving)	27
18220	Crackers, melba toast, plain	14.2	0.5 oz	27
18424	Crackers, melba toast, plain, without salt	14.2	0.5 oz	27
20126	Spaghetti, spinach, dry	57.0	2.0 oz	27
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	152.0	5.0 fl oz	27
18402	Pie crust, standard-type, prepared from recipe, unbaked	24.0	1.0 piece (1/8 of 9" crust)	27
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	27
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	210.0	1.0 cup	27
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	35.0	1.0 bar	27
11761	Cauliflower, cooked, boiled, drained, with salt	62.0	0.5 cup (1" pieces)	27
11136	Cauliflower, cooked, boiled, drained, without salt	62.0	0.5 cup (1" pieces)	27
18212	Cookies, vanilla wafers, lower fat	28.35	1.0 oz	27
43146	Eggplant, pickled	136.0	1.0 cup	27
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	85.0	3.0 oz	27
15116	Fish, trout, rainbow, wild, cooked, dry heat	143.0	1.0 fillet	27
11104	Burdock root, raw	118.0	1.0 cup (1" pieces)	27
11487	Squash, winter, butternut, frozen, unprepared	113.0	0.33 package (12 oz)	27
36035	Restaurant, family style, coleslaw	108.0	1.0 serving	27
01295	Yogurt, vanilla, non-fat	245.0	1.0 cup (8 fl oz)	27
09272	Pineapple, frozen, chunks, sweetened	245.0	1.0 cup, chunks	27
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	27
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	27
06528	Soup, chicken noodle, dry, mix, prepared with water	245.0	1.0 cup	27
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	27
18261	English muffins, mixed-grain, toasted (includes granola)	28.35	1.0 oz	27
18016	Biscuits, plain or buttermilk, prepared from recipe	28.35	1.0 oz	27
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	27
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207.0	1.0 can (6 fl oz)	27
06461	Soup, tomato beef with noodle, canned, prepared with equal volume water	244.0	1.0 cup	27

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
16160	Tofu, hard, prepared with nigari	122.0	0.25 block	27
18426	Crackers, saltines, unsalted tops (includes oyster, soda, soup)	14.2	0.5 oz	27
18141	Cake, yellow, commercially prepared, with vanilla frosting	67.0	1.0 serving	27
16166	Soymilk, chocolate, unfortified	243.0	1.0 cup	27
16168	Soymilk, chocolate, with added calcium, vitamins A and D	243.0	1.0 cup	27
18386	Muffins, blueberry, toaster-type, toasted	28.35	1.0 oz	27
09164	Litchis, raw	190.0	1.0 cup	27
01005	Cheese, brick	132.0	1.0 cup, diced	26
09127	Grapefruit juice, pink or red, with added calcium	240.0	8.0 fl oz	26
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	26
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	26
05148	Goose, domesticated, meat only, raw	85.0	3.0 oz	26
20091	Pasta, gluten-free, corn, dry	105.0	1.0 cup	26
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	26
32013	Potsticker or wonton, pork and vegetable, frozen, unprepared	145.0	5.0 pieces 1 serving	26
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	26
15207	Fish, roe, mixed species, cooked, dry heat	28.35	1.0 oz	26
06019	Soup, chicken noodle, canned, condensed	124.0	0.5 cup	26
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	153.0	5.0 fl oz	26
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)	26
03114	Babyfood, vegetable, butternut squash and corn	113.0	1.0 jar, Gerber (4 oz)	26
08120	Cereals, oats, regular and quick, not fortified, dry	81.0	1.0 cup	26
19151	Candies, REESE'S PIECES Candy	47.0	0.25 cup	26
09302	Raspberries, raw	123.0	1.0 cup	26
11985	Fireweed, leaves, raw	23.0	1.0 cup, chopped	26
18347	Rolls, dinner, wheat	28.0	1.0 roll (1 oz)	26
11350	Pokeberry shoots, (poke), raw	160.0	1.0 cup	26
03084	Babyfood, dinner, vegetables and turkey, strained	256.0	1.0 cup	26
09353	Blueberries, wild, canned, heavy syrup, drained	319.0	1.0 cup	26
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	28.35	1.0 oz	26
08090	Cereals, corn grits, white, regular and quick, enriched, dry	9.7	1.0 tbsp	26
11436	Rutabagas, cooked, boiled, drained, without salt	170.0	1.0 cup, cubes	26
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	85.0	3.0 oz	26
19169	Egg custards, dry mix	85.0	1.0 package (3 oz)	26
15113	Fish, tilefish, cooked, dry heat	150.0	0.5 fillet	26
15078	Fish, salmon, chinook, raw	85.0	3.0 oz	26

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
15242	Crustaceans, crayfish, mixed species, farmed, raw	85.0	3.0 oz	26
12157	Nuts, walnuts, dry roasted, with salt added	28.0	1.0 oz	25
11968	Cauliflower, green, cooked, with salt	62.0	0.5 cup (1" pieces)	25
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	25
11956	Tomatoes, sun-dried, packed in oil, drained	110.0	1.0 cup	25
20090	Rice flour, brown	158.0	1.0 cup	25
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	28.35	1.0 oz	25
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz	25
18078	Bread, whole-wheat, prepared from recipe, toasted	28.35	1.0 oz	25
01135	Egg, white, dried, flakes, stabilized, glucose reduced	28.35	1.0 oz	25
18280	Muffins, corn, dry mix, prepared	28.35	1.0 oz	25
18187	Cookies, peanut butter, refrigerated dough	28.35	1.0 oz	25
18281	Muffins, corn, toaster-type	28.35	1.0 oz	25
20141	Spelt, cooked	194.0	1.0 cup	25
11322	Peas and carrots, frozen, unprepared	70.0	0.5 cup	25
11245	Lambsquarters, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	25
11794	Lambsquarters, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	25
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	90.0	0.5 cup slices	25
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)	25
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)	25
20006	Barley, pearled, cooked	157.0	1.0 cup	25
09520	Kiwifruit, ZESPRI SunGold, raw	81.0	1.0 fruit	25
11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	25
11878	Taro, cooked, with salt	132.0	1.0 cup slices	25
19118	Candies, NESTLE, OH HENRY! Bar	57.0	1.0 bar 2 oz	25
06166	Sauce, homemade, white, medium	250.0	1.0 cup	25
09124	Grapefruit juice, white, canned, sweetened	250.0	1.0 cup	25
11747	Burdock root, cooked, boiled, drained, with salt	125.0	1.0 cup (1" pieces)	25
09043	Blackberry juice, canned	250.0	1.0 cup	25
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	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
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	25
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	25

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
06969	Potato soup, instant, dry mix	39.0	1.0 serving 1/3 cup	25
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	192.0	1.0 cup slices	25
18240	Croissants, apple	28.35	1.0 oz	25
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	28.35	1.0 oz	25
09420	Jackfruit, canned, syrup pack	178.0	1.0 cup, drained	25
08390	Cereals ready-to-eat, KASHI GOOD FRIENDS	53.0	1.0 cup (1 NLEA serving)	25
01125	Egg, yolk, raw, fresh	17.0	1.0 large	25
06419	Soup, chicken noodle, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	25
09123	Grapefruit juice, white, canned or bottled, unsweetened	247.0	1.0 cup	25
09404	Grapefruit juice, pink, raw	247.0	1.0 cup	25
09128	Grapefruit juice, white, raw	247.0	1.0 cup	25
11779	Cowpeas, young pods with seeds, cooked, boiled, drained, with salt	95.0	1.0 cup	25
11198	Cowpeas, young pods with seeds, cooked, boiled, drained, without salt	95.0	1.0 cup	25
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	28.35	1.0 oz	25
12058	Nuts, acorns, raw	28.35	1.0 oz	25
18198	Cookies, chocolate chip, commercially prepared, special dietary	28.35	1.0 oz	25
18211	Puff pastry, frozen, ready-to-bake, baked	28.35	1.0 oz	25
18039	Bread, oatmeal	28.35	1.0 oz	25
15159	Mollusks, clam, mixed species, cooked, moist heat	85.0	3.0 oz	25
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	85.0	3.0 oz	25
15209	Fish, salmon, Atlantic, wild, cooked, dry heat	85.0	3.0 oz	25
09452	Orange Pineapple Juice Blend	246.0	8.0 fl oz	25
20125	Pasta, whole-wheat, cooked	117.0	1.0 cup spaghetti not packed	25
27044	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	24
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245.0	1.0 cup (unprepared)	24
15215	Fish, shad, american, cooked, dry heat	144.0	1.0 fillet	24
09154	Lemon juice, frozen, unsweetened, single strength	244.0	1.0 cup	24
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	28.35	1.0 oz	24
05335	Chicken, feet, boiled	28.35	1.0 oz	24
18336	Pie crust, standard-type, prepared from recipe, baked	23.0	1.0 piece (1/8 of 9" crust)	24
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	87.0	1.0 cup whole	24
01171	Egg, whole, raw, frozen, pasteurized	28.0	1.0 oz	24
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)	24
11124	Carrots, raw	128.0	1.0 cup chopped	24
11979	Peppers, jalapeno, raw	90.0	1.0 cup, sliced	24

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	202.0	1.0 potato (2-1/3" x 4-3/4")	24
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)	24
09160	Lime juice, raw	242.0	1.0 cup	24
21059	Fast foods, shrimp, breaded and fried	39.0	3.0 pieces shrimp	24
11977	Peppers, serrano, raw	105.0	1.0 cup, chopped	24
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	24
18097	Cake, pudding-type, chocolate, dry mix	28.35	1.0 oz	24
18245	Danish pastry, cheese	28.35	1.0 oz	24
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	24
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	24
01287	Yogurt, Greek, plain, lowfat	200.0	1.0 container (7 oz)	24
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	24
11618	Eppaw, raw	100.0	1.0 cup	24
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	24
14064	Beverages, Orange juice, light, No pulp	240.0	8.0 fl oz	24
11952	Radicchio, raw	40.0	1.0 cup, shredded	24
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	240.0	1.0 cup	24
12142	Nuts, pecans	109.0	1.0 cup, chopped	24
06001	Soup, cream of asparagus, canned, condensed	126.0	0.5 cup (4 fl oz)	24
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	126.0	0.5 cup	24
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	24
18011	Biscuits, plain or buttermilk, dry mix, prepared	28.35	1.0 oz	24
11003	Amaranth leaves, raw	28.0	1.0 cup	24
11482	Squash, winter, acorn, raw	140.0	1.0 cup, cubes	24
01011	Cheese, colby	132.0	1.0 cup, diced	24
01169	Cheese, low-sodium, cheddar or colby	132.0	1.0 cup, diced	24
01034	Cheese, port de salut	132.0	1.0 cup, diced	24
42155	Cheese, monterey, low fat	132.0	1.0 cup, diced	24
01025	Cheese, monterey	132.0	1.0 cup, diced	24
28298	Cookies, brownies, commercially prepared, reduced fat, with added fiber	36.0	1.0 brownie 1 serving	24
21140	Side dishes, potato salad	95.0	0.333 cup	24
06026	Soup, chili beef, canned, condensed	263.0	1.0 cup (8 fl oz)	24
11400	Potatoes, frozen, whole, unprepared	182.0	1.0 cup	24
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	24
08142	Cereals, WHEATENA, dry	40.0	0.33 cup (1 NLEA serving)	24
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	24

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
20029	Couscous, cooked	157.0	1.0 cup, cooked	24
18126	Cake, shortcake, biscuit-type, prepared from recipe	28.35	1.0 oz	24
19812	Snacks, pretzels, hard, plain, made with unenriched flour, salted	28.35	1.0 oz	24
18053	Bread, reduced-calorie, rye	28.35	1.0 oz	24
18161	Cookies, chocolate chip, dry mix	28.35	1.0 oz	24
19813	Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	28.35	1.0 oz	24
19423	Snacks, potato chips, fat-free, made with olestra	28.35	1.0 oz	24
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	24
20010	Buckwheat groats, roasted, cooked	168.0	1.0 cup	24
28313	Rolls, hamburger or hot dog, whole wheat	56.0	1.0 roll	24
01123	Egg, whole, raw, fresh	50.0	1.0 large	24
11957	Fennel, bulb, raw	87.0	1.0 cup, sliced	23
20065	Rye flour, light	102.0	1.0 cup	23
01128	Egg, whole, cooked, fried	46.0	1.0 large	23
11990	Wasabi, root, raw	130.0	1.0 cup, sliced	23
09150	Lemons, raw, without peel	212.0	1.0 cup, sections	23
18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	23
18279	Muffins, corn, commercially prepared	28.35	1.0 oz	23
01271	Cheese, mozzarella, low moisture, part-skim, shredded	86.0	1.0 cup	23
20136	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, cooked	116.0	1.0 cup spaghetti not packed	23
09325	Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids	257.0	1.0 cup	23
09111	Grapefruit, raw, pink and red and white, all areas	230.0	1.0 cup sections, with juice	23
09116	Grapefruit, raw, white, all areas	230.0	1.0 cup sections, with juice	23
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	23
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	28.35	1.0 oz	23
18264	English muffins, wheat	28.35	1.0 oz	23
18189	Cookies, peanut butter, prepared from recipe	28.35	1.0 oz	23
11991	Yautia (tannier), raw	135.0	1.0 cup, sliced	23
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	85.0	3.0 oz	23
05133	Chicken, capons, meat and skin and giblets and neck, raw	85.0	3.0 oz	23
28329	Cookies, chocolate, made with rice cereal	62.0	1.0 cookie	23
27062	Soup, beef barley, ready to serve	208.0	1.0 cup	23
11518	Taro, raw	104.0	1.0 cup, sliced	23
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254.0	1.0 cup	23
18087	Cake, angelfood, dry mix	38.0	1.0 serving	23
05076	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter	95.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	23

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax	53.0	0.67 Cup (1 NLEA serving)	23
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	23
18196	Cookies, brownies, dry mix, sugar free	28.35	1.0 oz	23
28315	Bread, cinnamon	28.0	1.0 slice 1 serving	23
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	23
01182	USDA Commodity, cheese, cheddar, reduced fat	113.0	1.0 cup shredded	23
06358	Soup, tomato bisque, canned, prepared with equal volume milk	251.0	1.0 cup (8 fl oz)	23
11233	Kale, raw	16.0	1.0 cup 1" pieces, loosely packed	23
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	22
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	22
06749	Soup, beef and vegetables, canned, ready-to-serve	250.0	1.0 cup	22
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	22
11916	Peppers, sweet, red, canned, solids and liquids	140.0	1.0 cup, halves	22
11335	Peppers, sweet, green, canned, solids and liquids	140.0	1.0 cup, halves	22
03108	Babyfood, vegetables, sweet potatoes strained	224.0	1.0 cup	22
18042	Bread, pita, whole-wheat	64.0	1.0 pita, large (6-1/2" dia)	22
03109	Babyfood, vegetables, sweet potatoes, junior	224.0	1.0 cup	22
18265	English muffins, wheat, toasted	28.35	1.0 oz	22
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	28.35	1.0 oz	22
11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	22
06246	Soup, cream of onion, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	22
42185	Frozen yogurts, chocolate, nonfat milk, sweetened without sugar	186.0	1.0 cup	22
19160	Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	57.0	1.0 package (2 oz)	22
18333	Pie crust, standard-type, dry mix, prepared, baked	20.0	1.0 piece (1/8 of 9" crust)	22
08353	Cereals ready-to-eat, QUAKER, MOTHER'S Cinnamon Oat Crunch	60.0	1.0 cup (1 NLEA serving)	22
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	22
12121	Nuts, hazelnuts or filberts, blanched	28.35	1.0 oz	22
18077	Bread, whole-wheat, prepared from recipe	28.35	1.0 oz	22
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	22
15073	Fish, roughy, orange, raw	85.0	3.0 oz	22
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	22
05109	Chicken, roasting, meat and skin and giblets and neck, raw	85.0	3.0 oz	22
15236	Fish, salmon, Atlantic, farmed, raw	85.0	3.0 oz	22
11423	Pumpkin, cooked, boiled, drained, without salt	245.0	1.0 cup, mashed	22
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	22
06208	Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	245.0	1.0 cup	22

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
11549	Tomato products, canned, sauce	245.0	1.0 cup	22
11845	Pumpkin, cooked, boiled, drained, with salt	245.0	1.0 cup, mashed	22
11551	Tomato products, canned, sauce, with mushrooms	245.0	1.0 cup	22
03298	Babyfood, dinner, broccoli and chicken, junior	29.0	1.0 tbsps	22
16570	GARDENBURGER Black Bean Chipotle Burger, frozen, unprepared	71.0	1.0 patty	22
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	22
06401	Soup, cream of asparagus, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	22
06968	Soup, cream of mushroom, low sodium, ready-to-serve, canned	244.0	1.0 cup	22
01132	Egg, whole, cooked, scrambled	61.0	1.0 large	22
11559	Tomato products, canned, sauce, with tomato tidbits	244.0	1.0 cup	22
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	243.0	1.0 cup	22
16225	Soymilk, original and vanilla, light, with added calcium, vitamins A and D	243.0	1.0 cup	22
16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	243.0	1.0 cup	22
08182	Cereals, WHEATENA, cooked with water, with salt	243.0	1.0 cup	22
18180	Cookies, oatmeal, dry mix	28.35	1.0 oz	22
18114	Cake, gingerbread, dry mix	28.35	1.0 oz	22
21139	Fast foods, potato, mashed	242.0	1.0 cup	22
11897	Yam, cooked, boiled, drained, or baked, with salt	136.0	1.0 cup, cubes	22
11602	Yam, cooked, boiled, drained, or baked, without salt	136.0	1.0 cup, cubes	22
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	22
11266	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole	22
11596	Winged beans, immature seeds, cooked, boiled, drained, without salt	62.0	1.0 cup	22
11896	Winged bean, immature seeds, cooked, boiled, drained, with salt	62.0	1.0 cup	22
11537	Tomatoes, red, ripe, canned, with green chilies	241.0	1.0 cup	22
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	135.0	1.0 cup, strips	22
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	22
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	120.0	0.5 cup	22
11241	Kohlrabi, raw	135.0	1.0 cup	22
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	120.0	0.5 cup	22
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	120.0	1.0 item	22
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	22
11726	Beans, snap, green, canned, no salt added, solids and liquids	120.0	0.5 cup	22
16150	Peanut butter, smooth, reduced fat	36.0	2.0 tablespoon	22
18175	Cookies, ladyfingers, with lemon juice and rind	28.35	1.0 oz	22
18025	Bread, cracked-wheat	28.35	1.0 oz	22
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	58.0	1.0 wing, with skin	21

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
18243	Croutons, seasoned	14.2	0.5 oz	21
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	89.0	1.0 cup	21
11785	Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	178.0	1.0 cup (1" pieces)	21
11221	Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	178.0	1.0 cup (1" pieces)	21
14248	Alcoholic beverage, beer, light, higher alcohol	356.0	12.0 fl oz	21
21138	Fast foods, potato, french fried in vegetable oil	71.0	1.0 serving small	21
28300	Cookies, oatmeal sandwich, with creme filling	38.0	1.0 cookie 1 serving	21
28397	Bread, multi-grain (includes whole-grain)	28.35	1.0 oz	21
18040	Bread, oatmeal, toasted	28.35	1.0 oz	21
19147	Candies, peanut bar	28.35	1.0 oz	21
18157	Cookies, chocolate wafers	28.35	1.0 oz	21
18237	Cream puff shell, prepared from recipe	28.35	1.0 oz	21
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	21
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	85.0	3.0 oz	21
05354	USDA Commodity, turkey taco meat, frozen, cooked	85.0	3.0 oz	21
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	21
17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	21
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	21
17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	21
15076	Fish, salmon, Atlantic, wild, raw	85.0	3.0 oz	21
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	21
15204	Fish, pike, walleye, cooked, dry heat	124.0	1.0 fillet	21
15217	Fish, sucker, white, cooked, dry heat	124.0	1.0 fillet	21
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	210.0	1.0 cup, diced	21
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	21
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	21
42186	Frozen yogurts, chocolate	174.0	1.0 cup	21
09174	Loquats, raw	149.0	1.0 cup, cubed	21
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	21
12104	Nuts, coconut meat, raw	80.0	1.0 cup, shredded	21
18174	Cookies, graham crackers, chocolate-coated	27.0	3.0 pieces	21
42148	Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies	46.0	1.0 serving 1.63 oz singles bag	21
09118	Grapefruit, raw, white, Florida	230.0	1.0 cup sections, with juice	21
09114	Grapefruit, raw, pink and red, Florida	230.0	1.0 cup sections, with juice	21
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	21

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
18032	Bread, irish soda, prepared from recipe	28.35	1.0 oz	21
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	28.35	1.0 oz	21
12071	Nuts, almond paste	28.35	1.0 oz	21
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	21
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	114.0	0.5 cup	21
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	256.0	1.0 cup	20
03062	Babyfood, dinner, vegetables and ham, junior	256.0	1.0 cup	20
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	20
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	20
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	227.0	0.5 lb	20
18268	French toast, frozen, ready-to-heat	28.35	1.0 oz	20
12096	Nuts, chestnuts, chinese, roasted	28.35	1.0 oz	20
18151	Cookies, brownies, commercially prepared	28.35	1.0 oz	20
01222	Yogurt, chocolate, nonfat milk, fortified with vitamin D	170.0	1.0 container (6 oz)	20
11392	Potatoes, hash brown, frozen, with butter sauce, unprepared	170.0	1.0 package (6 oz)	20
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	170.0	1.0 container (6 oz)	20
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	85.0	3.0 oz	20
01187	Yogurt, chocolate, nonfat milk	170.0	1.0 container (6 oz)	20
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	85.0	3.0 oz	20
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	20
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	20
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	85.0	3.0 oz	20
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	85.0	3.0 oz	20
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	20
15230	Mollusks, octopus, common, cooked, moist heat	85.0	3.0 oz	20
42117	Imitation cheese, american or cheddar, low cholesterol	113.0	1.0 cup, shredded	20
11852	Salsify, cooked, boiled, drained, with salt	135.0	1.0 cup slices	20
11438	Salsify, cooked, boiled, drained, without salt	135.0	1.0 cup, sliced	20
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	47.0	2.0 biscuits (1 NLEA serving)	20
18215	Crackers, cheese, sandwich-type with peanut butter filling	14.2	0.5 oz	20
18427	Crackers, standard snack-type, regular, low salt	14.2	0.5 oz	20
11087	Beet greens, cooked, boiled, drained, without salt	144.0	1.0 cup (1" pieces)	20
11736	Beet greens, cooked, boiled, drained, with salt	144.0	1.0 cup (1" pieces)	20
05049	Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter	72.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	20
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	252.0	1.0 cup	20
09065	Cherries, sour, red, canned, light syrup pack, solids and liquids	252.0	1.0 cup	20

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
19098	Candies, 5TH AVENUE Candy Bar	56.0	1.0 bar 2 oz	20
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	252.0	1.0 cup	20
43028	Jams and preserves, no sugar (with sodium saccharin), any flavor	224.0	1.0 cup	20
03942	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	20
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	20
28292	Crackers, multigrain	14.0	4.0 crackers	20
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	11.0	1.0 tbsp	20
15239	Fish, salmon, coho, farmed, cooked, dry heat	143.0	1.0 fillet	20
09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	20
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	35.0	0.5 cup, shredded	20
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	20
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	35.0	0.5 cup, shredded	20
16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	20
14220	Beverages, OCEAN SPRAY, Cranberry-Apple Juice Drink, bottled	249.0	8.0 fl oz	20
18051	Bread, reduced-calorie, oatmeal	28.35	1.0 oz	20
18451	Cake, pound, commercially prepared, fat-free	28.35	1.0 oz	20
18164	Cookies, chocolate chip, refrigerated dough, baked	28.35	1.0 oz	20
18250	Doughnuts, cake-type, plain, sugared or glazed	28.35	1.0 oz	20
18036	Bread, multi-grain, toasted (includes whole-grain)	28.35	1.0 oz	20
14255	Beverages, OCEAN SPRAY, Cran Pomegranate	248.0	8.0 fl oz	20
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	124.0	0.5 cup	20
11793	Kohlrabi, cooked, boiled, drained, with salt	165.0	1.0 cup slices	20
03995	Babyfood, banana with mixed berries, strained	99.0	1.0 packet	20
11242	Kohlrabi, cooked, boiled, drained, without salt	165.0	1.0 cup slices	20
14258	Beverages, OCEAN SPRAY, White Cranberry Peach	247.0	8.0 fl oz	20
09233	Passion-fruit juice, yellow, raw	247.0	1.0 cup	20
14227	Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink	247.0	8.0 fl oz	20
18223	Crackers, milk	14.2	0.5 oz	20
23040	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	179.0	1.0 steak	20
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	20
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	20
09161	Lime juice, canned or bottled, unsweetened	246.0	1.0 cup	20
11151	Chicory, witloof, raw	53.0	1.0 head	20
08452	Cereals, QUAKER, Whole Wheat Natural Cereal, dry	40.0	0.5 cup	20
11669	Seaweed, wakame, raw	10.0	2.0 tbsp (1/8 cup)	20

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	49.0	1.0 cup (1 NLEA serving)	20
18188	Cookies, peanut butter, refrigerated dough, baked	28.35	1.0 oz	20
03216	Babyfood, teething biscuits	28.35	1.0 oz	20
18201	Cookies, peanut butter sandwich, special dietary	28.35	1.0 oz	20
18168	Cookies, chocolate sandwich, with extra creme filling	28.35	1.0 oz	20
18202	Cookies, sugar wafer, with creme filling, sugar free	28.35	1.0 oz	20
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	20
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	20
17061	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled	85.0	3.0 oz	20
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	20
17049	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	20
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	20
17233	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	20
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244.0	1.0 cup	20
43241	Cereals ready-to-eat, FAMILIA	122.0	1.0 cup	20
11226	Jerusalem-artichokes, raw	150.0	1.0 cup slices	20
11564	Turnips, raw	130.0	1.0 cup, cubes	20
15034	Fish, haddock, cooked, dry heat	150.0	1.0 fillet	20
11416	Pumpkin flowers, raw	33.0	1.0 cup	19
08462	Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat	54.0	29.0 biscuits (1 NLEA serving)	19
06180	Soup, shark fin, restaurant-prepared	216.0	1.0 cup	19
28285	Bread, chapati or roti, whole wheat, commercially prepared, frozen	43.0	1.0 piece	19
01255	Egg, whole, raw, frozen, salted, pasteurized	28.0	1.0 oz	19
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	10.6	1.0 tbsp	19
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	28.35	1.0 oz	19
12093	Nuts, chestnuts, chinese, raw	28.35	1.0 oz	19
18367	Waffles, plain, prepared from recipe	28.35	1.0 oz	19
03845	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA	107.0	1.0 serving 100 ml	19
03813	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed	107.0	1.0 Serving 100 ml	19
03119	Babyfood, vegetables, corn, creamed, strained	113.0	1.0 jar	19
43273	Cheese, cottage, with vegetables	113.0	4.0 oz	19
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	19

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	19
22911	Chili, no beans, canned entree	240.0	1.0 cup	19
14217	Beverages, OCEAN SPRAY, Cran Grape	240.0	8.0 fl oz	19
03825	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	19
03815	Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	19
03857	Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	19
03832	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	19
03823	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed	106.0	1.0 Serving 100 ml	19
11632	Peppers, jalapeno, canned, solids and liquids	136.0	1.0 cup, chopped	19
18434	Crackers, cheese, low sodium	14.2	0.5 oz	19
28349	Cookies, oatmeal, reduced fat	25.0	1.0 cookie	19
18156	Cookies, fudge, cake-type (includes trolley cakes)	28.35	1.0 oz	19
18106	Coffeecake, fruit	28.35	1.0 oz	19
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	28.35	1.0 oz	19
14235	Beverages, OCEAN SPRAY, Diet Cran Cherry	237.0	8.0 fl oz	19
14221	Beverages, OCEAN SPRAY, Diet Cranberry Juice	237.0	8.0 fl oz	19
20139	Wheat, KAMUT khorasan, cooked	172.0	1.0 cup	19
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	19
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	90.0	0.5 cup slices	19
11962	Peppers, hot chile, sun-dried	37.0	1.0 cup	19
11228	Jew's ear, (pepeao), raw	99.0	1.0 cup slices	19
01113	Whey, acid, dried	57.0	1.0 cup	19
11622	Kale, scotch, raw	67.0	1.0 cup, chopped	19
16606	MORNINGSTAR FARMS Mediterranean Chickpea, frozen, unprepared	67.0	1.0 Burger	19
11264	Mushrooms, canned, drained solids	156.0	1.0 cup	19
12004	Seeds, breadnut tree seeds, raw	28.35	1.0 oz (8-14 seeds)	19
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	19
18253	Doughnuts, french crullers, glazed	28.35	1.0 oz	19
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	19
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	85.0	3.0 oz	19
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	19
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	19
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	170.0	1.0 container	19
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	19
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	19
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	19

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
27001	Soup, hot and sour, Chinese restaurant	233.0	1.0 cup	19
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	19
19143	Candies, MR. GOODBAR Chocolate Bar	49.0	1.0 bar (1.75 oz)	19
03964	Babyfood, fortified cereal bar, fruit filling	19.0	1.0 bar	19
16427	Tofu, raw, regular, prepared with calcium sulfate	124.0	0.5 cup	19
03860	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed	31.0	1.0 fl oz	19
11489	Squash, winter, hubbard, raw	116.0	1.0 cup, cubes	19
11422	Pumpkin, raw	116.0	1.0 cup (1" cubes)	19
03822	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, prepared from powder	103.0	1.0 serving 100 ml	19
03864	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA	103.0	1.0 serving 100 ml	19
28290	Cookie, with peanut butter filling, chocolate-coated	25.0	2.0 cookies	18
19117	Candies, halavah, plain	28.35	1.0 oz	18
01006	Cheese, brie	28.35	1.0 oz	18
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	18.0	1.0 piece (1/8 of 9" crust)	18
21034	Fast foods, sundae, strawberry	153.0	1.0 sundae	18
18221	Crackers, melba toast, rye (includes pumpernickel)	14.2	0.5 oz	18
09067	Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	18
05145	Duck, wild, breast, meat only, raw	73.0	1.0 unit (yield from 1 lb ready-to-cook duck)	18
11791	Kale, frozen, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	18
11444	Seaweed, irishmoss, raw	10.0	2.0 tbsp (1/8 cup)	18
11236	Kale, frozen, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	18
20037	Rice, brown, long-grain, cooked	202.0	1.0 cup	18
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	18
14285	Beverages, OCEAN SPRAY, Ruby Red cranberry	227.0	8.0 fl oz	18
11730	Beans, snap, yellow, frozen, all styles, unprepared	121.0	1.0 cup	18
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	18
19042	Snacks, potato chips, barbecue-flavor	28.35	1.0 oz	18
18251	Doughnuts, cake-type, chocolate, sugared or glazed	28.35	1.0 oz	18
11209	Eggplant, raw	82.0	1.0 cup, cubes	18
18225	Crackers, rye, sandwich-type with cheese filling	14.2	0.5 oz	18
11445	Seaweed, kelp, raw	10.0	2.0 tbsp (1/8 cup)	18
11851	Rutabagas, cooked, boiled, drained, with salt	120.0	0.5 cup, mashed	18
03053	Babyfood, dinner, vegetables and beef, strained	256.0	1.0 cup	18
03054	Babyfood, dinner, vegetables and beef, junior	256.0	1.0 cup	18
03085	Babyfood, dinner, vegetables and turkey, junior	256.0	1.0 cup	18

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	85.0	3.0 oz	18
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	18
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	18
17022	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	18
17038	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	18
17054	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	18
05144	Duck, wild, meat and skin, raw	85.0	3.0 oz	18
13317	Beef, ground, patties, frozen, cooked, broiled	85.0	3.0 oz	18
17245	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	18
17040	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	18
17198	Veal, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	18
17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	18
17249	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted	85.0	3.0 oz	18
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	18
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	223.0	1.0 cup	18
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	223.0	1.0 cup	18
11902	Corn, sweet, white, cooked, boiled, drained, with salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	18
11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	18
08054	Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey	48.0	0.5 cup (1 NLEA serving)	18
09433	Clementines, raw	74.0	1.0 fruit	18
11848	Pumpkin leaves, cooked, boiled, drained, with salt	71.0	1.0 cup	18
11419	Pumpkin leaves, cooked, boiled, drained, without salt	71.0	1.0 cup	18
43393	Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	59.0	1.25 cup (1 NLEA serving)	18
16138	Falafel, home-prepared	17.0	1.0 patty (approx 2-1/4" dia)	18
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57.0	1.0 bar (2 oz)	18
06030	Soup, clam chowder, new england, canned, condensed	126.0	0.5 cup	18
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	84.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	18
03849	Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, with iron, powder, with ARA and DHA	9.4	1.0 scoop	18
01007	Cheese, camembert	28.35	1.0 oz	18
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1.0 oz	18
09436	Mango nectar, canned	251.0	1.0 cup	18
05161	Squab, (pigeon), meat only, raw	251.0	1.0 unit (yield from 1 lb ready-to-cook squab)	18

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
20450	Rice, white, medium-grain, raw, unenriched	195.0	1.0 cup	18
11414	Potato salad, home-prepared	250.0	1.0 cup	18
01131	Egg, whole, cooked, poached	50.0	1.0 large	18
05017	Chicken, broilers or fryers, skin only, cooked, fried, flour	33.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	17
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	17
11259	Mountain yam, hawaii, cooked, steamed, without salt	145.0	1.0 cup, cubes	17
01115	Whey, sweet, dried	145.0	1.0 cup	17
11927	Mountain yam, hawaii, cooked, steamed, with salt	145.0	1.0 cup, cubes	17
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	17
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	17
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	91.0	0.5 cup	17
11616	Dock, raw	133.0	1.0 cup, chopped	17
09232	Passion-fruit juice, purple, raw	247.0	1.0 cup	17
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	91.0	0.5 cup	17
35015	Blackberries, wild, raw (Alaska Native)	157.0	1.0 cup	17
16136	Winged beans, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	17
25045	Formulated bar, high fiber, chewy, oats and chocolate	40.0	1.0 bar	17
16436	Winged beans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	17
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	132.0	1.0 serving 1/2 cup	17
15235	Fish, catfish, channel, farmed, cooked, dry heat	143.0	1.0 fillet	17
15040	Fish, herring, Atlantic, cooked, dry heat	143.0	1.0 fillet	17
05149	Goose, domesticated, meat only, cooked, roasted	143.0	1.0 unit (yield from 1 lb ready-to-cook goose)	17
01109	Milk, sheep, fluid	245.0	1.0 cup	17
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	17
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	142.0	1.0 breast without skin	17
16230	Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	17
16231	Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	17
08143	Cereals, WHEATENA, cooked with water	243.0	1.0 cup	17
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	17
15176	Mollusks, squid, mixed species, cooked, fried	85.0	3.0 oz	17
15156	Mollusks, abalone, mixed species, cooked, fried	85.0	3.0 oz	17
15080	Fish, salmon, chum, canned, drained solids with bone	85.0	3.0 oz	17
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	17
17231	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	17

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
15180	Fish, salmon, chum, canned, without salt, drained solids with bone	85.0	3.0 oz	17
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	17
17219	Veal, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	17
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	17
17046	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	17
90240	Mollusks, scallop, (bay and sea), cooked, steamed	85.0	3.0 oz	17
01203	Yogurt, fruit, lowfat, with low calorie sweetener	170.0	1.0 container (6 oz)	17
28287	Bread, naan, whole wheat, commercially prepared, refrigerated	106.0	1.0 piece	17
11790	Kale, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	17
11234	Kale, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	17
11623	Kale, scotch, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	17
11792	Kale, scotch, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	17
27000	Soup, egg drop, Chinese restaurant	241.0	1.0 cup	17
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	51.0	0.5 cup (1 NLEA serving)	17
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	17
09322	Tamarinds, raw	120.0	1.0 cup, pulp	17
20127	Spaghetti, spinach, cooked	140.0	1.0 cup	17
19249	Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	42.0	1.0 serving 1.5 oz	17
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	17
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	17
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	17
19069	Candies, NESTLE, BUTTERFINGER Bar	60.0	1.0 serving 2.1 oz bar	17
12158	Seeds, breadfruit seeds, roasted	28.35	1.0 oz	17
12204	Nuts, chestnuts, japanese, roasted	28.35	1.0 oz	17
18966	Crackers, saltines, whole wheat (includes multi-grain)	14.0	1.0 serving	17
06976	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	128.0	1.0 serving 1/2 cup	17
43483	Millet, puffed	21.0	1.0 cup	17
22908	Beef, corned beef hash, with potato, canned	236.0	1.0 cup	17
12644	Nuts, pecans, oil roasted, with salt added	110.0	1.0 cup	16
43218	Cereals ready-to-eat, ALPEN	55.0	0.67 cup (1 NLEA serving)	16
07911	Liverwurst spread	55.0	0.25 cup	16
12144	Nuts, pecans, oil roasted, without salt added	110.0	1.0 cup	16
01286	Yogurt, Greek, vanilla, nonfat	150.0	1.0 container (5.3 oz)	16
18121	Cake, pound, commercially prepared, other than all butter, enriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	16
18105	Coffeecake, creme-filled with chocolate frosting	28.35	1.0 oz	16
12149	Nuts, pine nuts, pinyon, dried	28.35	1.0 oz	16

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
12098	Nuts, chestnuts, european, raw, peeled	28.35	1.0 oz	16
20420	Pasta, dry, unenriched	91.0	1.0 cup spaghetti	16
06217	Soup, vegetable, canned, low sodium, condensed	126.0	0.5 cup	16
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	51.0	12.0 fries	16
22971	Potato salad with egg	125.0	0.5 cup	16
25064	Snacks, potato chips, lightly salted	28.0	23.0 pieces	16
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	16
11527	Tomatoes, green, raw	180.0	1.0 cup	16
18290	Pancakes, plain, dry mix, complete, prepared	28.35	1.0 oz	16
18269	French toast, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	16
17237	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	16
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	16
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	16
17247	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	16
17225	Lamb, ground, cooked, broiled	85.0	3.0 oz	16
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	16
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	16
17037	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	16
17227	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	16
17126	Veal, shoulder, arm, separable lean only, cooked, braised	85.0	3.0 oz	16
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	16
25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	35.0	1.0 bar	16
42237	Cereals ready-to-eat, WEETABIX whole grain cereal	35.0	2.0 biscuits (1 NLEA serving)	16
06067	Soup, chunky vegetable, canned, ready-to-serve	230.0	1.0 cup	16
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	16
11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	16
11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	16
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	16
12169	Seeds, sesame butter, paste	16.0	1.0 tbsp	16
11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	16
11645	Sweet potato, canned, syrup pack, solids and liquids	228.0	1.0 cup	16
18086	Cake, angelfood, commercially prepared	28.0	1.0 piece (1/12 of 12 oz cake)	16
15148	Crustaceans, lobster, northern, cooked, moist heat	145.0	1.0 cup	16
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	55.0	0.666 cup (1 NLEA serving)	16

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
14310	Beverages, Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	16
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	30.0	1.0 piece (1/8 of 9" crust)	16
05304	Turkey, mechanically deboned, from turkey frames, raw	227.0	0.5 lb	16
18390	Pancakes, buttermilk, prepared from recipe	28.35	1.0 oz	16
18293	Pancakes, plain, prepared from recipe	28.35	1.0 oz	16
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	16
01030	Cheese, muenster	132.0	1.0 cup, diced	16
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	16
11765	Chard, swiss, cooked, boiled, drained, with salt	175.0	1.0 cup, chopped	16
11148	Chard, swiss, cooked, boiled, drained, without salt	175.0	1.0 cup, chopped	16
11693	Tomatoes, crushed, canned	121.0	0.5 cup	16
43476	Tofu yogurt	262.0	1.0 cup	16
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	16
19896	Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	56.0	1.0 serving 1 bar	16
22998	Rice and vermicelli mix, chicken flavor, unprepared	56.0	0.333 cup	16
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	17.0	1.0 piece	16
16128	Tofu, dried-frozen (koyadofu)	17.0	1.0 piece	16
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	130.0	1.0 cup slices	16
18117	Cake, pudding-type, marble, dry mix	28.35	1.0 oz	16
11671	Potatoes, o'brien, home-prepared	194.0	1.0 cup	16
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	31.0	2.0 large	16
06158	Soup, tomato bisque, canned, condensed	129.0	0.5 cup (4 fl oz)	15
07006	Bockwurst, pork, veal, raw	91.0	1.0 sausage	15
43135	Sandwich spread, meatless	15.0	1.0 tbsp	15
18292	Pancakes, plain, dry mix, incomplete, prepared	28.35	1.0 oz	15
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	28.35	1.0 oz	15
12127	Nuts, ginkgo nuts, raw	28.35	1.0 oz	15
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	15
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	85.0	3.0 oz	15
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	15
15202	Fish, milkfish, cooked, dry heat	85.0	3.0 oz	15
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	15
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	15
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	170.0	1.0 container (6 oz)	15
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85.0	3.0 oz	15

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	15
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	15
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	15
17153	Game meat, beefalo, composite of cuts, cooked, roasted	85.0	3.0 oz	15
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	15
17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	15
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	15
43261	Yogurt, fruit variety, nonfat	170.0	1.0 container (6 oz)	15
15245	Mollusks, oyster, eastern, farmed, raw	85.0	3.0 oz	15
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	15
17252	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	15
17100	Veal, leg (top round), separable lean only, cooked, braised	85.0	3.0 oz	15
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	15
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	170.0	1.0 container (6 oz)	15
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	15
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	15
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	15
05621	Emu, ground, raw	117.0	1.0 patty	15
08231	Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry	40.0	0.5 cup (1 NLEA serving)	15
06967	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	253.0	1.0 cup	15
03840	Infant formula, ABBOTT NUTRITION, SIMILAC, SPECIAL CARE, ADVANCE 24, with iron, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	15
09434	Guanabana nectar, canned	251.0	1.0 cup	15
18152	Cookies, brownies, dry mix, regular	28.35	1.0 oz	15
18182	Cookies, oatmeal, refrigerated dough	28.35	1.0 oz	15
12001	Seeds, breadfruit seeds, raw	28.35	1.0 oz	15
03214	Babyfood, cookies, arrowroot	28.35	1.0 oz	15
18294	Pancakes, blueberry, prepared from recipe	28.35	1.0 oz	15
18134	Cake, sponge, prepared from recipe	28.35	1.0 oz	15
18103	Coffeecake, cheese	28.35	1.0 oz	15
18170	Cookies, fig bars	28.35	1.0 oz	15
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	150.0	1.0 steak	15
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup	15
15147	Crustaceans, lobster, northern, raw	150.0	1.0 lobster	15

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	15
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	30.0	0.25 cup	15
11374	Potatoes, canned, solids and liquids	300.0	1.0 cup, whole	15
15069	Fish, pompano, florida, cooked, dry heat	88.0	1.0 fillet	15
03839	Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	15
16584	GARDENBURGER Savory Portabella Veggie Burger, frozen, unprepared	71.0	1.0 patty	15
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149.0	1.0 fillet	15
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	149.0	1.0 cup, drained	15
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)	15
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	15
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	15
03870	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber	31.0	1.0 fl oz	15
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	165.0	1.0 cup	15
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	165.0	1.0 cup	15
11207	Dandelion greens, raw	55.0	1.0 cup, chopped	15
06558	Soup, tomato bisque, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	15
06463	Soup, tomato rice, canned, prepared with equal volume water	247.0	1.0 cup	15
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	15
20446	Rice, white, long-grain, parboiled, unenriched, dry	185.0	1.0 cup	15
06045	Soup, onion, canned, condensed	123.0	0.5 cup (4 fl oz)	15
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	15
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	246.0	1.0 cup	15
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	15
18179	Cookies, oatmeal, commercially prepared, soft-type	28.35	1.0 oz	15
18076	Bread, whole-wheat, commercially prepared, toasted	28.35	1.0 oz	15
12131	Nuts, macadamia nuts, raw	134.0	1.0 cup, whole or halves	15
42291	Peanut butter, reduced sodium	16.0	1.0 tbsp	15
12198	Seeds, sesame butter, tahini, from raw and stone ground kernels	15.0	1.0 tbsp	15
06070	Soup, chunky beef, canned, ready-to-serve	245.0	1.0 cup	15
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	210.0	1.0 cup	15
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15.0	1.0 tbsp	15
42189	Milk, buttermilk, fluid, cultured, reduced fat	245.0	1.0 cup	15
12698	Seeds, sesame butter, tahini, type of kernels unspecified	15.0	1.0 tbsp	15
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	210.0	1.0 cup	15
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	15

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	15
01108	Milk, indian buffalo, fluid	244.0	1.0 cup	15
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	15
18224	Crackers, rusk toast	14.2	0.5 oz	15
01168	Cheese, low fat, cheddar or colby	132.0	1.0 cup, diced	15
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	14
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	69.0	1.0 each taco	14
21260	TACO BELL, Original Taco with beef, cheese and lettuce	69.0	1.0 each taco	14
19154	Candies, sesame crunch	28.35	1.0 oz	14
18355	Sweet rolls, cheese	28.35	1.0 oz	14
18102	Cake, white, prepared from recipe with coconut frosting	28.35	1.0 oz	14
18116	Cake, gingerbread, prepared from recipe	28.35	1.0 oz	14
15208	Fish, sablefish, cooked, dry heat	85.0	3.0 oz	14
15105	Fish, sturgeon, mixed species, cooked, dry heat	85.0	3.0 oz	14
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	85.0	3.0 oz	14
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	85.0	3.0 oz	14
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	85.0	3.0 oz	14
17235	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	14
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	14
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	14
17279	Veal, shank (fore and hind), separable lean only, cooked, braised	85.0	3.0 oz	14
15223	Fish, whitefish, mixed species, cooked, dry heat	85.0	3.0 oz	14
15098	Fish, sheepshead, cooked, dry heat	85.0	3.0 oz	14
15063	Fish, pike, northern, cooked, dry heat	85.0	3.0 oz	14
15009	Fish, carp, cooked, dry heat	85.0	3.0 oz	14
15195	Fish, drum, freshwater, cooked, dry heat	85.0	3.0 oz	14
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	96.0	6.0 pieces	14
09085	Currants, zante, dried	144.0	1.0 cup	14
11603	Yambean (jicama), raw	120.0	1.0 cup slices	14
11277	New Zealand spinach, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	14
11802	New zealand spinach, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	14
11981	Peppers, hungarian, raw	27.0	1.0 pepper	14
05036	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	14
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	65.0	10.0 strips	14
15233	Fish, catfish, channel, wild, cooked, dry heat	143.0	1.0 fillet	14

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
18446	Pie crust, standard-type, frozen, ready-to-bake, unenriched	142.0	1.0 crust, single 9"	14
06063	Soup, tomato rice, canned, condensed	129.0	0.5 cup (4 fl oz)	14
03051	Babyfood, dinner, spaghetti and tomato and meat, toddler	28.35	1.0 oz	14
01093	Milk, dry, nonfat, calcium reduced	28.35	1.0 oz	14
18082	Bread stuffing, bread, dry mix, prepared	28.35	1.0 oz	14
01094	Milk, buttermilk, dried	30.0	0.25 cup	14
19168	Desserts, egg custard, baked, prepared-from-recipe	141.0	0.5 cup	14
14182	Beverages, chocolate syrup, prepared with whole milk	282.0	1.0 cup (8 fl oz)	14
07058	Pickle and pimiento loaf, pork	38.0	1.0 slice	14
11418	Pumpkin leaves, raw	39.0	1.0 cup	14
11889	Turnips, cooked, boiled, drained, with salt	156.0	1.0 cup, cubes	14
08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	234.0	1.0 cup	14
11565	Turnips, cooked, boiled, drained, without salt	156.0	1.0 cup, cubes	14
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234.0	1.0 cup	14
09041	Bananas, dehydrated, or banana powder	100.0	1.0 cup	14
16113	Natto	175.0	1.0 cup	14
43131	Luncheon slices, meatless	14.0	1.0 slice, thin	14
05142	Duck, domesticated, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	14
09021	Apricots, raw	155.0	1.0 cup, halves	14
01039	Cheese, roquefort	28.35	1.0 oz	14
12003	Seeds, breadfruit seeds, boiled	28.35	1.0 oz	14
18266	English muffins, whole-wheat	28.35	1.0 oz	14
11210	Eggplant, cooked, boiled, drained, without salt	99.0	1.0 cup (1" cubes)	14
11783	Eggplant, cooked, boiled, drained, with salt	99.0	1.0 cup (1" cubes)	14
11154	Chicory roots, raw	60.0	1.0 root	14
19094	Desserts, flan, caramel custard, prepared-from-recipe	153.0	0.5 cup	14
03245	Babyfood, dessert, custard pudding, vanilla, strained	229.0	1.0 cup	14
31036	Potatoes, mashed, ready-to-eat	229.0	1.0 cup	14
03246	Babyfood, dessert, custard pudding, vanilla, junior	229.0	1.0 cup	14
12171	Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	14.0	1.0 tbsp	14
09001	Acerola, (west indian cherry), raw	98.0	1.0 cup	14
33874	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron	30.4	1.0 fl oz	14
11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	14
15027	Fish, fish sticks, frozen, prepared	57.0	1.0 piece (4" x 2" x 1/2")	14

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
03984	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed	30.4	1.0 fl oz	14
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	30.4	1.0 fl oz	14
11782	Dandelion greens, cooked, boiled, drained, with salt	105.0	1.0 cup, chopped	14
11208	Dandelion greens, cooked, boiled, drained, without salt	105.0	1.0 cup, chopped	14
18233	Crackers, wheat, sandwich, with cheese filling	14.2	0.5 oz	14
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	227.0	0.5 lb	14
18377	Cookies, oatmeal, prepared from recipe, without raisins	28.35	1.0 oz	14
18019	Bread, banana, prepared from recipe, made with margarine	28.35	1.0 oz	14
18191	Cookies, raisin, soft-type	28.35	1.0 oz	14
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	14
17139	Veal, sirloin, separable lean only, cooked, roasted	85.0	3.0 oz	14
17120	Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	14
05650	Ostrich, outside strip, cooked	85.0	1.0 serving (3 oz)	14
05647	Ostrich, inside strip, cooked	85.0	1.0 serving (3 oz)	14
19079	Candies, confectioner's coating, yogurt	170.0	1.0 cup chips	14
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	14
17114	Veal, rib, separable lean only, cooked, braised	85.0	3.0 oz	14
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	85.0	3.0 oz	14
17148	Bison, ground, grass-fed, cooked	85.0	3.0 oz	14
17111	Veal, rib, separable lean and fat, cooked, braised	85.0	3.0 oz	14
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	14
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	85.0	3.0 oz	14
05645	Ostrich, inside leg, cooked	85.0	1.0 serving (3 oz)	14
17109	Veal, loin, separable lean only, cooked, roasted	85.0	3.0 oz	14
01184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	170.0	1.0 container (6 oz)	14
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	85.0	3.0 oz	14
05652	Ostrich, oyster, cooked	85.0	1.0 serving (3 oz)	14
17103	Veal, leg (top round), separable lean only, cooked, roasted	85.0	3.0 oz	14
15053	Fish, milkfish, raw	85.0	3.0 oz	14
17138	Veal, sirloin, separable lean only, cooked, braised	85.0	3.0 oz	14
09183	Melons, casaba, raw	170.0	1.0 cup, cubes	14
01221	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	14
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	14
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	272.0	1.0 cup (8 fl oz)	14
07979	Sausage, pork, turkey, and beef, reduced sodium	85.0	3.0 oz	14

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
15163	Mollusks, cuttlefish, mixed species, raw	85.0	3.0 oz	14
42303	Cheese, muenster, low fat	113.0	1.0 cup, shredded	14
42235	Cheese, cottage, lowfat, 1% milkfat, lactose reduced	113.0	4.0 oz	14
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	14
43352	Cheese, cottage, lowfat, 1% milkfat, no sodium added	113.0	4.0 oz	14
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	14
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	14
01284	Yogurt, Greek, strawberry, lowfat	150.0	1.0 container (5.3 oz)	14
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	14
43142	Radishes, hawaiian style, pickled	150.0	1.0 cup	14
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	14
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	14
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	14
33875	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron	30.0	5.0 fl oz	14
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	14
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	14
18075	Bread, whole-wheat, commercially prepared	32.0	1.0 slice	13
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	13
09094	Figs, dried, uncooked	149.0	1.0 cup	13
09519	Guava nectar, with sucralose, canned	335.0	11.3 fl oz	13
14239	Alcoholic beverage, malt beer, hard lemonade	335.0	11.2 fl oz	13
03206	Babyfood, cookie, baby, fruit	8.0	1.0 cookie	13
33862	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder	9.6	1.0 scoop	13
28310	Cookies, shortbread, reduced fat	11.8	1.0 cookie	13
12202	Nuts, chestnuts, japanese, raw	28.35	1.0 oz	13
18378	Cookies, chocolate chip, prepared from recipe, made with butter	28.35	1.0 oz	13
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	28.35	1.0 oz	13
14558	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	266.0	1.0 serving	13
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	13
01241	Ice cream sandwich, made with light ice cream, vanilla	70.0	1.0 serving	13
14351	Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	13
11917	Peppers, sweet, red, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	13
11337	Peppers, sweet, green, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	13
01242	Ice cream sandwich, vanilla, light, no sugar added	70.0	1.0 serving	13
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	166.0	1.0 cup spaghetti packed	13

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
14316	Beverages, Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	13
18234	Crackers, wheat, sandwich, with peanut butter filling	14.2	0.5 oz	13
01208	Cheese, provolone, reduced fat	132.0	1.0 cup, diced	13
01040	Cheese, swiss	132.0	1.0 cup, diced	13
21611	School Lunch, chicken nuggets, whole grain breaded	88.0	5.0 pieces	13
12132	Nuts, macadamia nuts, dry roasted, without salt added	132.0	1.0 cup, whole or halves	13
12632	Nuts, macadamia nuts, dry roasted, with salt added	132.0	1.0 cup, whole or halves	13
01035	Cheese, provolone	132.0	1.0 cup, diced	13
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	13
11759	Carrots, canned, no salt added, drained solids	146.0	1.0 cup, sliced	13
20034	Oat bran, cooked	219.0	1.0 cup	13
33866	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, LIPIL, powder	9.6	1.0 scoop	13
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	13
17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty (yield from 112.7 g raw meat)	13
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	13
18323	Pie, peach	28.35	1.0 oz	13
12095	Nuts, chestnuts, chinese, boiled and steamed	28.35	1.0 oz	13
19148	Candies, peanut brittle, prepared-from-recipe	28.35	1.0 oz	13
18388	Muffins, wheat bran, toaster-type with raisins, toasted	28.35	1.0 oz	13
05642	Ostrich, ground, cooked, pan-broiled	93.0	1.0 patty	13
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	13
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	260.0	1.0 cup, crushed, sliced, or chunks	13
28330	Cookies, marshmallow, with rice cereal and chocolate chips	22.0	1.0 bar	13
20054	Rice, white, glutinous, unenriched, uncooked	185.0	1.0 cup	13
43031	Candies, chocolate covered, caramel with nuts	14.0	1.0 piece	13
03814	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted	9.6	1.0 scoop	13
03073	Babyfood, dinner, vegetables chicken, strained	256.0	1.0 cup	13
14169	Beverages, Carob-flavor beverage mix, powder, prepared with whole milk	256.0	1.0 cup (8 fl oz)	13
08402	Cereals, QUAKER, Quick Oats, Dry	40.0	0.5 cup	13
14083	Beverages, chocolate malt, powder, prepared with fat free milk	256.0	1.0 serving	13
03867	Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder	9.4	1.0 scoop	13
33872	Infant formula, GERBER, GOOD START 2 SOY, with iron, powder	9.4	1.0 scoop	13
33873	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted	9.4	1.0 scoop	13
11830	Potatoes, baked, skin only, with salt	58.0	1.0 skin	13
11364	Potatoes, baked, skin, without salt	58.0	1.0 skin	13
19811	Snacks, potato chips, plain, unsalted	28.35	1.0 oz	13

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
18267	English muffins, whole-wheat, toasted	28.35	1.0 oz	13
19437	Snacks, potato chips, fat free, salted	28.35	1.0 oz	13
19809	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted	28.35	1.0 oz	13
19810	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted	28.35	1.0 oz	13
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	13
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	13
17136	Veal, sirloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	13
15064	Fish, pike, walleye, raw	85.0	3.0 oz	13
15112	Fish, tilefish, raw	85.0	3.0 oz	13
17108	Veal, loin, separable lean only, cooked, braised	85.0	3.0 oz	13
15090	Fish, scup, raw	85.0	3.0 oz	13
15074	Fish, sablefish, raw	85.0	3.0 oz	13
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	13
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	85.0	3.0 oz	13
15084	Fish, salmon, pink, canned, total can contents	85.0	3.0 oz	13
15097	Fish, sheepshead, raw	85.0	3.0 oz	13
15094	Fish, shad, american, raw	85.0	3.0 oz	13
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	85.0	3.0 oz	13
15062	Fish, pike, northern, raw	85.0	3.0 oz	13
05658	Ostrich, top loin, cooked	85.0	1.0 serving (3 oz)	13
15008	Fish, carp, raw	85.0	3.0 oz	13
15024	Fish, drum, freshwater, raw	85.0	3.0 oz	13
15107	Fish, sucker, white, raw	85.0	3.0 oz	13
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	13
17106	Veal, loin, separable lean and fat, cooked, roasted	85.0	3.0 oz	13
15104	Fish, sturgeon, mixed species, raw	85.0	3.0 oz	13
93600	Turtle, green, raw	85.0	3.0 oz	13
17135	Veal, sirloin, separable lean and fat, cooked, braised	85.0	3.0 oz	13
17132	Veal, shoulder, blade, separable lean only, cooked, braised	85.0	3.0 oz	13
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	85.0	3.0 oz	13
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	85.0	3.0 oz	13
15130	Fish, whitefish, mixed species, raw	85.0	3.0 oz	13
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	13
15025	Fish, eel, mixed species, raw	85.0	3.0 oz	13
05656	Ostrich, tip trimmed, cooked	85.0	1.0 serving (3 oz)	13
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	13

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
19170	Egg custards, dry mix, prepared with whole milk	141.0	0.5 cup	13
11271	Mustard greens, cooked, boiled, drained, without salt	140.0	1.0 cup, chopped	13
11099	Brussels sprouts, cooked, boiled, drained, without salt	21.0	1.0 sprout	13
43379	Cheese, pasteurized process, swiss, low fat	140.0	1.0 cup, diced	13
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	140.0	1.0 cup	13
43275	Cheese, pasteurized process, American, low fat	140.0	1.0 cup, diced	13
09269	Pineapple, canned, light syrup pack, solids and liquids	252.0	1.0 cup, crushed, sliced, or chunks	13
11745	Brussels sprouts, cooked, boiled, drained, with salt	21.0	1.0 sprout	13
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252.0	1.0 cup	13
28337	Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	35.0	1.0 slice	13
11799	Mustard greens, cooked, boiled, drained, with salt	140.0	1.0 cup, chopped	13
33871	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA	9.6	1.0 scoop	13
06978	Soup, beef and mushroom, low sodium, chunk style	251.0	1.0 cup	13
07940	Macaroni and cheese loaf, chicken, pork and beef	38.0	1.0 slice	13
01105	Milk, chocolate beverage, hot cocoa, homemade	250.0	1.0 cup	12
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	12
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	125.0	1.0 cup	12
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	12
11890	Turnips, frozen, cooked, boiled, drained, with salt	156.0	1.0 cup	12
11141	Celeriac, raw	156.0	1.0 cup	12
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	12
18354	Strudel, apple	28.35	1.0 oz	12
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	12
35205	Stinging Nettles, blanched (Northern Plains Indians)	89.0	1.0 cup	12
16158	Hummus, commercial	15.0	1.0 tbsp	12
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	12
09223	Tangerine juice, canned, sweetened	249.0	1.0 cup	12
09219	Tangerines, (mandarin oranges), canned, juice pack	249.0	1.0 cup	12
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	9.5	1.0 scoop	12
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	12
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	12
03055	Babyfood, dinner, beef with vegetables	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	12
21032	Fast foods, sundae, caramel	155.0	1.0 sundae	12
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	155.0	1.0 cup	12
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	155.0	1.0 cup	12
15188	Fish, bass, striped, cooked, dry heat	124.0	1.0 fillet	12

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
09063	Cherries, sour, red, raw	155.0	1.0 cup, without pits	12
01144	Egg substitute, powder	9.9	0.35 oz	12
09221	Tangerine juice, raw	247.0	1.0 cup	12
42290	Milk, fluid, nonfat, calcium fortified (fat free or skim)	247.0	1.0 cup	12
33869	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder	9.4	1.0 scoop	12
33867	Infant formula, GERBER, GOOD START, PROTECT PLUS, powder	9.4	1.0 scoop	12
09267	Pineapple, canned, water pack, solids and liquids	246.0	1.0 cup, crushed, sliced, or chunks	12
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup	12
01230	Milk, buttermilk, fluid, whole	245.0	1.0 cup	12
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A	245.0	1.0 cup	12
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	12
01088	Milk, buttermilk, fluid, cultured, lowfat	245.0	1.0 cup	12
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	12
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	245.0	1.0 cup	12
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	245.0	1.0 cup	12
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	12
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	245.0	1.0 cup	12
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	244.0	1.0 cup	12
01078	Milk, producer, fluid, 3.7% milkfat	244.0	1.0 cup	12
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	244.0	1.0 cup	12
01060	Milk, filled, fluid, with lauric acid oil	244.0	1.0 cup	12
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	12
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	12
01089	Milk, low sodium, fluid	244.0	1.0 cup	12
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244.0	1.0 cup	12
01059	Milk, filled, fluid, with blend of hydrogenated vegetable oils	244.0	1.0 cup	12
18184	Cookies, oatmeal, prepared from recipe, with raisins	28.35	1.0 oz	12
18324	Pie, pecan, commercially prepared	28.35	1.0 oz	12
18301	Pie, apple, commercially prepared, enriched flour	28.35	1.0 oz	12
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	12
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	29.0	2.0 cookies	12
19348	Syrups, chocolate, fudge-type	304.0	1.0 cup	12
03967	Toddler formula, MEAD JOHNSON, ENFAGROW, PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), powder	8.8	1.0 scoop	12
33870	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder	9.4	1.0 scoop	12
11492	Squash, winter, spaghetti, raw	101.0	1.0 cup, cubes	12

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
03980	Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder	8.7	1.0 scoop	12
03943	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, powder, with ARA and DHA	8.7	1.0 scoop	12
03838	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA	9.0	1.0 scoop	12
42267	Babyfood, juice, orange-carrot	30.8	1.0 fl oz	12
33877	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder	8.7	1.0 scoop	12
33863	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder	8.7	1.0 scoop	12
06172	Soup, stock, chicken, home-prepared	240.0	1.0 cup	12
11508	Sweet potato, cooked, baked in skin, flesh, without salt	200.0	1.0 cup	12
83110	Fish, mackerel, salted	80.0	1.0 piece (5-1/2" x 1-1/2" x 1/2")	12
09310	Rhubarb, frozen, cooked, with sugar	240.0	1.0 cup	12
09301	Rambutan, canned, syrup pack	150.0	1.0 cup, drained	12
20452	Rice, white, short-grain, raw, unenriched	200.0	1.0 cup	12
03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	9.3	1.0 scoop	12
03827	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	12
03808	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	12
03869	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted	8.5	1.0 scoop	12
03826	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted	8.8	1.0 scoop	12
03852	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA	8.8	1.0 scoop	12
03821	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted	8.8	1.0 scoop	12
15132	Fish, whiting, mixed species, raw	92.0	1.0 fillet	12
18312	Pie, chocolate mousse, prepared from mix, no-bake type	28.35	1.0 oz	12
10106	Pork, fresh, variety meats and by-products, kidneys, raw	28.35	1.0 oz	12
11938	Mushroom, white, exposed to ultraviolet light, raw	70.0	1.0 cup pieces or slices	12
17274	Veal, breast, point half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	12
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	85.0	1.0 serving (3 oz)	12
09143	Guava sauce, cooked	238.0	1.0 cup	12
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	12
17105	Veal, loin, separable lean and fat, cooked, braised	85.0	3.0 oz	12
17115	Veal, rib, separable lean only, cooked, roasted	85.0	3.0 oz	12
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	12
01256	Yogurt, Greek, plain, nonfat	170.0	1.0 container	12
11982	Peppers, pasilla, dried	7.0	1.0 pepper	12
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	12

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	12
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85.0	3.0 oz	12
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	12
43597	Cheese, mozzarella, low sodium	132.0	1.0 cup, diced	12
11001	Alfalfa seeds, sprouted, raw	33.0	1.0 cup	12
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	12
01210	Egg Mix, USDA Commodity	8.6	1.0 tbsp	12
15003	Fish, bass, fresh water, mixed species, raw	79.0	1.0 fillet	12
15013	Fish, cisco, raw	79.0	1.0 fillet	12
15020	Fish, croaker, Atlantic, raw	79.0	1.0 fillet	12
33868	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder	9.4	1.0 scoop	12
03819	Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted	9.4	1.0 scoop	12
20130	Barley flour or meal	148.0	1.0 cup	12
01090	Milk, dry, whole, with added vitamin D	32.0	0.25 cup	12
06064	Soup, turkey, chunky, canned, ready-to-serve	236.0	1.0 cup (8 fl oz)	12
13379	Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	235.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	12
11978	Peppers, ancho, dried	17.0	1.0 pepper	12
03809	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted	8.3	1.0 scoop	12
03805	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder	8.3	1.0 scoop	12
03858	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted	8.7	1.0 scoop	12
19240	Frostings, chocolate, creamy, dry mix	388.0	1.0 package	12
18309	Pie, cherry, prepared from recipe	28.35	1.0 oz	12
18183	Cookies, oatmeal, refrigerated dough, baked	28.35	1.0 oz	12
11974	Grape leaves, raw	14.0	1.0 cup	12
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	40.0	0.5 cup (1 NLEA serving)	12
11613	Borage, raw	89.0	1.0 cup (1" pieces)	12
03928	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder	8.5	1.0 scoop	12
23501	USDA Commodity, beef patties with VPP, frozen, cooked	68.0	1.0 patty	12
08352	Cereals ready-to-eat, QUAKER, MOTHER'S Toasted Oat Bran cereal	32.0	0.75 cup (1 NLEA serving)	12
15152	Crustaceans, shrimp, mixed species, canned	128.0	1.0 cup	12
03954	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted	8.7	1.0 scoop	11
03802	Infant formula, NESTLE, GOOD START SUPREME, with iron, powder	8.7	1.0 scoop	11
03843	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted	8.7	1.0 scoop	11
03837	Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted	8.7	1.0 scoop	11

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
03950	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted	8.5	1.0 scoop	11
03853	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted	8.5	1.0 scoop	11
03913	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, powder	9.4	1.0 scoop	11
05303	Poultry, mechanically deboned, from mature hens, raw	227.0	0.5 lb	11
03283	Babyfood, vegetables, garden vegetable, strained	28.35	1.0 oz	11
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	11
19415	Snacks, potato sticks	28.35	1.0 oz	11
06068	Soup, vegetarian vegetable, canned, condensed	126.0	0.5 cup	11
03957	Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA	8.7	1.0 scoop	11
42304	Cheese, mozzarella, nonfat	113.0	1.0 cup, shredded	11
03096	Babyfood, vegetable, green beans and potatoes	113.0	1.0 jar, Gerber (4 oz)	11
43396	Cheese, cottage, lowfat, 1% milkfat, with vegetables	113.0	4.0 oz	11
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	11
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	11
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	141.0	1.0 steak	11
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	11
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	11
19205	Egg custards, dry mix, prepared with 2% milk	141.0	0.5 cup	11
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	11
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	11
03818	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	11
03812	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	11
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	11
11525	Taro, tahitian, raw	125.0	1.0 cup slices	11
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	11
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)	11
43398	Cheese, pasteurized process, cheddar or American, low sodium	140.0	1.0 cup, diced	11
20510	Noodles, egg, cooked, unenriched, with added salt	160.0	1.0 cup	11
01043	Cheese, pasteurized process, pimento	140.0	1.0 cup, diced	11
16167	USDA Commodity, Peanut Butter, smooth	32.0	2.0 tbsp	11
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	11
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	11
15072	Fish, roe, mixed species, raw	14.0	1.0 tbsp	11

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
20410	Noodles, egg, unenriched, cooked, without added salt	160.0	1.0 cup	11
11660	Tomatoes, red, ripe, cooked, stewed	101.0	1.0 cup	11
06072	Soup, vegetable with beef broth, canned, condensed	123.0	0.5 cup	11
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1.0 oz	11
18119	Cake, pineapple upside-down, prepared from recipe	28.35	1.0 oz	11
18154	Cookies, brownies, prepared from recipe	28.35	1.0 oz	11
05626	Emu, full rump, raw	85.0	3.0 oz	11
05623	Emu, fan fillet, raw	85.0	1.0 serving (3 oz)	11
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	11
13000	Beef, grass-fed, strip steaks, lean only, raw	85.0	3.0 oz	11
17334	Game meat, bison, chuck, shoulder clod, separable lean only, raw	85.0	1.0 serving (3 oz)	11
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	11
15247	Fish, salmon, coho, wild, cooked, dry heat	85.0	3.0 oz	11
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	11
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	85.0	3.0 oz	11
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	11
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	11
15238	Fish, salmon, coho, farmed, raw	85.0	3.0 oz	11
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	11
17112	Veal, rib, separable lean and fat, cooked, roasted	85.0	3.0 oz	11
05631	Emu, oyster, raw	85.0	3.0 oz	11
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	11
17273	Veal, breast, plate half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	11
05139	Duck, domesticated, meat and skin, raw	85.0	3.0 oz	11
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	11
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	11
17211	Lamb, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	11
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	11
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	11
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	50.0	10.0 strips	11
03926	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	11
18360	Taco shells, baked	12.9	1.0 shell	11
09309	Rhubarb, frozen, uncooked	137.0	1.0 cup, diced	11
15206	Fish, pout, ocean, cooked, dry heat	137.0	0.5 fillet	11
28308	Crackers, standard snack-type, with whole wheat	15.0	5.0 crackers 1 serving	11

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
05043	Chicken, broilers or fryers, dark meat, meat only, raw	109.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	11
03279	Babyfood, dinner, mixed vegetable, junior	99.0	1.0 serving	11
12088	Nuts, cashew butter, plain, without salt added	16.0	1.0 tbsp	11
06120	Gravy, chicken, dry	8.0	1.0 tbsp	11
09054	Blueberries, frozen, unsweetened	155.0	1.0 cup, unthawed	11
11376	Potatoes, canned, drained solids	180.0	1.0 cup	11
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	11
43311	Potatoes, canned, drained solids, no salt added	180.0	1.0 cup	11
15133	Fish, whiting, mixed species, cooked, dry heat	72.0	1.0 fillet	11
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	11
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	11
12101	Nuts, chestnuts, european, boiled and steamed	28.35	1.0 oz	11
18148	Cheesecake prepared from mix, no-bake type	28.35	1.0 oz	11
18302	Pie, apple, prepared from recipe	28.35	1.0 oz	11
06127	Gravy, unspecified type, dry	25.0	1.0 cup (8 fl oz)	11
03844	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA	31.6	1.0 fl oz	11
43417	Babyfood, meat, beef with vegetables, toddler	179.0	1.0 jar NFS	11
03816	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate, not reconstituted	31.5	1.0 fl oz	11
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	89.0	1.0 thigh	11
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	89.0	1.0 thigh	11
11563	Tree fern, cooked, without salt	71.0	0.5 cup, chopped	11
03830	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, LIPIL, with iron, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	11
03854	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	11
14056	Beverages, Acai berry drink, fortified	266.0	8.0 fl oz	11
11988	Fungi, Cloud ears, dried	28.0	1.0 cup	11
25062	Snack, Mixed Berry Bar	38.0	1.0 bar	11
14424	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore.	35.3	1.0 fl oz	11
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	11
14066	Beverages, Protein powder whey based	32.0	0.33 cup	11
01166	Cheese, mexican, queso asadero	132.0	1.0 cup, diced	11
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	62.0	1.0 fillet	11
11254	Lotus root, raw	81.0	10.0 slices (2-1/2" dia)	11

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
03966	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate	29.2	1.0 fl oz	11
11353	Potatoes, russet, flesh and skin, raw	75.0	0.5 cup, diced	10
14317	Beverages, malted drink mix, chocolate, powder	21.0	1.0 serving (3 heaping tsp or 1 envelope)	10
05131	Chicken, stewing, dark meat, meat only, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	10
05193	Turkey, all classes, leg, meat and skin, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	10
18438	English muffins, plain, unenriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	10
18328	Pie, vanilla cream, prepared from recipe	28.35	1.0 oz	10
18439	English muffins, plain, unenriched, without calcium propionate (includes sourdough)	28.35	1.0 oz	10
25012	Snacks, sweet potato chips, unsalted	28.35	1.0 oz	10
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	28.35	1.0 oz	10
18326	Pie, pumpkin, commercially prepared	28.35	1.0 oz	10
03824	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted	30.8	1.0 fl oz	10
06426	Soup, chili beef, canned, prepared with equal volume water	261.0	1.0 cup	10
09075	Cherries, sweet, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	10
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	348.0	12.0 fl oz cup	10
11384	Potatoes, au gratin, dry mix, unprepared	26.0	0.167 package (5.5 oz)	10
03856	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	10
03842	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate	31.4	1.0 fl oz	10
03951	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	10
03851	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	10
03952	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate	31.4	1.0 fl oz	10
09076	Cherries, sweet, frozen, sweetened	259.0	1.0 cup, thawed	10
11428	Purslane, cooked, boiled, drained, without salt	115.0	1.0 cup	10
11670	Peppers, hot chili, green, raw	45.0	1.0 pepper	10
11849	Purslane, cooked, boiled, drained, with salt	115.0	1.0 cup	10
11819	Peppers, hot chili, red, raw	45.0	1.0 pepper	10
21610	School Lunch, chicken patty, whole grain breaded	86.0	1.0 patty	10
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	43.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	10
06123	Gravy, onion, dry, mix	24.0	1.0 cup (8 fl oz)	10
15114	Fish, trout, mixed species, raw	79.0	1.0 fillet	10
17340	Game meat, elk, loin, separable lean only, cooked, broiled	114.0	1.0 steak (yield from 148.1 g raw meat)	10
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	10
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	10
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	114.0	4.0 oz	10
03066	Babyfood, dinner, vegetables and lamb, strained	256.0	1.0 cup	10

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
28325	Crackers, toast thins, low sodium	31.0	1.0 serving	10
18428	Crackers, wheat, low salt	14.2	0.5 oz	10
05191	Turkey, all classes, breast, meat and skin, raw	146.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	10
03901	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, liquid concentrate, not reconstituted	31.9	1.0 fl oz	10
01004	Cheese, blue	28.35	1.0 oz	10
18321	Pie, lemon meringue, prepared from recipe	28.35	1.0 oz	10
18322	Pie, mince, prepared from recipe	28.35	1.0 oz	10
18306	Pie, blueberry, prepared from recipe	28.35	1.0 oz	10
27051	Sauce, cocktail, ready-to-serve	60.0	0.25 cup	10
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	10
15115	Fish, trout, rainbow, wild, raw	85.0	3.0 oz	10
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	10
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	10
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	10
15036	Fish, halibut, Atlantic and Pacific, raw	85.0	3.0 oz	10
09319	Strawberries, frozen, sweetened, whole	255.0	1.0 cup, thawed	10
17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	85.0	3.0 oz	10
15033	Fish, haddock, raw	85.0	3.0 oz	10
17149	Bison, ground, grass-fed, raw	85.0	1.0 patty (cooked from 4 oz raw)	10
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	102.0	1.0 steak (yield from 134.9 g raw meat)	10
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	170.0	1.0 container	10
05628	Emu, inside drum, raw	85.0	3.0 oz	10
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	10
05625	Emu, flat fillet, raw	85.0	3.0 oz	10
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	10
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	10
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	10
03077	Babyfood, dinner, pasta with vegetables	113.0	1.0 jar, Gerber (4 oz)	10
13498	Beef, ground, 70% lean meat / 30% fat, raw	113.0	4.0 oz	10
05119	Chicken, roasting, dark meat, meat only, raw	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	10
06256	Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	253.0	1.0 cup (8 fl oz)	10
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	253.0	1.0 cup	10
11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	10
06071	Soup, vegetable beef, canned, condensed	126.0	0.5 cup	10
43566	Snacks, tortilla chips, light (baked with less oil)	63.0	1.0 cup, crushed	10
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	10

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	84.0	1.0 thigh without skin	10
07936	Bologna, pork and turkey, lite	56.0	1.0 serving 2 oz	10
06028	Soup, clam chowder, manhattan, canned, condensed	126.0	0.5 cup (4 fl oz)	10
03947	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA	30.5	1.0 fl oz	10
03801	Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	10
06211	Soup, cheese, canned, prepared with equal volume milk	251.0	1.0 cup	10
01204	Cheese, parmesan, dry grated, reduced fat	100.0	1.0 cup	10
09072	Cherries, sweet, canned, juice pack, solids and liquids	250.0	1.0 cup, pitted	10
43340	Cheese, parmesan, low sodium	100.0	1.0 cup, grated	10
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	249.0	1.0 serving 1 cup	10
42270	Beverages, Orange juice drink	249.0	1.0 cup	10
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	28.35	1.0 oz	10
03122	Babyfood, peas, dices, toddler	28.35	1.0 oz	10
18320	Pie, lemon meringue, commercially prepared	28.35	1.0 oz	10
03682	Babyfood, cereal, high protein, prepared with whole milk	28.35	1.0 oz	10
25027	Snacks, plantain chips, salted	28.35	1.0 oz	10
18127	Cake, snack cakes, creme-filled, chocolate with frosting	28.35	1.0 oz	10
09071	Cherries, sweet, canned, water pack, solids and liquids	248.0	1.0 cup, pitted	10
06253	Soup, cream of potato, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	10
11588	Waterchestnuts, chinese, (matai), raw	62.0	0.5 cup slices	10
05156	Pheasant, leg, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-eat pheasant)	10
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	10
14548	Beverages, tea, instant, lemon, with added ascorbic acid	23.0	1.0 serving (3 heaping tsp)	10
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247.0	1.0 cup	10
11836	Potatoes, microwaved, cooked, in skin, skin with salt	58.0	1.0 skin	10
11369	Potatoes, microwaved, cooked in skin, skin, without salt	58.0	1.0 skin	10
11126	Carrots, canned, regular pack, solids and liquids	123.0	0.5 cup slices	10
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	10
05622	Emu, ground, cooked, pan-broiled	109.0	1.0 patty (yield from 135.8 g raw meat)	10
09252	Pears, raw	140.0	1.0 cup, slices	10
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	10
06248	Soup, oyster stew, canned, prepared with equal volume milk	245.0	1.0 cup (8 fl oz)	10
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	10
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	10
05012	Chicken, broilers or fryers, meat only, cooked, fried	140.0	1.0 cup, chopped or diced	10

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	10
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	10
03112	Babyfood, potatoes, toddler	163.0	1.0 cup	10
06471	Soup, vegetable beef, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	10
06547	Soup, beef mushroom, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	10
11555	Tomato products, canned, sauce, with herbs and cheese	122.0	0.5 cup	10
06444	Soup, mushroom with beef stock, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	10
14634	Beverages, milk beverage, reduced fat, flavored and sweetened, Ready-to-drink, added calcium, vitamin A and vitamin D	244.0	1.0 cup	10
09340	Pears, asian, raw	122.0	1.0 fruit 2-1/4" high x 2-1/2" dia	10
06963	Fish broth	244.0	1.0 cup	10
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	65.0	10.0 strips	10
35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	108.0	1.0 filet	10
11223	Drumstick leaves, cooked, boiled, drained, without salt	42.0	1.0 cup, chopped	10
14311	Beverages, Malted drink mix, natural, powder, dairy based.	21.0	1.0 serving (3 heaping tsp or 1 envelope)	10
11786	Drumstick leaves, cooked, boiled, drained, with salt	42.0	1.0 cup, chopped	10
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	138.0	1.0 fillet	10
06472	Soup, vegetable with beef broth, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	10
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241.0	1.0 cup	10
18414	Bread, raisin, unenriched	28.35	1.0 oz	10
18325	Pie, pecan, prepared from recipe	28.35	1.0 oz	10
19089	Ice creams, vanilla, rich	107.0	0.5 cup	10
01226	Egg substitute, liquid or frozen, fat free	60.0	0.25 cup	10
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	96.0	1.0 serving	10
06027	Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	240.0	1.0 cup (8 fl oz)	10
22970	Macaroni and cheese, frozen entree	137.0	1.0 cup	10
11526	Taro, tahitian, cooked, without salt	137.0	1.0 cup slices	10
11881	Taro, tahitian, cooked, with salt	137.0	1.0 cup slices	10
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	137.0	0.167 package (5.5 oz) yields	10
03955	Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	10
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)	10
15131	Fish, whitefish, mixed species, smoked	136.0	1.0 cup, cooked	10
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	10
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	95.0	0.33 package (10 oz)	10
21033	Fast foods, sundae, hot fudge	158.0	1.0 sundae	9
19362	Syrups, table blends, corn, refiner, and sugar	316.0	1.0 cup	9

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	189.0	1.0 cup	9
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	9
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	9
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	9
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	9
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	135.0	1.0 fillet	9
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	9
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	9
11655	Carrot juice, canned	236.0	1.0 cup	9
11106	Butterbur, (fuki), raw	94.0	1.0 cup	9
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	5.0	0.25 cup	9
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	78.0	0.5 cup	9
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	78.0	0.5 cup	9
18430	Danish pastry, cinnamon, unenriched	28.35	1.0 oz	9
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	85.0	3.0 oz	9
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	9
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85.0	3.0 oz	9
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	9
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	9
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	9
17182	Game meat, raccoon, cooked, roasted	85.0	3.0 oz	9
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	9
17133	Veal, shoulder, blade, separable lean only, cooked, roasted	85.0	3.0 oz	9
17178	Game meat, rabbit, domesticated, composite of cuts, cooked, roasted	85.0	3.0 oz	9
17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	85.0	3.0 oz	9
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	9
17175	Game meat, muskrat, cooked, roasted	85.0	3.0 oz	9
17143	Veal, ground, cooked, broiled	85.0	3.0 oz	9
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	9
23038	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	9
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	9
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	9
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	9
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	9
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	9

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	9
15178	Mollusks, whelk, unspecified, cooked, moist heat	85.0	3.0 oz	9
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	9
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	9
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	9
23058	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	9
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	9
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	9
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	85.0	3.0 oz	9
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	85.0	3.0 oz	9
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	9
17151	Game meat, beaver, cooked, roasted	85.0	3.0 oz	9
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	9
17330	Game meat , bison, ground, raw	85.0	1.0 serving (3 oz)	9
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	9
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	9
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	9
15219	Fish, trout, mixed species, cooked, dry heat	62.0	1.0 fillet	9
15056	Fish, mullet, striped, cooked, dry heat	93.0	1.0 fillet	9
19270	Ice creams, chocolate	58.0	1.0 individual (3.5 fl oz)	9
19899	Ice creams, regular, low carbohydrate, chocolate	58.0	1.0 individual (3.5 fl oz)	9
14421	Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk	185.0	6.0 fl oz	9
19027	Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	28.0	1.0 bar (1 oz)	9
18216	Crackers, crispbread, rye	14.2	0.5 oz	9
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	102.0	1.0 back	9
06179	Sauce, fish, ready-to-serve	18.0	1.0 tbsp	9
14262	Beverages, citrus fruit juice drink, frozen concentrate	35.2	1.0 fl oz	9
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	114.0	4.0 oz	9
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	9
19024	Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	35.0	1.0 bar (1.25 oz)	9
03093	Babyfood, green beans, dices, toddler	28.35	1.0 oz	9
18417	Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	28.35	1.0 oz	9
18110	Cake, fruitcake, commercially prepared	28.35	1.0 oz	9
09354	Pineapple, canned, juice pack, drained	181.0	1.0 cup, chunks	9
07036	Sausage, Italian, pork, raw	113.0	1.0 link, 4/lb	9

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	9
23577	Beef, ground, 75% lean meat / 25% fat, raw	113.0	4.0 oz	9
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	129.0	1.0 fillet	9
06122	Gravy, mushroom, dry, powder	21.0	1.0 cup (8 fl oz)	9
19022	Snacks, granola bars, soft, uncoated, raisin	43.0	1.0 bar (1.5 oz)	9
09107	Gooseberries, raw	150.0	1.0 cup	9
43027	Jellies, no sugar (with sodium saccharin), any flavors	300.0	1.0 cup	9
12220	Seeds, flaxseed	10.3	1.0 tbsp, whole	9
20003	Arrowroot flour	128.0	1.0 cup	9
08122	Cereals, oats, instant, fortified, plain, dry	28.0	1.0 packet	9
19021	Snacks, granola bars, soft, uncoated, peanut butter	28.0	1.0 bar (1 oz)	9
09084	Currants, red and white, raw	112.0	1.0 cup	9
09449	Nance, frozen, unsweetened	112.0	1.0 cup without pits, thawed	9
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	179.0	1.0 cup	9
09287	Prickly pears, raw	149.0	1.0 cup	9
43212	Bacon bits, meatless	7.0	1.0 tbsp	9
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	74.0	1.0 serving	9
09050	Blueberries, raw	148.0	1.0 cup	9
16137	Hummus, home prepared	15.0	1.0 tablespoon	9
03944	Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	9
06044	Soup, mushroom with beef stock, canned, condensed	126.0	0.5 cup (4 fl oz)	9
06147	Soup, beef mushroom, canned, condensed	126.0	0.5 cup (4 fl oz)	9
12588	Nuts, cashew butter, plain, with salt added	16.0	1.0 tbsp	9
05050	Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	9
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	28.35	1.0 oz	9
12170	Seeds, sesame flour, high-fat	28.35	1.0 oz	9
19408	Snacks, pork skins, barbecue-flavor	28.35	1.0 oz	9
18303	Pie, banana cream, prepared from mix, no-bake type	28.35	1.0 oz	9
05157	Quail, meat and skin, raw	109.0	1.0 quail	9
05077	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour	67.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	9
09088	Elderberries, raw	145.0	1.0 cup	9
18949	Crackers, whole-wheat, reduced fat	29.0	1.0 serving	9
15240	Fish, trout, rainbow, farmed, raw	79.0	1.0 fillet	9
20421	Pasta, cooked, unenriched, without added salt	124.0	1.0 cup spaghetti not packed	9
20521	Pasta, cooked, unenriched, with added salt	124.0	1.0 cup spaghetti not packed	9
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	124.0	1.0 fillet	9

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
15197	Fish, herring, Pacific, cooked, dry heat	144.0	1.0 fillet	9
19162	Candies, WHATCHAMACALLIT Candy Bar	48.0	1.0 bar 1.7 oz	9
01228	Cheese, fresh, queso fresco	122.0	1.0 cup, crumbled	9
09307	Rhubarb, raw	122.0	1.0 cup, diced	9
16579	GARDENBURGER Original, frozen, unprepared	71.0	1.0 patty	9
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	9
12034	Seeds, sesame meal, partially defatted	28.35	1.0 oz	9
05739	Turkey, drumstick, from whole bird, meat only, roasted	85.0	3.0 oz	8
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	8
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	8
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	8
19150	Candies, REESE'S Peanut Butter Cups	17.0	1.0 package 0.6 oz 1 cup	8
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	8
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	8
15032	Fish, grouper, mixed species, cooked, dry heat	85.0	3.0 oz	8
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz (1 serving)	8
15234	Fish, catfish, channel, farmed, raw	85.0	3.0 oz	8
15199	Fish, lingcod, cooked, dry heat	85.0	3.0 oz	8
15010	Fish, catfish, channel, wild, raw	85.0	3.0 oz	8
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	8
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	8
23545	Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	8
05627	Emu, full rump, cooked, broiled	85.0	1.0 serving (3 oz)	8
13158	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled	85.0	3.0 oz	8
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	8
05228	Turkey, wing, from whole bird, meat only, roasted	85.0	3.0 oz	8
05713	Turkey, retail parts, wing, meat only, cooked, roasted	85.0	3.0 oz	8
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	8
11442	Seaweed, agar, raw	10.0	2.0 tbsp (1/8 cup)	8
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	85.0	3.0 oz	8
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	8
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	8
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	8
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	50.0	10.0 strips	8
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	8

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	85.0	3.0 oz	8
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	8
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	8
05186	Turkey, all classes, light meat, cooked, roasted	85.0	1.0 serving	8
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	85.0	3.0 oz	8
17176	Game meat, opossum, cooked, roasted	85.0	3.0 oz	8
15213	Fish, scup, cooked, dry heat	50.0	1.0 fillet	8
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	8
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	8
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	8
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	8
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	85.0	3.0 oz	8
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	8
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	85.0	3.0 oz	8
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	8
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	50.0	10.0 strips	8
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	8
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	8
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	8
05629	Emu, inside drums, cooked, broiled	85.0	1.0 serving (3 oz)	8
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	8
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	8
12195	Nuts, almond butter, plain, without salt added	16.0	1.0 tbsp	8
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	121.0	1.0 fillet	8
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	121.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	8
11222	Drumstick leaves, raw	21.0	1.0 cup, chopped	8
11276	New Zealand spinach, raw	56.0	1.0 cup, chopped	8
05140	Duck, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	8
10184	Pork, cured, ham, extra lean and regular, canned, unheated	140.0	1.0 cup	8
05014	Chicken, broilers or fryers, meat only, stewed	140.0	1.0 cup, chopped or diced	8
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	8
19134	Candies, milk chocolate, with rice cereal	40.0	1.0 bar (1.4 oz)	8
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	140.0	1.0 cup	8
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	8
14264	Beverages, fruit punch drink, without added nutrients, canned	210.0	6.75 fl oz	8

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
19406	Snacks, granola bars, soft, uncoated, nut and raisin	28.0	1.0 bar (1 oz)	8
43287	Dove, cooked (includes squab)	140.0	1.0 cup, chopped or diced	8
09190	Mulberries, raw	140.0	1.0 cup	8
05126	Chicken, stewing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	8
20092	Pasta, gluten-free, corn, cooked	140.0	1.0 cup	8
05013	Chicken, broilers or fryers, meat only, roasted	140.0	1.0 cup, chopped or diced	8
18348	Rolls, dinner, whole-wheat	28.0	1.0 roll (1 oz)	8
11386	Potatoes, scalloped, dry mix, unprepared	26.0	0.167 package (5.5 oz)	8
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	8
42128	Turkey ham, sliced, extra lean, prepackaged or deli-sliced	138.0	1.0 cup pieces	8
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	92.0	1.0 steak (yield from 123.5 g raw meat)	8
09298	Raisins, seedless	165.0	1.0 cup, packed	8
09279	Plums, raw	165.0	1.0 cup, sliced	8
08571	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola	55.0	0.75 cup (1 NLEA serving)	8
18444	Pie, fried pies, cherry	28.35	1.0 oz	8
12032	Seeds, sesame flour, partially defatted	28.35	1.0 oz	8
18445	Pie, fried pies, lemon	28.35	1.0 oz	8
12033	Seeds, sesame flour, low-fat	28.35	1.0 oz	8
18319	Pie, fried pies, fruit	28.35	1.0 oz	8
36602	Restaurant, Chinese, fried rice, without meat	137.0	1.0 cup	8
42131	Milk dessert, frozen, milk-fat free, chocolate	137.0	1.0 cup	8
16159	Tofu, extra firm, prepared with nigari	91.0	0.2 block	8
32031	Salisbury steak with gravy, frozen	63.0	1.0 patty	8
01235	Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener	68.0	0.5 cup	8
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	8
19411	Snacks, potato chips, plain, salted	28.0	1.0 oz	8
19078	Baking chocolate, unsweetened, squares	29.0	1.0 oz square Bakers	8
09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	116.0	1.0 cup	8
03172	Babyfood, juice, orange	31.2	1.0 fl oz	8
05336	USDA Commodity Chicken, canned, meat only, drained	135.0	1.0 cup drained	8
19161	Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	54.0	1.0 package (1.89 oz, 2 bars)	8
05284	Turkey, canned, meat only, with broth	135.0	1.0 cup, drained	8
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	115.0	1.0 fillet	8
07913	Salami, pork, beef, less sodium	100.0	3.527 oz	8
21078	Fast foods, nachos, with cheese	80.0	1.0 serving	8
15012	Fish, caviar, black and red, granular	16.0	1.0 tbsp	8

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	8
05219	Turkey, breast, from whole bird, meat only, raw	114.0	4.0 oz	8
20115	Noodles, japanese, soba, cooked	114.0	1.0 cup	8
20116	Noodles, japanese, somen, dry	57.0	2.0 oz	8
18327	Pie, pumpkin, prepared from recipe	28.35	1.0 oz	8
03711	Babyfood, cereal, high protein, with apple and orange, prepared with whole milk	28.35	1.0 oz	8
17195	Lamb, variety meats and by-products, kidneys, raw	28.35	1.0 oz	8
12205	Seeds, lotus seeds, raw	28.35	1.0 oz	8
03189	Babyfood, cereal, oatmeal, dry fortified	3.2	1.0 tbsp	8
01020	Cheese, fontina	132.0	1.0 cup, diced	8
19393	Frozen yogurts, chocolate, soft-serve	72.0	0.5 cup (4 fl oz)	8
08351	Cereals ready-to-eat, QUAKER, MOTHER'S PEANUT BUTTER BUMPERS Cereal	33.0	1.0 cup (1 NLEA serving)	8
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	8
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	8
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	8
23572	Beef, ground, 80% lean meat / 20% fat, raw	113.0	4.0 oz	8
28286	Bread, paratha, whole wheat, commercially prepared, frozen	79.0	1.0 piece	8
09241	Peaches, canned, heavy syrup pack, solids and liquids	262.0	1.0 cup	8
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	262.0	1.0 cup, halves or slices	8
18235	Crackers, whole-wheat	28.0	1.0 serving	8
11190	Cornsalad, raw	56.0	1.0 cup	8
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	8
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	8
16586	GARDENBURGER Veggie Medley Burger, frozen, unprepared	71.0	1.0 patty	8
43450	Frozen novelties, juice type, juice with cream	71.0	2.5 oz	8
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	8
05282	Pate de foie gras, canned (goose liver pate), smoked	13.0	1.0 tbsp	8
07054	Pate, goose liver, smoked, canned	13.0	1.0 tbsp	8
11831	Potatoes, boiled, cooked in skin, flesh, with salt	78.0	0.5 cup	8
07055	Pate, liver, not specified, canned	13.0	1.0 tbsp	8
08389	Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs	30.0	1.0 cup (1 NLEA serving)	8
20041	Rice, brown, medium-grain, cooked	195.0	1.0 cup	8
09106	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids	259.0	1.0 cup	8
16068	Hyacinth beans, mature seeds, cooked, boiled, without salt	194.0	1.0 cup	8
16368	Hyacinth beans, mature seeds, cooked, boiled, with salt	194.0	1.0 cup	8

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
09068	Cherries, sour, red, frozen, unsweetened	155.0	1.0 cup, unthawed	8
03820	Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder	31.0	1.0 fl oz	8
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258.0	1.0 cup, pitted	8
01236	Ice cream, soft serve, chocolate	86.0	0.5 cup	8
19090	Ice creams, french vanilla, soft-serve	86.0	0.5 cup (4 fl oz)	8
03059	Babyfood, dinner, vegetables and bacon, strained	256.0	1.0 cup	8
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	256.0	1.0 cup	8
03274	Babyfood, dinner, vegetables and chicken, junior	256.0	1.0 cup	8
03061	Babyfood, dinner, vegetables and ham, strained	256.0	1.0 cup	8
16129	Tofu, fried	28.35	1.0 oz	8
19422	Snacks, potato chips, reduced fat	28.35	1.0 oz	8
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1.0 oz	8
15123	Fish, tuna, fresh, skipjack, raw	85.0	3.0 oz	8
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	8
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	8
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	8
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	8
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	85.0	3.0 oz	8
17167	Game meat, elk, cooked, roasted	85.0	3.0 oz	8
13430	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	8
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	85.0	3.0 oz	8
13390	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	8
05216	Turkey, back, from whole bird, meat only, roasted	85.0	3.0 oz	8
15070	Fish, rockfish, Pacific, mixed species, raw	85.0	3.0 oz	8
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	8
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	8
15170	Mollusks, oyster, eastern, canned	85.0	3.0 oz	8
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	8
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	8
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	8
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85.0	3.0 oz	8
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	8
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	8
15045	Fish, lingcod, raw	85.0	3.0 oz	8
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	8
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	8

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
05188	Turkey, from whole, dark meat, cooked, roasted	85.0	1.0 serving	8
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	8
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	8
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85.0	3.0 oz	8
17347	Game meat, deer, tenderloin, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	8
05168	Turkey, whole, meat only, cooked, roasted	85.0	3.0 oz	8
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	8
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	8
23220	Beef, ground, unspecified fat content, cooked	85.0	3.0 oz	8
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	8
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	8
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	8
05741	Turkey, thigh, from whole bird, meat only, roasted	85.0	3.0 oz	8
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	1.0 serving	8
15004	Fish, bass, striped, raw	85.0	3.0 oz	8
05624	Emu, fan fillet, cooked, broiled	85.0	1.0 serving (3 oz)	8
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	8
17341	Game meat, elk, round, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	8
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	8
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	8
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	8
15001	Fish, anchovy, european, raw	85.0	3.0 oz	8
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	8
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	8
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	85.0	3.0 oz	8
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	8
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	8
15222	Fish, turbot, european, cooked, dry heat	85.0	3.0 oz	8
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	8
10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	8
17184	Game meat, squirrel, cooked, roasted	85.0	3.0 oz	8
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	8
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	8
15081	Fish, salmon, coho, wild, raw	85.0	3.0 oz	8
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85.0	3.0 oz	8

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	85.0	3.0 oz	8
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	8
20118	Noodles, flat, crunchy, Chinese restaurant	45.0	1.0 cup	8
15200	Fish, mackerel, king, cooked, dry heat	85.0	3.0 oz	8
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	8
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	8
05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	8
17145	Game meat, antelope, cooked, roasted	85.0	3.0 oz	8
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	8
17223	Veal, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	8
05166	Turkey, whole, meat and skin, cooked, roasted	85.0	3.0 oz	8
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	8
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	85.0	3.0 oz	8
05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	8
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	8
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	8
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	8
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	85.0	3.0 oz	8
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	255.0	1.0 cup	8
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	8
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	8
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	8
17161	Game meat, buffalo, water, cooked, roasted	85.0	3.0 oz	8
13389	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	8
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	8
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	8
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	8
15082	Fish, salmon, coho, wild, cooked, moist heat	85.0	3.0 oz	8
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	8
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	8
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	8
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	85.0	1.0 piece	8
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	85.0	3.0 oz	8
07024	Frankfurter, chicken	85.0	3.0 oz	8
05646	Ostrich, inside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	8
10201	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	8

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	8
15031	Fish, grouper, mixed species, raw	85.0	3.0 oz	8
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	8
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	8
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	8
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	8
05632	Emu, top loin, cooked, broiled	85.0	1.0 serving (3 oz)	8
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	8
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	8
13951	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	8
05641	Ostrich, ground, raw	109.0	1.0 patty	8
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	8
06249	Soup, pea, green, canned, prepared with equal volume milk	254.0	1.0 cup (8 fl oz)	8
19917	Candies, M&M MARS Pretzel Chocolate Candies	40.0	0.25 cup	8
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	95.0	1.0 thigh	8
17339	Game meat, elk, ground, cooked, pan-broiled	95.0	1.0 patty (yield from 104.1 g raw meat)	8
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	95.0	1.0 thigh	8
25036	Snacks, granola bites, mixed flavors	20.0	1.0 package	8
07910	Bratwurst, veal, cooked	84.0	1.0 serving 2.96 oz	8
27065	Dip, bean, original flavor	36.0	2.0 tbsp	8
06046	Soup, cream of onion, canned, condensed	126.0	0.5 cup	8
09282	Plums, canned, purple, juice pack, solids and liquids	252.0	1.0 cup, pitted	8
09104	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids	252.0	1.0 cup	8
09283	Plums, canned, purple, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	8
19109	Candies, KIT KAT Wafer Bar	42.0	1.0 bar (1.5 oz)	8
09109	Gooseberries, canned, light syrup pack, solids and liquids	252.0	1.0 cup	8
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	8
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	8
09435	Guava nectar, canned, with added ascorbic acid	251.0	1.0 cup	8
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	8
11566	Turnips, frozen, unprepared	94.0	0.333 package, mashed (10 oz)	8
09238	Peaches, canned, juice pack, solids and liquids	250.0	1.0 cup	8
09250	Peaches, frozen, sliced, sweetened	250.0	1.0 cup, thawed	8
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	8
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	250.0	1.0 cup	8
05100	Chicken, broilers or fryers, wing, meat and skin, raw	107.0	1.0 piece	7

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
03176	Babyfood, juice, orange and banana	31.2	1.0 fl oz	7
09281	Plums, canned, purple, water pack, solids and liquids	249.0	1.0 cup, pitted	7
09103	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	249.0	1.0 cup	7
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93.0	1.0 cup, shredded	7
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248.0	1.0 cup	7
17344	Game meat, deer, ground, cooked, pan-broiled	93.0	1.0 patty	7
06210	Soup, cream of celery, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	7
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	7
09239	Peaches, canned, extra light syrup, solids and liquids	247.0	1.0 cup, halves or slices	7
43541	Ice creams, chocolate, rich	148.0	1.0 cup	7
18227	Crackers, rye, wafers, seasoned	14.2	0.5 oz	7
14635	Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E	246.0	1.0 serving 8 oz	7
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1.0 oz	7
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	28.35	1.0 oz	7
09102	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	245.0	1.0 cup	7
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	7
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	7
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244.0	1.0 cup	7
09401	Applesauce, canned, unsweetened, with added ascorbic acid	244.0	1.0 cup	7
06446	Soup, cream of onion, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	7
08101	Cereals, CREAM OF RICE, cooked with water, without salt	244.0	1.0 cup	7
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	7
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	73.0	1.0 pepper	7
15119	Fish, tuna, light, canned in oil, drained solids	146.0	1.0 cup, solid or chunks	7
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	73.0	1.0 pepper	7
14423	Beverages, dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	243.0	1.0 serving	7
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	242.0	1.0 cup	7
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	242.0	1.0 cup, whole	7
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	242.0	1.0 cup	7
05024	Chicken, gizzard, all classes, cooked, simmered	145.0	1.0 cup chopped or dice	7
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	90.0	1.0 fillet	7
06183	Soup, chicken broth, less/reduced sodium, ready to serve	240.0	1.0 cup	7
12119	Nuts, coconut water (liquid from coconuts)	240.0	1.0 cup	7
19111	Candies, NESTLE, BABY RUTH Bar	60.0	1.0 serving 2.1 oz bar	7

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
15108	Fish, sunfish, pumpkin seed, raw	48.0	1.0 fillet	7
09191	Nectarines, raw	143.0	1.0 cup slices	7
15224	Fish, wolffish, Atlantic, cooked, dry heat	119.0	0.5 fillet	7
17338	Game meat, elk, ground, raw	102.0	1.0 patty (yield from 102.2 g raw meat)	7
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237.0	1.0 cup	7
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	237.0	1.0 cup	7
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	142.0	0.5 cup From 19211	7
18447	Popovers, dry mix, unenriched	28.35	1.0 oz	7
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1.0 oz	7
12087	Nuts, cashew nuts, raw	28.35	1.0 oz	7
42139	Granola bar, soft, milk chocolate coated, peanut butter	28.35	1.0 oz	7
15018	Fish, cod, Atlantic, dried and salted	28.35	1.0 oz	7
05037	Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted	101.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	7
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	16.0	1.0 tbsp	7
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	7
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	78.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	7
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	7
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	7
10140	Pork, cured, ham, regular (approximately 13% fat), canned, roasted	140.0	1.0 cup	7
05114	Chicken, roasting, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	7
43283	Pheasant, cooked, total edible	140.0	1.0 cup, chopped or diced	7
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	175.0	1.0 cup, cubes	7
11637	Radishes, white icicle, raw	50.0	0.5 cup slices	7
10185	Pork, cured, ham, extra lean and regular, canned, roasted	140.0	1.0 cup	7
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	7
10138	Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	140.0	1.0 cup	7
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	175.0	1.0 cup, cubes	7
09451	Horned melon (Kiwano)	233.0	1.0 cup	7
42187	Frozen yogurts, flavors other than chocolate	174.0	1.0 cup	7
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	7
19271	Ice creams, strawberry	58.0	1.0 individual (3.5 fl oz)	7
14422	Beverages, Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	21.0	1.0 packet (.75 oz)	7
22978	Chicken tenders, breaded, frozen, prepared	21.0	1.0 piece	7
43384	Beef, bologna, reduced sodium	138.0	1.0 cup pieces	7
21401	Fast foods, chicken tenders	30.0	1.0 strip	7
42129	Bologna, beef and pork, low fat	138.0	1.0 cup pieces	7

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
19404	Snacks, granola bars, soft, uncoated, chocolate chip	43.0	1.0 bar (1.5 oz)	7
14164	Beverages, chocolate malt powder, prepared with 1% milk, fortified	98.0	1.0 cup dry mix	7
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	7
17047	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	7
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	7
18413	Bread, pita, white, unenriched	28.35	1.0 oz	7
17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	7
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	85.0	3.0 oz	7
05653	Ostrich, round, raw	85.0	1.0 serving (cooked from 4 oz raw)	7
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	7
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	85.0	3.0 oz	7
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	7
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	7
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	7
05707	Turkey, whole, meat and skin, with added solution, roasted	85.0	3.0 oz	7
13329	Beef, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	7
23056	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	7
13387	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	7
28350	Cookies, chocolate cream covered biscuit sticks	40.0	1.0 serving	7
15016	Fish, cod, Atlantic, cooked, dry heat	85.0	3.0 oz	7
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	85.0	3.0 oz	7
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	7
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	7
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	85.0	3.0 oz	7
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	7
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	7
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	7
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	85.0	3.0 oz	7
05644	Ostrich, inside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	7
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	7
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	7
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	7
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	7
05662	Ground turkey, fat free, raw	85.0	1.0 patty (cooked from 4 oz raw)	7
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	7

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	85.0	3.0 oz	7
15128	Fish, tuna salad	85.0	3.0 oz	7
13857	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	7
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	7
13952	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	7
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	7
10196	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	7
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	7
05657	Ostrich, top loin, raw	85.0	1.0 serving (cooked from 4 oz raw)	7
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	7
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	7
13854	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	7
17206	Lamb, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	7
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	7
05654	Ostrich, tenderloin, raw	85.0	1.0 serving (cooked from 4 oz raw)	7
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	7
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	7
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	7
13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	7
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	7
05651	Ostrich, oyster, raw	85.0	1.0 serving (cooked from 4 oz raw)	7
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	7
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	7
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	7
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	7
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	7
05648	Ostrich, outside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	7
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	7
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	7
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	7
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	7
15203	Fish, monkfish, cooked, dry heat	85.0	3.0 oz	7
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	7
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	7
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	7

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
15049	Fish, mackerel, king, raw	85.0	3.0 oz	7
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	7
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	7
05663	Ground turkey, fat free, pan-broiled crumbles	85.0	3.0 oz	7
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	7
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	7
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	85.0	3.0 oz	7
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	7
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	7
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	85.0	3.0 oz	7
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	7
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	7
15129	Fish, turbot, european, raw	85.0	3.0 oz	7
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	7
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	7
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	7
13395	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	7
05655	Ostrich, tip trimmed, raw	85.0	1.0 serving (cooked from 4 oz raw)	7
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	7
19366	Toppings, pineapple	340.0	1.0 cup	7
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	7
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	7
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	7
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	85.0	3.0 oz	7
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz (1 serving)	7
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	85.0	3.0 oz	7
05649	Ostrich, outside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	7
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	7
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	7
13846	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	7
23052	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	7
13096	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	7
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	85.0	3.0 oz	7
17157	Game meat, bison, separable lean only, cooked, roasted	85.0	3.0 oz	7

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	7
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	85.0	3.0 oz	7
17181	Game meat, rabbit, wild, cooked, stewed	85.0	3.0 oz	7
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	7
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	7
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	7
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	7
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	7
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	7
05643	Ostrich, fan, raw	85.0	1.0 serving (cooked from 4oz raw)	7
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	7
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	7
23033	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	7
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	85.0	3.0 oz	7
15198	Fish, ling, cooked, dry heat	85.0	3.0 oz	7
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	7
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	7
05170	Turkey, skin from whole (light and dark), roasted	85.0	1.0 serving	7
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	7
17208	Veal, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	7
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	7
13396	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	7
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	7
23562	Beef, ground, 90% lean meat / 10% fat, raw	113.0	4.0 oz	7
19296	Honey	339.0	1.0 cup	7
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	169.0	1.0 cup spaghetti not packed	7
80200	Frog legs, raw	45.0	1.0 leg	7
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	7
05337	USDA Commodity, Chicken, canned, meat only, with water	135.0	1.0 cup drained	7
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	7
05338	USDA Commodity, Chicken, canned, meat only, with broth	135.0	1.0 cup drained	7
19020	Snacks, granola bars, soft, uncoated, plain	28.0	1.0 bar (1 oz)	7
20042	Rice, brown, parboiled, dry, UNCLE BEN'S	48.0	0.25 cup	7
11270	Mustard greens, raw	56.0	1.0 cup, chopped	7
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	112.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	7

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
28311	Cookies, sugar wafer, chocolate-covered	29.0	3.0 cookie	7
11220	Gourd, dishcloth (towelgourd), raw	95.0	1.0 cup (1" pieces)	7
06957	Gravy, brown instant, dry	6.7	1.0 serving	7
20058	Rice, white, steamed, Chinese restaurant	132.0	1.0 cup, loosely packed	7
11593	Waxgourd, (chinese preserving melon), raw	132.0	1.0 cup, cubes	7
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	7
33864	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	7
33865	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	7
17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	7
17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	7
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	7
17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	7
17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	7
17059	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw	28.35	1.0 oz	7
18314	Pie, coconut cream, prepared from mix, no-bake type	28.35	1.0 oz	7
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1.0 oz	7
06126	Gravy, turkey, dry	7.0	1.0 serving	7
16107	Sausage, meatless	25.0	1.0 link	6
11362	Potatoes, raw, skin	38.0	1.0 skin	6
15091	Fish, sea bass, mixed species, raw	129.0	1.0 fillet	6
05158	Quail, meat only, raw	92.0	1.0 quail	6
09351	Fruit cocktail, canned, heavy syrup, drained	214.0	1.0 cup	6
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	6
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	71.0	1.0 drumstick	6
18226	Crackers, rye, wafers, plain	14.2	0.5 oz	6
18160	Cookies, chocolate chip, commercially prepared, soft-type	14.2	1.0 cookie	6
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	71.0	1.0 drumstick	6
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	6
20061	Rice flour, white, unenriched	158.0	1.0 cup	6
06042	Soup, mushroom barley, canned, condensed	126.0	0.5 cup (4 fl oz)	6
06017	Soup, chicken gumbo, canned, condensed	126.0	0.5 cup (4 fl oz)	6
19247	Frostings, white, fluffy, dry mix, prepared with water	315.0	1.0 package yields	6
01186	Cheese, cream, fat free	18.0	1.0 tbsp	6
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	6
25038	Snacks, granola bars, soft, almond, confectioners coating	35.0	1.0 bar	6

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
11285	Onions, canned, solids and liquids	63.0	1.0 onion	6
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	37.0	1.0 fillet	6
16424	Soy sauce made from soy and wheat (shoyu), low sodium	14.2	1.0 tbsp	6
28341	Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch	78.0	1.0 roll	6
03175	Babyfood, juice, orange and apricot	31.2	1.0 fl oz	6
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	6
18408	Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)	28.35	1.0 oz	6
17218	Veal, variety meats and by-products, thymus, raw	28.35	1.0 oz	6
19418	Snacks, sesame sticks, wheat-based, salted	28.35	1.0 oz	6
18436	Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	28.35	1.0 oz	6
19820	Snacks, sesame sticks, wheat-based, unsalted	28.35	1.0 oz	6
18407	Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	6
25028	Tortilla chips, yellow, plain, salted	28.35	1.0 oz	6
08647	Cereals ready-to-eat, KASHI INDIGO MORNING	27.0	0.75 cup (1 NLEA serving)	6
19246	Frostings, white, fluffy, dry mix	207.0	1.0 package	6
06032	Soup, beef broth bouillon and consommé, canned, condensed	124.0	0.5 cup	6
43447	Snacks, corn-based, extruded, chips, unsalted	88.0	1.0 cup, crushed	6
09236	Peaches, yellow, raw	154.0	1.0 cup slices	6
20068	Tapioca, pearl, dry	152.0	1.0 cup	6
15092	Fish, sea bass, mixed species, cooked, dry heat	101.0	1.0 fillet	6
07008	Bologna, beef and pork	100.0	3.527 oz	6
01032	Cheese, parmesan, grated	100.0	1.0 cup	6
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	149.0	1.0 thigh without skin	6
19063	Snacks, tortilla chips, taco-flavor	28.35	1.0 oz	6
17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	6
17197	Veal, variety meats and by-products, kidneys, raw	28.35	1.0 oz	6
17232	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	6
19071	Candies, carob, unsweetened	28.35	1.0 oz	6
01022	Cheese, gouda	28.35	1.0 oz	6
05181	Turkey from whole, light meat, meat and skin, raw	85.0	3.0 oz	6
13393	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	6
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	85.0	3.0 oz	6
05227	Turkey, wing, from whole bird, meat only, raw	85.0	3.0 oz	6
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	6
13835	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	6
19087	Candies, white chocolate	85.0	1.0 bar (3 oz)	6

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	6
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	6
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	6
15086	Fish, salmon, sockeye, cooked, dry heat	85.0	3.0 oz	6
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	6
15054	Fish, monkfish, raw	85.0	3.0 oz	6
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	6
13832	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	6
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	85.0	3.0 oz	6
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	6
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	6
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	6
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	85.0	3.0 oz	6
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	6
05732	Turkey, retail parts, breast, meat and skin, raw	85.0	3.0 oz	6
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	6
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	6
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	6
23037	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	6
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	85.0	3.0 oz	6
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	6
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	6
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	85.0	3.0 oz	6
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	6
23050	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	6
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	6
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	6
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	6
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	85.0	3.0 oz	6
13860	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	6
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	6
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	6

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	6
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	6
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	6
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	6
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	6
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	6
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	6
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	6
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	6
05185	Turkey from whole, light meat, raw	85.0	1.0 serving	6
13340	Beef, variety meats and by-products, tongue, cooked, simmered	85.0	3.0 oz	6
05630	Emu, outside drum, raw	85.0	3.0 oz	6
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	6
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	6
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	6
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	6
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	6
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	6
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	6
05011	Chicken, broilers or fryers, meat only, raw	85.0	3.0 oz	6
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	6
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	6
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	6
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	6
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	6
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	6
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	6
05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	6
15160	Mollusks, clam, mixed species, canned, drained solids	85.0	3.0 oz	6
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	6
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	6
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.0	3.0 oz	6

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	6
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz (1 serving)	6
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	6
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	6
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	85.0	3.0 oz	6
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	6
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	6
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	85.0	3.0 oz	6
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	6
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	6
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	6
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	85.0	3.0 oz	6
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	6
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	6
23057	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	6
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	85.0	3.0 oz	6
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	6
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	6
05125	Chicken, stewing, meat only, raw	85.0	3.0 oz	6
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	6
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	6
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	6
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	6
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	6
13861	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	6
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	6
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	6
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	6
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	6
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	6
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	6
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	6
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	6
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	6

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	6
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	6
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	6
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	6
13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	6
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	6
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	6
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	85.0	3.0 oz	6
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	6
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	85.0	3.0 oz	6
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	6
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	6
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	6
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	6
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	6
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	6
15059	Fish, pout, ocean, raw	85.0	3.0 oz	6
23064	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	6
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	6
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	6
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz (1serving)	6
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	6
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	85.0	3.0 oz	6
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	6
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	85.0	3.0 oz	6
05180	Turkey from whole, neck, meat only, cooked, simmered	85.0	1.0 serving	6
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	6
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	6
13392	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	6
05113	Chicken, roasting, meat only, raw	85.0	3.0 oz	6
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	6
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	6

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	6
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	85.0	3.0 oz	6
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	6
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	6
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	6
13849	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	6
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	6
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	6
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	85.0	3.0 oz	6
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	85.0	3.0 oz	6
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	6
23039	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	6
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	6
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	6
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	6
13386	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	6
15015	Fish, cod, Atlantic, raw	85.0	3.0 oz	6
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	6
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	6
17427	Veal, loin, chop, separable lean only, cooked, grilled	85.0	3.0 oz	6
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	6
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	6
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	6
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	6
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	6
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	85.0	3.0 oz	6
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	6
13843	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	6
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	6
15044	Fish, ling, raw	85.0	3.0 oz	6
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	6
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	6
05187	Turkey from whole, dark meat, meat only, raw	85.0	1.0 serving	6
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	85.0	3.0 oz	6

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	6
43390	Turkey, light or dark meat, smoked, cooked, with skin, bone removed	85.0	3.0 oz, boneless	6
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	6
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	6
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	6
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	6
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	6
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	85.0	3.0 oz	6
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	6
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	6
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	6
23508	USDA Commodity, beef, ground, bulk/coarse ground, frozen, raw	85.0	1.0 serving	6
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	6
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	6
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	6
23241	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	6
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	6
05167	Turkey, whole, meat only, raw	85.0	3.0 oz	6
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	6
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	85.0	3.0 oz	6
11240	Mushrooms, morel, raw	66.0	1.0 cup	6
01140	Egg, quail, whole, fresh, raw	9.0	1.0 egg	6
43506	Frozen novelties, ice cream type, chocolate or caramel covered, with nuts	54.0	1.0 bar	6
03177	Babyfood, juice, orange and pineapple	31.2	1.0 fl oz	6
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	147.0	0.5 cup	6
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	6
19405	Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	28.0	1.0 bar (1 oz)	6
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	147.0	0.5 cup From 19191	6
19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	147.0	0.5 cup	6
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	147.0	0.5 cup	6
19323	Puddings, coconut cream, dry mix, instant, prepared with whole milk	147.0	0.5 cup	6
11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	6
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	6

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
05174	Turkey, gizzard, all classes, cooked, simmered	45.0	1.0 gizzard cooked	6
11219	Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	146.0	1.0 cup (1" cubes)	6
11784	Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	146.0	1.0 cup (1" cubes)	6
15225	Fish, yellowtail, mixed species, cooked, dry heat	146.0	0.5 fillet	6
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	6
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	116.0	1.0 thigh without skin	6
10104	Pork, fresh, variety meats and by-products, heart, cooked, braised	145.0	1.0 cup	6
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	193.0	1.0 thigh with skin	6
12163	Seeds, pumpkin and squash seeds, whole, roasted, without salt	64.0	1.0 cup	6
03046	Babyfood, ravioli, cheese filled, with tomato sauce	16.0	1.0 tbsp	6
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	64.0	1.0 cup	6
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	25.0	0.25 cup	6
03194	Babyfood, cereal, rice, dry fortified	2.5	1.0 tbsp	6
05306	Ground turkey, cooked	82.0	1.0 patty (4 oz, raw) (yield after cooking)	6
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	114.0	4.0 oz	6
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	114.0	4.0 oz	6
05093	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour	38.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	6
11086	Beet greens, raw	38.0	1.0 cup	6
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	114.0	4.0 oz	6
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	6
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	6
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	6
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	142.0	0.5 cup From 19211	6
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	142.0	0.5 cup	6
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	142.0	0.5 cup	6
05277	Chicken, canned, meat only, with broth	142.0	1.0 can (5 oz)	6
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	6
19524	Snacks, taro chips	28.35	1.0 oz	6
18147	Cheesecake commercially prepared	28.35	1.0 oz	6
15106	Fish, sturgeon, mixed species, smoked	28.35	1.0 oz	6
01209	Cheese, Mexican, blend, reduced fat	28.35	1.0 oz	6
18317	Pie, egg custard, commercially prepared	28.35	1.0 oz	6
15075	Fish, sablefish, smoked	28.35	1.0 oz	6
01041	Cheese, tilsit	28.35	1.0 oz	6
17230	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	6
17015	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	6

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
03070	Babyfood, dinner, chicken soup, strained	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	6
23472	Beef, ground, 93% lean meat / 7% fat, raw	113.0	4.0 oz	6
10805	USDA Commodity, pork, ground, fine/coarse, frozen, raw	113.0	1.0 oz crumbles	6
23557	Beef, ground, 95% lean meat / 5% fat, raw	113.0	4.0 oz	6
20657	Pasta, gluten-free, corn and rice flour, cooked	141.0	1.0 cup spaghetti	6
05130	Chicken, stewing, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	6
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	140.0	0.5 cup	6
10153	Pork, cured, ham, whole, separable lean only, roasted	140.0	1.0 cup	6
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	6
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	140.0	0.5 cup	6
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	140.0	1.0 cup	6
19325	Puddings, coconut cream, dry mix, regular, prepared with whole milk	140.0	0.5 cup	6
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	6
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	140.0	1.0 cup	6
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	6
10152	Pork, cured, ham, whole, separable lean only, unheated	140.0	1.0 cup	6
03941	Infant formula, PBM PRODUCTS, store brand, soy, powder	8.7	1.0 scoop	6
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	111.0	1.0 thigh without skin	6
03968	Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed	29.2	1.0 fl oz	6
03938	Infant formula, PBM PRODUCTS, store brand, powder	8.4	1.0 scoop	6
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	138.0	1.0 rack	6
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	6
14251	Alcoholic beverages, beer, higher alcohol	30.6	1.0 fl oz	6
08277	Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA	55.0	0.667 cup (1 NLEA serving)	6
11829	Potatoes, baked, flesh, with salt	61.0	0.5 cup	5
03986	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed	30.5	1.0 fl oz	5
03806	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed	30.5	1.0 fl oz	5
11363	Potatoes, baked, flesh, without salt	61.0	0.5 cup	5
03963	Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder	30.5	1.0 fl oz	5
03868	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, ready-to-feed	30.5	1.0 fl oz	5
03930	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, prepared from powder	30.5	1.0 fl oz	5
09379	Plums, canned, heavy syrup, drained	183.0	1.0 cup, with pits, yields	5
03946	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	5
33876	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed	30.5	1.0 fl oz	5

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
03803	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, ready-to-feed	30.5	1.0 fl oz	5
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	137.0	1.0 thigh with skin	5
03982	Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed	30.4	1.0 fl oz	5
03983	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed	30.4	1.0 fl oz	5
42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	78.0	1.0 bar	5
10076	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	5
07041	Liver sausage, liverwurst, pork	18.0	1.0 slice (2-1/2" dia x 1/4" thick)	5
06101	Soup, cream of vegetable, dry, powder	18.0	1.0 packet	5
19263	Frozen novelties, fruit and juice bars	77.0	1.0 bar (2.5 fl oz)	5
12110	Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	77.0	1.0 cup	5
17234	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	5
18316	Pie, coconut custard, commercially prepared	28.35	1.0 oz	5
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	5
17228	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	5
17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	5
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	5
19077	Baking chocolate, unsweetened, liquid	28.35	1.0 oz	5
17226	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	5
17242	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	5
17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	5
17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	5
17246	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	5
43346	Frozen novelties, juice type, orange	29.8	1.0 fl oz	5
09159	Limes, raw	67.0	1.0 fruit (2" dia)	5
03961	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate	31.4	1.0 fl oz	5
03940	Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted	31.4	1.0 fl oz	5
03937	Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted	31.4	1.0 fl oz	5
19132	Candies, milk chocolate, with almonds	41.0	1.0 bar (1.45 oz)	5
19410	Snack, potato chips, made from dried potatoes, plain	28.0	1.0 oz	5
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	5
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	5
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	5
03855	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed	31.0	1.0 fl oz	5
15262	Fish, tilapia, cooked, dry heat	87.0	1.0 fillet	5
06483	Soup, cream of chicken, dry, mix, prepared with water	261.0	1.0 cup 8 fl oz	5

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
42173	Turkey and pork sausage, fresh, bulk, patty or link, cooked	130.0	1.0 cup, cooked	5
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	130.0	1.0 thigh with skin	5
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	130.0	1.0 thigh with skin	5
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	130.0	1.0 drumstick with skin	5
03841	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed	30.5	1.0 fl oz	5
03953	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed	30.5	1.0 fl oz	5
03935	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	5
03925	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed	30.5	1.0 fl oz	5
03900	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, ready-to-feed	30.5	1.0 fl oz	5
03846	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed	30.5	1.0 fl oz	5
03960	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready-to-feed	30.5	1.0 fl oz	5
03800	Infant formula, NESTLE, GOOD START SUPREME, with iron, ready-to-feed	30.5	1.0 fl oz	5
09092	Figs, canned, heavy syrup pack, solids and liquids	259.0	1.0 cup	5
19125	Chocolate-flavored hazelnut spread	37.0	1.0 serving 2 TBSP	5
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	30.4	1.0 fl oz	5
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	30.4	1.0 fl oz	5
03850	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed	30.4	1.0 fl oz	5
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	30.4	1.0 fl oz	5
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	5
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	30.4	1.0 fl oz	5
03949	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed	30.4	1.0 fl oz	5
03988	Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	5
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	258.0	1.0 cup, whole, without pits	5
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	129.0	1.0 drumstick with skin	5
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	5
11427	Purslane, raw	43.0	1.0 cup	5
08388	Cereals ready-to-eat, KASHI 7 Whole Grain Puffs	19.0	1.0 cup (1 NLEA serving)	5
01270	Cheese, cheddar, sharp, sliced	19.0	1.0 slice (2/3 oz)	5
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	27.0	0.75 cup (1 NLEA serving)	5
19199	Puddings, tapioca, dry mix, prepared with whole milk	128.0	0.5 cup	5
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	5
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	5
09052	Blueberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	5
23503	USDA Commodity, beef, patties (100%), frozen, cooked	64.0	1.0 patty	5

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
11022	Balsam-pear (bitter melon), leafy tips, raw	4.0	1.0 leaf	5
19195	Puddings, rice, dry mix, prepared with whole milk	128.0	0.5 cup	5
19208	Puddings, rice, dry mix, prepared with 2% milk	128.0	0.5 cup	5
19209	Puddings, tapioca, dry mix, prepared with 2% milk	128.0	0.5 cup	5
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	5
25000	Snacks, popcorn, microwave, 94% fat free	28.35	1.0 oz	5
01008	Cheese, caraway	28.35	1.0 oz	5
03090	Babyfood, dinner, macaroni and cheese, junior	28.35	1.0 oz	5
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	5
18090	Cake, boston cream pie, commercially prepared	28.35	1.0 oz	5
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	28.35	1.0 oz	5
17236	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	5
19420	Snacks, granola bars, hard, peanut butter	28.35	1.0 oz	5
01010	Cheese, cheshire	28.35	1.0 oz	5
17224	Lamb, ground, raw	28.35	1.0 oz	5
13047	Beef, grass-fed, ground, raw	85.0	1.0 serving	5
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	5
23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	5
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	5
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	5
05668	Ground turkey, 85% lean, 15% fat, raw	85.0	1.0 patty (cooked from 4 oz raw)	5
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	85.0	3.0 oz	5
10221	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	85.0	3.0 oz	5
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	5
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	5
15102	Fish, snapper, mixed species, cooked, dry heat	85.0	3.0 oz	5
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	5
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	5
23190	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	5
17159	Game meat, boar, wild, cooked, roasted	85.0	3.0 oz	5
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	5
23280	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	5
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	5
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	85.0	3.0 oz	5

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	5
13347	Beef, cured, corned beef, brisket, cooked	85.0	3.0 oz	5
05153	Pheasant, raw, meat and skin	85.0	3.0 oz	5
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	5
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	5
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	85.0	3.0 oz	5
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	5
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	5
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	5
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	5
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	85.0	3.0 oz	5
23044	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	5
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	5
15177	Mollusks, whelk, unspecified, raw	85.0	3.0 oz	5
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	5
23287	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	5
17190	Veal, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	5
05736	Turkey, retail parts, drumstick, meat and skin, raw	85.0	3.0 oz	5
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	5
23060	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	5
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	5
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	5
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	5
05160	Squab, (pigeon), meat and skin, raw	85.0	3.0 oz	5
90560	Mollusks, snail, raw	85.0	3.0 oz	5
13848	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	5
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	5
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	5
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	5
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	5

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	5
13845	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	5
19701	Candies, semisweet chocolate, made with butter	170.0	1.0 cup chips (6 oz package)	5
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	5
05154	Pheasant, raw, meat only	85.0	3.0 oz	5
23278	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	5
05135	Chicken, capons, meat and skin, raw	85.0	3.0 oz	5
10229	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked	85.0	3.0 oz	5
23227	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	5
13858	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	5
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	5
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	5
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	5
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	5
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	85.0	3.0 oz	5
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	5
23507	USDA Commodity, beef, patties (100%), frozen, raw	85.0	3.0 oz	5
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	5
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	5
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	5
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	5
15194	Fish, mahimahi, cooked, dry heat	85.0	3.0 oz	5
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	5
13839	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	5
23042	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	5
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	5
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	85.0	3.0 oz	5
10223	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	85.0	3.0 oz	5
13852	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	5
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	5
13834	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	5

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	85.0	3.0 oz	5
10220	Pork, fresh, ground, cooked	85.0	3.0 oz	5
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	5
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	5
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	5
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	5
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	5
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	5
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	5
13831	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	5
05006	Chicken, broilers or fryers, meat and skin, raw	85.0	3.0 oz	5
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	85.0	3.0 oz	5
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	5
23279	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	5
13828	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	5
05123	Chicken, stewing, meat and skin, raw	85.0	3.0 oz	5
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	5
05136	Chicken, capons, meat and skin, cooked, roasted	85.0	3.0 oz	5
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	5
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	5
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	5
17424	Veal, ground, cooked, pan-fried	85.0	3.0 oz	5
05152	Guinea hen, meat only, raw	85.0	3.0 oz	5
13825	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	5
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	5
07900	Turkey, pork, and beef sausage, low fat, smoked	85.0	3.0 oz	5
17147	Game meat, bear, cooked, simmered	85.0	3.0 oz	5
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	5
23567	Beef, ground, 85% lean meat / 15% fat, raw	85.0	3.0 oz	5
15214	Fish, seatrout, mixed species, cooked, dry heat	85.0	3.0 oz	5
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	85.0	3.0 oz	5
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	5

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	5
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	5
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	5
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	5
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	5
19321	Puddings, banana, dry mix, regular, prepared with whole milk	127.0	0.5 cup	5
19319	Puddings, banana, dry mix, instant, prepared with whole milk	127.0	0.5 cup	5
19333	Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water	127.0	0.5 cup	5
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	253.0	1.0 cup, halves	5
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	5
42258	Cheese product, pasteurized process, cheddar, reduced fat	28.0	1.0 slice 1 oz	5
06013	Soup, chicken broth, canned, condensed	126.0	0.5 cup (4 fl oz)	5
07923	Bratwurst, chicken, cooked	84.0	1.0 serving 2.96 oz	5
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	84.0	1.0 serving	5
01173	Egg, white, dried	28.0	1.0 oz	5
11147	Chard, swiss, raw	36.0	1.0 cup	5
09091	Figs, canned, light syrup pack, solids and liquids	252.0	1.0 cup	5
07928	Sausage, chicken, beef, pork, skinless, smoked	84.0	1.0 link	5
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	56.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	5
07005	Blood sausage	100.0	4.0 slices	5
09229	Papaya nectar, canned	250.0	1.0 cup	5
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	5
15171	Mollusks, oyster, Pacific, raw	50.0	1.0 medium	5
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	250.0	1.0 cup	5
07022	Frankfurter, beef, unheated	50.0	1.0 frankfurter	5
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	5
22972	Pulled pork in barbecue sauce	249.0	1.0 cup	5
09031	Apricots, dehydrated (low-moisture), sulfured, stewed	249.0	1.0 cup	5
18219	Crackers, matzo, whole-wheat	14.2	0.5 oz	5
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	5
06955	Soup, cream of chicken, canned, condensed, reduced sodium	124.0	0.5 cup	5
09299	Raisins, seeded	165.0	1.0 cup, packed	5
08355	Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS	33.0	1.0 cup (1 NLEA serving)	5
09297	Raisins, golden seedless	165.0	1.0 cup, packed	5
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	247.0	1.0 cup, halves	5

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
06411	Soup, cheese, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	5
03859	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed	29.0	1.0 oz	5
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	246.0	1.0 cup, whole, without pits	5
01112	Whey, acid, fluid	246.0	1.0 cup	5
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	5
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	122.0	1.0 piece	5
06417	Soup, chicken gumbo, canned, prepared with equal volume water	244.0	1.0 cup	5
06456	Soup, cream of shrimp, canned, prepared with equal volume water	244.0	1.0 cup	5
09352	Blueberries, canned, light syrup, drained	244.0	1.0 cup	5
06413	Soup, chicken broth, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	5
06442	Soup, mushroom barley, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	5
09024	Apricots, canned, juice pack, with skin, solids and liquids	244.0	1.0 cup, halves	5
09022	Apricots, canned, water pack, with skin, solids and liquids	243.0	1.0 cup, halves	5
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	5
09035	Apricots, frozen, sweetened	242.0	1.0 cup	5
06025	Soup, chicken vegetable, canned, condensed	121.0	0.5 cup	5
19015	Snacks, granola bars, hard, plain	21.0	1.0 bar	5
06466	Soup, turkey vegetable, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	5
43572	Popcorn, microwave, low fat and sodium	28.35	1.0 oz	5
15026	Fish, eel, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	5
12203	Nuts, chestnuts, japanese, boiled and steamed	28.35	1.0 oz	5
43285	Eggs, scrambled, frozen mixture	28.35	1.0 oz	5
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	5
25001	Snacks, popcorn, microwave, low fat	28.35	1.0 oz	5
09163	Blueberries, dried, sweetened	40.0	0.25 cup	5
11796	Lotus root, cooked, boiled, drained, with salt	60.0	0.5 cup	5
14639	Beverages, rice milk, unsweetened	240.0	8.0 fl oz (approximate weight, 1 serving)	5
06022	Soup, chicken rice, canned, chunky, ready-to-serve	240.0	1.0 cup	5
11255	Lotus root, cooked, boiled, drained, without salt	60.0	0.5 cup	5
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	5
07945	Frankfurter, beef, heated	48.0	1.0 frankfurter	5
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	5
15007	Fish, butterfish, raw	32.0	1.0 fillet	5
06170	Soup, stock, beef, home-prepared	240.0	1.0 cup	5
15172	Mollusks, scallop, mixed species, raw	30.0	1.0 unit 2 large or 5 small	5
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	5

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
06008	Soup, beef broth or bouillon canned, ready-to-serve	240.0	1.0 cup	5
14647	Beverages, Fruit flavored drink, reduced sugar, greater than 3% fruit juice, high vitamin C, added calcium	240.0	8.0 fl oz	5
06125	Gravy, turkey, canned, ready-to-serve	238.0	1.0 cup	5
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	119.0	1.0 cup	5
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	95.0	1.0 drumstick without skin	5
20447	Rice, white, long-grain, parboiled, unenriched, cooked	158.0	1.0 cup	5
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	158.0	1.0 cup	5
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	5
19867	Ice creams, vanilla, fat free	67.0	0.5 cup	5
06174	Soup, stock, fish, home-prepared	233.0	1.0 cup	5
06116	Gravy, beef, canned, ready-to-serve	233.0	1.0 cup	5
11142	Celeriac, cooked, boiled, drained, without salt	155.0	1.0 cup pieces	5
11928	Tree fern, cooked, with salt	31.0	1.0 frond (6-1/2" long)	5
11763	Celeriac, cooked, boiled, drained, with salt	155.0	1.0 cup pieces	5
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	116.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	5
19866	Candies, soft fruit and nut squares	42.0	3.0 pieces	5
09326	Watermelon, raw	154.0	1.0 cup, balls	5
42183	Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars	51.0	2.0 cookie 2011 label	5
19088	Ice creams, vanilla, light	76.0	1.0 serving 1/2 cup	5
03211	Babyfood, cereal, high protein, with apple and orange, dry	2.4	1.0 tbsp	5
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	114.0	4.0 oz	5
07912	Roast beef spread	57.0	1.0 serving .25 cup	5
09023	Apricots, canned, water pack, without skin, solids and liquids	227.0	1.0 cup, whole, without pits	5
18431	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	28.35	1.0 oz	5
25040	Snacks, vegetable chips, made from garden vegetables	28.35	1.0 oz	5
12143	Nuts, pecans, dry roasted, without salt added	28.35	1.0 oz	5
18435	Danish pastry, raspberry, unenriched	28.35	1.0 oz	5
19433	Tortilla chips, low fat, baked without fat	28.35	1.0 oz	5
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	28.35	1.0 oz	5
01018	Cheese, edam	28.35	1.0 oz	5
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	28.35	1.0 oz	5
17125	Veal, shoulder, arm, separable lean only, raw	28.35	1.0 oz	5
18433	Danish pastry, lemon, unenriched	28.35	1.0 oz	5
19038	Snacks, popcorn, caramel-coated, with peanuts	28.35	1.0 oz (approx 2/3 cup)	5
19833	Snacks, tortilla chips, low fat, unsalted	28.35	1.0 oz	5
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	28.35	1.0 oz	5

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12643	Nuts, pecans, dry roasted, with salt added	28.35	1.0 oz	5
23477	Beef, ground, 97% lean meat / 3% fat, raw	113.0	4.0 oz	5
19193	Puddings, rice, ready-to-eat	113.0	1.0 serving 4 oz pudding cup	5
35009	Whale, beluga, meat, dried (Alaska Native)	45.0	1.0 strip	4
08610	Cereals ready-to-eat, KASHI Honey Sunshine	30.0	0.75 cup (1 NLEA serving)	4
07963	Frankfurter, meat and poultry, cooked, boiled	50.0	1.0 frankfurter	4
19115	Candies, MARS SNACKFOOD US, MARS Almond Bar	50.0	1.0 bar (1.76 oz)	4
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	4
42153	Salad dressing, blue or roquefort cheese dressing, light	16.0	1.0 tbsp	4
07927	Sausage, Italian, turkey, smoked	56.0	1.0 serving 2 oz	4
03121	Babyfood, vegetables, peas, strained	16.0	1.0 tbsp	4
11964	Nopales, cooked, without salt	149.0	1.0 cup	4
42227	Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies	37.0	1.0 serving 1.31 oz bag	4
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	111.0	1.0 thigh without skin	4
31034	Peppers, hot pickled, canned	34.0	0.25 cup drained	4
09044	Cherries, tart, dried, sweetened	40.0	0.25 cup	4
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	40.0	1.0 serving 6 pieces	4
08561	Cereals, KASHI GO LEAN Hot Cereal, Hearty Honey & Cinnamon, dry	40.0	1.0 packet (1 NLEA serving)	4
19096	Ice creams, vanilla, light, soft-serve	88.0	1.0 serving 1/2 cup	4
05025	Chicken, heart, all classes, raw	6.1	1.0 heart	4
09357	Apricots, canned, heavy syrup, drained	219.0	1.0 cup, halves	4
06188	Soup, beef broth, less/reduced sodium, ready to serve	219.0	1.0 cup	4
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	87.0	1.0 serving	4
28347	Pancakes, gluten-free, frozen, ready-to-heat	48.0	1.0 pancake	4
07964	Frankfurter, meat and poultry, cooked, grilled	48.0	1.0 frankfurter	4
42205	Cheese, pasteurized process, cheddar or American, fat-free	16.0	1.0 cubic inch	4
03072	Babyfood, dinner, chicken stew, toddler	16.0	1.0 tbsp	4
19293	Frozen yogurts, vanilla, soft-serve	72.0	0.5 cup	4
08648	Cereals ready-to-eat, KASHI Simply Maize	27.0	0.75 cup (1 NLEA serving)	4
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	143.0	1.0 drumstick with skin	4
42280	Frankfurter, meat and poultry, low fat	143.0	1.0 cup, sliced	4
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	143.0	1.0 drumstick with skin	4
13355	Beef, cured, pastrami	71.0	1.0 package, 2.5 oz	4
15035	Fish, haddock, smoked	28.35	1.0 oz, boneless	4
03089	Babyfood, dinner, macaroni and cheese, strained	28.35	1.0 oz	4
17152	Game meat, beefalo, composite of cuts, raw	28.35	1.0 oz	4

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17278	Veal, shank (fore and hind), separable lean only, raw	28.35	1.0 oz	4
15068	Fish, pompano, florida, raw	28.35	1.0 oz, boneless	4
17239	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	4
17122	Veal, shoulder, arm, separable lean and fat, raw	28.35	1.0 oz	4
17276	Veal, shank (fore and hind), separable lean and fat, raw	28.35	1.0 oz	4
15211	Fish, salmon, chum, cooked, dry heat	85.0	3.0 oz	4
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85.0	3.0 oz	4
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	4
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	4
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	4
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	4
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	4
10024	Pork, fresh, loin, whole, separable lean only, raw	85.0	3.0 oz	4
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85.0	3.0 oz	4
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	4
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	4
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	4
17186	Lamb, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	4
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	4
05124	Chicken, stewing, meat and skin, cooked, stewed	85.0	3.0 oz	4
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	85.0	3.0 oz	4
15134	Fish, wolffish, Atlantic, raw	85.0	3.0 oz	4
15183	Fish, tuna, light, canned in oil, without salt, drained solids	85.0	3.0 oz	4
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	4
07057	Pepperoni, beef and pork, sliced	85.0	3.0 oz	4
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	4
15093	Fish, seatrout, mixed species, raw	85.0	3.0 oz	4
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	85.0	3.0 oz	4
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	4
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	4
15212	Fish, salmon, pink, cooked, dry heat	85.0	3.0 oz	4
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	85.0	3.0 oz	4
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	4
15023	Fish, mahimahi, raw	85.0	3.0 oz	4
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	4

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13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	4
13320	Beef, variety meats and by-products, brain, cooked, simmered	85.0	3.0 oz	4
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	4
17163	Game meat, caribou, cooked, roasted	85.0	3.0 oz	4
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	4
05112	Chicken, roasting, meat and skin, cooked, roasted	85.0	3.0 oz	4
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	4
15157	Mollusks, clam, mixed species, raw	85.0	3.0 oz	4
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	4
15100	Fish, smelt, rainbow, cooked, dry heat	85.0	3.0 oz	4
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	4
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	85.0	3.0 oz	4
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	4
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	4
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	4
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	4
15043	Fish, herring, Pacific, raw	85.0	3.0 oz	4
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	4
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	4
05151	Guinea hen, meat and skin, raw	85.0	3.0 oz	4
15232	Fish, roughy, orange, cooked, dry heat	85.0	3.0 oz	4
13842	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	4
17169	Game meat, goat, cooked, roasted	85.0	3.0 oz	4
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	4
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	4
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	4
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	4
15191	Fish, butterfish, cooked, dry heat	25.0	1.0 fillet	4
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	4
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	4
15101	Fish, snapper, mixed species, raw	85.0	3.0 oz	4
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	4
15155	Mollusks, abalone, mixed species, raw	85.0	3.0 oz	4
15185	Fish, tuna, white, canned in oil, without salt, drained solids	85.0	3.0 oz	4
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	4

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	4
13322	Beef, variety meats and by-products, heart, cooked, simmered	85.0	3.0 oz	4
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	4
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	106.0	1.0 drumstick with skin	4
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 wing	4
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	4
05324	Chicken patty, frozen, cooked	60.0	1.0 patty	4
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	140.0	1.0 cup	4
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	4
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	4
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	105.0	1.0 drumstick with skin (yield from 1 lb ready-to-cook chicken)	4
08354	Cereals ready-to-eat, QUAKER, MOTHER'S GRAHAM BUMPERS	28.0	0.75 cup (1 NLEA serving)	4
05118	Chicken, roasting, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	4
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	4
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	140.0	1.0 cup	4
11880	Taro, shoots, cooked, with salt	140.0	1.0 cup slices	4
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	140.0	1.0 cup	4
11523	Taro shoots, cooked, without salt	140.0	1.0 cup slices	4
01260	Cheese, cheddar, reduced fat	21.0	1.0 slice	4
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	4
11390	Potatoes, hash brown, frozen, plain, unprepared	105.0	0.5 cup	4
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	140.0	1.0 cup	4
11590	Waterchestnuts, chinese, canned, solids and liquids	70.0	0.5 cup slices	4
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	140.0	1.0 cup	4
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	4
07021	Dutch brand loaf, chicken, pork and beef	38.0	1.0 slice	4
07089	Sausage, Italian, pork, cooked	83.0	1.0 link, 4/lb	4
14305	Malt beverage, includes non-alcoholic beer	29.6	1.0 fl oz	4
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	138.0	1.0 slice	4
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	4
20453	Rice, white, short-grain, cooked, unenriched	205.0	1.0 cup	4
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	82.0	1.0 serving	4
01239	Ice cream cookie sandwich	82.0	1.0 serving	4
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	51.0	1.0 wing	4

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
11215	Garlic, raw	136.0	1.0 cup	4
25052	Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	24.0	1.0 bar	4
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	24.0	1.0 bar	4
42286	Babyfood, green beans and turkey, strained	14.0	1.0 tbsp	4
03178	Babyfood, juice, prune and orange	31.2	1.0 fl oz	4
11960	Carrots, baby, raw	15.0	1.0 large	4
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)	4
05162	Squab, (pigeon), light meat without skin, raw	101.0	1.0 breast, bone removed	4
14542	Lemonade, frozen concentrate, pink	36.4	1.0 fl oz	4
21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	4
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	133.0	1.0 drumstick with skin	4
07925	Pastrami, beef, 98% fat-free	57.0	1.0 serving 6 slices	4
18429	Crackers, whole-wheat, low salt	14.2	0.5 oz	4
03934	Babyfood, corn and sweet potatoes, strained	28.35	1.0 oz	4
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	4
15042	Fish, herring, Atlantic, kippered	28.35	1.0 oz, boneless	4
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	4
17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	4
18021	Bread, boston brown, canned	28.35	1.0 oz	4
19400	Snacks, banana chips	28.35	1.0 oz	4
17137	Veal, sirloin, separable lean only, raw	28.35	1.0 oz	4
17099	Veal, leg (top round), separable lean only, raw	28.35	1.0 oz	4
01031	Cheese, neufchatel	28.35	1.0 oz	4
17094	Veal, leg (top round), separable lean and fat, raw	28.35	1.0 oz	4
19188	Puddings, chocolate, dry mix, regular	99.0	1.0 package (3.5 oz)	4
27059	Sauce, peanut, made from peanut butter, water, soy sauce	18.0	1.0 tbsp	4
03282	Babyfood, vegetables, mix vegetables junior	99.0	1.0 serving 3.5 oz serving	4
05117	Chicken, roasting, light meat, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	4
11028	Bamboo shoots, canned, drained solids	131.0	1.0 cup (1/8" slices)	4
07029	Ham, sliced, regular (approximately 11% fat)	56.0	56.0 grams 1 serving	4
09101	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra heavy syrup, solids and liquids	130.0	0.5 cup	4
03302	Babyfood, snack, GERBER GRADUATE YOGURT MELTS	7.0	1.0 serving	4
11237	Kanpyo, (dried gourd strips)	6.3	1.0 strip	4
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	4

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08157	Cereals ready-to-eat, wheat, puffed, fortified	12.0	1.0 cup	4
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	48.0	1.0 package (1.69 oz)	4
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	96.0	1.0 drumstick without skin	4
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	95.0	1.0 drumstick without skin	4
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	95.0	1.0 drumstick without skin	4
06056	Soup, cream of shrimp, canned, condensed	126.0	0.5 cup	4
06029	CAMPBELL'S, HEALTHY REQUEST, chicken with rice, condensed	126.0	0.5 cup	4
05173	Turkey, gizzard, all classes, raw	63.0	1.0 raw gizzard	4
01215	Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	21.0	1.0 slice 3/4 oz	4
14017	Alcoholic beverage, pina colada, prepared-from-recipe	31.4	1.0 fl oz	4
06959	Gravy, instant turkey, dry	6.7	1.0 serving	4
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	4
15231	Mollusks, oyster, Pacific, cooked, moist heat	25.0	1.0 medium	4
03173	Babyfood, juice, orange and apple	31.2	1.0 fl oz	4
11108	Butterbur, canned	124.0	1.0 cup, chopped	4
20451	Rice, white, medium-grain, cooked, unenriched	186.0	1.0 cup	4
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	31.0	1.0 bar	4
06011	Soup, cheese, canned, condensed	124.0	0.5 cup	4
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	4
09098	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	123.0	0.5 cup	4
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	4
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	4
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	4
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	4
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	4
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	4
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	4
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	4
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	4
17140	Veal, cubed for stew (leg and shoulder), separable lean only, raw	28.35	1.0 oz	4
19017	Snacks, granola bars, hard, chocolate chip	28.35	1.0 oz	4
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	4
17134	Veal, sirloin, separable lean and fat, raw	28.35	1.0 oz	4
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	4
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	4

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
17210	Lamb, variety meats and by-products, pancreas, raw	28.35	1.0 oz	4
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	4
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	4
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	4
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	4
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	4
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	4
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	4
15002	Fish, anchovy, european, canned in oil, drained solids	28.35	1.0 oz, boneless	4
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	4
19057	Snacks, tortilla chips, nacho cheese	28.35	1.0 oz	4
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	4
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	4
17113	Veal, rib, separable lean only, raw	28.35	1.0 oz	4
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	4
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	4
02036	Spices, rosemary, dried	1.2	1.0 tsp	4
11145	Celtuce, raw	8.0	1.0 leaf	4
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	4
06175	Sauce, hoisin, ready-to-serve	16.0	1.0 tbsp	4
18621	NABISCO, NABISCO RITZ Crackers	3.3	1.0 cracker	4
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	4
01251	Cheese, Mexican blend	28.0	0.25 cup shredded	4
19440	Snacks, M&M MARS, KUDOS Whole Grain Bar, chocolate chip	28.0	1.0 bar	4
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	91.0	1.0 drumstick without skin	4
07201	OSCAR MAYER, Bologna (beef)	28.0	1.0 serving (1 slice)	4
07960	Bologna, chicken, pork	28.0	1.0 serving	4
09450	Naranjilla (lulo) pulp, frozen, unsweetened	120.0	1.0 cup thawed	4
19265	Ice creams, chocolate, light, no sugar added	72.0	1.0 serving 1/2 cup	4
09421	Dates, medjool	24.0	1.0 date, pitted	4
28346	Waffles, gluten-free, frozen, ready-to-heat	45.0	1.0 waffle	4
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	51.0	1.0 wing	4
03130	Babyfood, fruit, peaches, strained	17.0	1.0 tbsp	4
03131	Babyfood, fruit, peaches, junior	17.0	1.0 tbsp	4
05129	Chicken, stewing, light meat, meat only, raw	89.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	4
14250	Beverages, AMBER, hard cider	355.0	12.0 fl oz	4

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05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	4
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	4
20117	Noodles, japanese, somen, cooked	176.0	1.0 cup	4
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	117.0	1.0 piece	4
16429	Tofu, fried, prepared with calcium sulfate	13.0	1.0 piece	4
01237	Ice cream, bar or stick, chocolate covered	50.0	1.0 bar	4
07015	Brotwurst, pork, beef, link	70.0	1.0 link	4
42196	Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	50.0	1.0 serving 1.76 oz bar	4
11005	Arrowhead, raw	25.0	1.0 large	4
05057	Chicken, broilers or fryers, breast, meat and skin, raw	87.0	0.5 breast, bone removed (yield from 1 lb ready-to-cook chicken)	3
11218	Gourd, white-flowered (calabash), raw	58.0	0.5 cup (1" pieces)	3
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	15.0	1.0 tbsp	3
14019	Alcoholic beverage, tequila sunrise, canned	31.1	1.0 fl oz	3
07958	Turkey sausage, fresh, cooked	57.0	1.0 serving	3
01252	Cheese product, pasteurized process, American, vitamin D fortified	19.0	1.0 slice (2/3 oz)	3
07905	Frankfurter, beef, pork, and turkey, fat free	57.0	1.0 frank 1 NLEA serving	3
07039	Lebanon bologna, beef	57.0	1.0 serving 2 slices	3
18218	Crackers, matzo, egg	14.2	0.5 oz	3
17205	Lamb, variety meats and by-products, lungs, raw	28.35	1.0 oz	3
19016	Snacks, granola bars, hard, almond	28.35	1.0 oz	3
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	3
43276	Cheese spread, cream cheese base	28.35	1.0 oz	3
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	3
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	3
19104	Candies, fudge, vanilla with nuts	28.35	1.0 oz	3
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	3
19056	Snacks, tortilla chips, plain, white corn, salted	28.35	1.0 oz	3
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	3
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	3
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	3
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	3
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	3
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	28.35	1.0 oz	3
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	3
17110	Veal, rib, separable lean and fat, raw	28.35	1.0 oz	3

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01159	Cheese, goat, soft type	28.35	1.0 oz	3
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	3
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	3
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
23094	Beef, chuck for stew, separable lean and fat, select, raw	85.0	3.0 oz	3
17343	Game meat, deer, ground, raw	85.0	1.0 patty (cooked from 4 oz raw)	3
05146	Goose, domesticated, meat and skin, raw	85.0	3.0 oz	3
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	3
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	3
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	3
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	3
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	85.0	3.0 oz	3
05075	Chicken, broilers or fryers, leg, meat and skin, raw	85.0	3.0 oz	3
05159	Quail, breast, meat only, raw	85.0	3.0 oz	3
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
15083	Fish, salmon, pink, raw	85.0	3.0 oz	3
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	85.0	3.0 oz	3
10130	Canadian bacon, unprepared	85.0	3.0 oz	3
15099	Fish, smelt, rainbow, raw	85.0	3.0 oz	3
17215	Lamb, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	3
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	3
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
10122	Pork, fresh, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	3
13344	Beef, cured, breakfast strips, raw or unheated	68.0	3.0 slices	3
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	85.0	3.0 oz	3
05286	Turkey and gravy, frozen	85.0	3.0 oz	3
43098	Pie fillings, cherry, low calorie	85.0	1.0 serving	3
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	3

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	85.0	3.0 oz	3
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	3
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	85.0	3.0 oz	3
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	3
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	85.0	3.0 oz	3
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	3
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
15087	Fish, salmon, sockeye, canned, drained solids	85.0	3.0 oz	3
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	85.0	3.0 oz	3
11366	Potatoes, boiled, cooked in skin, skin, without salt	34.0	1.0 skin	3
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85.0	3.0 oz	3
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	3
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
15135	Fish, yellowtail, mixed species, raw	85.0	3.0 oz	3
15184	Fish, tuna, light, canned in water, without salt, drained solids	85.0	3.0 oz	3
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	85.0	3.0 oz	3
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	3
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	3
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	3
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
11677	Shallots, raw	10.0	1.0 tbsp chopped	3
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	3

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	3
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
05080	Chicken, broilers or fryers, leg, meat only, raw	85.0	3.0 oz	3
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	3
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
13334	Beef, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	3
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	3
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
15264	Salmon, sockeye, canned, drained solids, without skin and bones	85.0	3.0 oz	3
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	3
17217	Veal, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	3
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	3
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
05155	Pheasant, breast, meat only, raw	85.0	3.0 oz	3
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
15079	Fish, salmon, chum, raw	85.0	3.0 oz	3
11832	Potatoes, boiled, cooked in skin, skin, with salt	34.0	1.0 skin	3
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
10118	Pork, fresh, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	3
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
10195	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	3
17173	Game meat, moose, cooked, roasted	85.0	3.0 oz	3
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	85.0	3.0 oz	3
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
19235	Puddings, chocolate, ready-to-eat, fat free	113.0	1.0 serving 4 oz	3
05085	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter	16.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
28327	Crackers, water biscuits	14.0	4.0 cracker 1 serving	3
07914	Sausage, Italian, sweet, links	84.0	1.0 link 3 oz	3
08546	Rice and Wheat cereal bar	22.0	1.0 bar	3
08608	Cereals ready-to-eat, KASHI Berry Blossom	30.0	0.75 cup (1 NLEA serving)	3
07924	Bratwurst, pork, beef and turkey, lite, smoked	66.0	1.0 serving 2.33 oz	3
19095	Ice creams, vanilla	66.0	1.0 serving 1/2 cup	3
01164	Cheese sauce, prepared from recipe	30.0	2.0 tbsp	3
19375	Frostings, glaze, prepared-from-recipe	327.0	1.0 recipe yield	3
02024	Spices, mustard seed, ground	2.0	1.0 tsp	3
16124	Soy sauce made from soy (tamari)	18.0	1.0 tbsp	3
09149	Kumquats, raw	19.0	1.0 fruit without refuse	3
16112	Miso	17.0	1.0 tbsp	3
06958	Gravy, instant beef, dry	6.7	1.0 serving	3
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	3
11953	Squash, zucchini, baby, raw	16.0	1.0 large	3
15103	Fish, spot, raw	64.0	1.0 fillet	3
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	11.0	1.0 block	3
16132	Tofu, salted and fermented (fuyu)	11.0	1.0 block	3
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3
19001	Candies, TOBLERONE, milk chocolate with honey and almond nougat	35.0	1.0 bar	3
11156	Chives, raw	3.0	1.0 tbsp chopped	3
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	35.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3
07949	Frankfurter, meat, heated	52.0	1.0 serving (1 hot dog)	3
11975	Grape leaves, canned	4.0	1.0 leaf	3
03174	Babyfood, juice, orange and apple and banana	31.2	1.0 fl oz	3
07950	Frankfurter, meat	52.0	1.0 serving (1 hot dog)	3
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	3
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	3
15252	USDA Commodity, salmon nuggets, cooked as purchased, unheated	28.35	1.0 oz	3
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	3
18412	Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	28.35	1.0 oz	3
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	3
19301	Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	28.35	1.0 oz	3
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	3
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	3
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	3

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	3
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	3
17207	Veal, variety meats and by-products, lungs, raw	28.35	1.0 oz	3
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	3
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	3
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	3
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	3
17119	Veal, shoulder, whole (arm and blade), separable lean only, raw	28.35	1.0 oz	3
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	3
13328	Beef, variety meats and by-products, lungs, raw	28.35	1.0 oz	3
15251	USDA Commodity, salmon nuggets, breaded, frozen, heated	28.35	1.0 oz	3
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	3
03704	Babyfood, cereal, mixed, with honey, prepared with whole milk	28.35	1.0 oz	3
01265	Cheese, cheddar, nonfat or fat free	28.0	1.0 serving	3
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	44.0	1.0 medallion	3
11591	Watercress, raw	34.0	1.0 cup, chopped	3
42284	Babyfood, baked product, finger snacks cereal fortified	1.7	1.0 cookie	3
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter	3
11447	Sesbania flower, raw	3.0	1.0 flower	3
07916	Sausage, Polish, pork and beef, smoked	76.0	1.0 serving 2.67 oz	3
19230	Frostings, vanilla, creamy, ready-to-eat	38.0	0.083 package	3
20015	Corn bran, crude	76.0	1.0 cup	3
09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	3
15216	Fish, spot, cooked, dry heat	50.0	1.0 fillet	3
15005	Fish, bluefish, raw	150.0	1.0 fillet	3
05323	Chicken patty, frozen, uncooked	60.0	1.0 patty	3
03184	Babyfood, cereal, whole wheat, with apples, dry fortified	15.0	0.5 oz	3
07016	Cheesefurter, cheese smokie, pork, beef	100.0	2.33 links	3
15060	Fish, perch, mixed species, raw	60.0	1.0 fillet	3
19184	Puddings, chocolate, dry mix, instant	99.0	1.0 package (3.5 oz)	3
19233	Puddings, vanilla, ready-to-eat, fat free	99.0	1.0 serving 3.5 oz shelf stable	3
19314	Pie fillings, canned, cherry	74.0	0.125 can	3
19097	Sherbet, orange	74.0	0.5 cup (4 fl oz)	3
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	37.0	1.0 wing without skin	3
43078	Beverage, milkshake mix, dry, not chocolate	7.0	1.0 tbsp	3

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
19898	Ice creams, regular, low carbohydrate, vanilla	58.0	1.0 individual (3.5 fl oz)	3
05312	Chicken, wing, frozen, glazed, barbecue flavored	29.0	1.0 piece	3
06189	Sauce, teriyaki, ready-to-serve, reduced sodium	36.0	2.0 Tbsp	3
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	3
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	41.0	1.0 medallion	3
01264	Ice cream bar, stick or nugget, with crunch coating	95.0	26.0 pieces	3
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	3
02055	Horseradish, prepared	5.0	1.0 tsp	3
43274	Cheese, cream, low fat	15.0	1.0 tbsp	3
07052	Pastrami, turkey	57.0	2.0 slices	3
19074	Candies, caramels	71.0	1.0 package (2.5 oz)	3
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	3
01023	Cheese, gruyere	28.35	1.0 oz	3
03693	Babyfood, cereal, oatmeal, with honey, prepared with whole milk	28.35	1.0 oz	3
13850	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	3
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	3
07025	Frankfurter, turkey	28.35	1.0 oz	3
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	3
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	3
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	3
10102	Pork, fresh, variety meats and by-products, feet, raw	28.35	1.0 oz	3
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	28.35	1.0 oz	3
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	3
03689	Babyfood, cereal, oatmeal, prepared with whole milk	28.35	1.0 oz	3
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	3
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	3
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	28.35	1.0 oz	3
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	3
19823	Potato chips, without salt, reduced fat	28.35	1.0 oz	3
19279	Candies, milk chocolate coated coffee beans	28.35	1.0 oz	3
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	3
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	3
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	3
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	3
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	3

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	3
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	3
14334	Beverages, pineapple and grapefruit juice drink, canned	31.3	1.0 fl oz	3
14341	Beverages, pineapple and orange juice drink, canned	31.3	1.0 fl oz	3
06124	Gravy, pork, dry, powder	6.7	1.0 serving	3
01172	Egg, white, raw, frozen, pasteurized	28.0	1.0 oz	3
13350	Beef, cured, dried	28.0	10.0 slices	3
07002	Beerwurst, beer salami, pork and beef	56.0	2.0 oz	3
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	40.0	1.0 medallion	3
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	3
05147	Goose, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	3
07070	Salami, cooked, turkey	28.0	1.0 serving	3
07931	Beerwurst, pork and beef	56.0	1.0 serving 2 oz	3
27063	Sauce, enchilada, red, mild, ready to serve	56.0	0.25 cup	3
27050	Sauce, sweet and sour, ready-to-serve	35.0	2.0 Tbsp	3
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	3
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	140.0	1.0 cup	3
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	3
14425	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water	31.0	1.0 fl oz	3
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3
19914	Candies, M&M MARS 3 MUSKETEERS Truffle Crisp	31.0	1.0 serving	3
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3
09081	Cranberry sauce, canned, sweetened	277.0	1.0 cup	3
15061	Fish, perch, mixed species, cooked, dry heat	46.0	1.0 fillet	3
09296	Quinces, raw	92.0	1.0 fruit without refuse	3
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	11.0	1.0 cup	3
02042	Spices, thyme, dried	1.0	1.0 tsp, leaves	3
03939	Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed	30.4	1.0 fl oz	3
03936	Infant formula, PBM PRODUCTS, store brand, ready-to-feed	30.4	1.0 fl oz	3
27048	Sauce, steak, tomato based	34.0	2.0 Tbsp	3
01243	Fat free ice cream, no sugar added, flavors other than chocolate	68.0	0.5 cup	3
01244	Milk dessert bar, frozen, made from lowfat milk	68.0	1.0 bar	3
13345	Beef, cured, breakfast strips, cooked	34.0	3.0 slices	3
19114	Ice creams, chocolate, light	68.0	1.0 serving	3
03287	Babyfood, dinner, beef noodle, junior	16.0	1.0 tbsp	3

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
19260	Ice creams, vanilla, light, no sugar added	68.0	1.0 serving 1/2 cup	3
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	34.0	1.0 medallion	3
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	3
03157	Babyfood, fruit, bananas and pineapple with tapioca, strained	15.0	1.0 tbsp	3
05033	Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed	90.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3
04706	Dressing, honey mustard, fat-free	30.0	2.0 tbsp (1 NLEA serving)	3
07241	OSCAR MAYER, Wieners (beef franks)	45.0	1.0 serving	3
06051	Soup, pea, split with ham, canned, condensed	135.0	0.5 cup (4 fl oz)	3
42190	Pork sausage rice links, brown and serve, cooked	45.0	2.0 links 1 NLEA serving	3
06176	Sauce, oyster, ready-to-serve	18.0	1.0 tbsp	3
18418	Cake, pound, commercially prepared, other than all butter, unenriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	3
09258	Pears, canned, extra heavy syrup pack, solids and liquids	266.0	1.0 cup, halves	3
14196	Beverages, Cocoa mix, no sugar added, powder	19.0	1.0 envelope Alba (.675 oz)	3
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	3
09257	Pears, canned, heavy syrup pack, solids and liquids	266.0	1.0 cup	3
08156	Cereals ready-to-eat, rice, puffed, fortified	14.0	1.0 cup	3
02066	Spearmint, dried	0.5	1.0 tsp	3
35211	Caribou, hind quarter, meat, cooked (Alaska Native)	66.0	0.5 cup	3
09289	Prunes, dehydrated (low-moisture), uncooked	132.0	1.0 cup	3
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	3
07922	Bratwurst, beef and pork, smoked	66.0	1.0 serving 2.33 oz	3
14091	Beverages, almond milk, unsweetened, shelf stable	262.0	1.0 cup	3
08172	Cereals, farina, unenriched, dry	10.9	1.0 tbsp	3
43364	Snacks, tortilla chips, unsalted, white corn	26.0	1.0 cup	3
06449	Soup, pea, green, canned, prepared with equal volume water	259.0	1.0 serving 1 cup	3
06965	Soup, pea, low sodium, prepared with equal volume water	259.0	1.0 cup	3
09095	Figs, dried, stewed	259.0	1.0 cup	3
06118	Gravy, brown, dry	6.0	1.0 tbsp	3
11963	Nopales, raw	86.0	1.0 cup, sliced	3
23054	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	32.0	1.0 medallion	3
14292	Lemonade, frozen concentrate, white	36.5	1.0 fl oz	3
12114	Nuts, coconut meat, dried (desiccated), toasted	28.35	1.0 oz	3
23502	USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked	28.35	1.0 oz	3
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	3

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	3
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	3
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	3
03199	Babyfood, cereal, with eggs, strained	28.35	1.0 oz	3
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	3
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	28.35	1.0 oz	3
18419	Cake, pudding-type, white, unenriched, dry mix	28.35	1.0 oz	3
18422	Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched	28.35	1.0 oz	3
42272	Snacks, granola bar, with coconut, chocolate coated	28.35	1.0 oz	3
15055	Fish, mullet, striped, raw	28.35	1.0 oz	3
13348	Beef, cured, corned beef, canned	28.35	1.0 oz	3
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	28.35	1.0 oz	3
01028	Cheese, mozzarella, part skim milk	28.35	1.0 oz	3
18420	Cake, yellow, unenriched, dry mix	28.35	1.0 oz	3
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	28.35	1.0 oz	3
03685	Babyfood, cereal, mixed, prepared with whole milk	28.35	1.0 oz	3
12177	Nuts, coconut meat, dried (desiccated), creamed	28.35	1.0 oz	3
07001	Barbecue loaf, pork, beef	28.35	1.0 oz	3
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	3
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
17142	Veal, ground, raw	85.0	3.0 oz	3
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
17107	Veal, loin, separable lean only, raw	85.0	3.0 oz	3
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
07013	Bratwurst, pork, cooked	85.0	1.0 link cooked	3
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
17221	Lamb, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	3
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	3
17189	Veal, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	3
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
15205	Fish, pollock, Atlantic, cooked, dry heat	85.0	3.0 oz	3
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
17104	Veal, loin, separable lean and fat, raw	85.0	3.0 oz	3
13332	Beef, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	3
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
19172	Gelatin desserts, dry mix	85.0	1.0 package (3 oz)	3
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	3
17435	Veal, shank, separable lean and fat, raw	85.0	3.0 oz	3
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	3
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	3
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	3
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
17428	Veal, shank, separable lean only, raw	85.0	3.0 oz	3
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	85.0	3.0 oz	3
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	3
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	3
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	3
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
23640	Beef, variety meats and by-products, tripe, cooked, simmered	85.0	1.0 serving	3
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
05309	Chicken, cornish game hens, meat only, raw	85.0	3.0 oz	3

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
23181	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	3
23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	3
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	85.0	3.0 oz	3
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	3
03290	Babyfood, carrots and beef, strained	15.0	1.0 tbsp	3
23095	Beef, chuck for stew, separable lean and fat, choice, raw	85.0	3.0 oz	3
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	3
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	3
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	3
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	3
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
10863	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	85.0	3.0 oz	3
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	3
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	85.0	3.0 oz	3
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	3
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	3
23281	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	3
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	3
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
15253	Salmon, sockeye, canned, total can contents	85.0	3.0 oz	3
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
17213	Veal, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	3
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
15065	Fish, pollock, Atlantic, raw	85.0	3.0 oz	3
17131	Veal, shoulder, blade chop, separable lean only, raw	85.0	3.0 oz	3
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	3
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	3
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	3
17128	Veal, shoulder, blade chop, separable lean and fat, raw	85.0	3.0 oz	3
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	3
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
05307	Chicken, cornish game hens, meat and skin, raw	85.0	3.0 oz	3
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	3
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	85.0	3.0 oz	3
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	3
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	3
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	85.0	3.0 oz	3
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	3
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	85.0	1.0 package (3 oz)	3
43546	Babyfood, banana no tapioca, strained	15.0	1.0 tbsp	3
10128	Pork, cured, breakfast strips, raw or unheated	85.0	3.0 oz	3
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	3
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	3
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	3
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	3
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
15095	Fish, shark, mixed species, raw	85.0	3.0 oz	3
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	3
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	3
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3

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23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	3
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	3
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
09402	Applesauce, canned, sweetened, with salt	255.0	1.0 cup	3
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	3
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	3
01057	Eggnog	254.0	1.0 cup	3
06451	Soup, pea, split with ham, canned, prepared with equal volume water	253.0	1.0 cup (8 fl oz)	3
43382	Cranberry juice, unsweetened	253.0	1.0 cup	3
06930	Sauce, cheese, ready-to-serve	63.0	0.25 cup	3
19137	Toppings, strawberry	42.0	2.0 tbsp	3
07952	Bologna, chicken, turkey, pork	28.0	1.0 serving	3
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	3
01153	Milk, canned, evaporated, with added vitamin A	31.5	1.0 fl oz	3
06010	Soup, cream of celery, canned, condensed	126.0	0.5 cup	3
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	28.0	3.0 oz	3
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	3
07011	Bologna, turkey	28.0	0.99 oz 1 serving	3
06016	Soup, cream of chicken, canned, condensed	126.0	0.5 cup (4 fl oz)	3
09403	Apricot nectar, canned, with added ascorbic acid	251.0	1.0 cup	3
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	3
09036	Apricot nectar, canned, without added ascorbic acid	251.0	1.0 cup	3
09437	Tamarind nectar, canned	251.0	1.0 cup	3
09408	Pear nectar, canned, with added ascorbic acid	250.0	1.0 cup	2
09262	Pear nectar, canned, without added ascorbic acid	250.0	1.0 cup	2
09251	Peach nectar, canned, without added ascorbic acid	249.0	1.0 cup	2
09407	Peach nectar, canned, with added ascorbic acid	249.0	1.0 cup	2
06443	Soup, cream of mushroom, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	2
06149	Soup, chicken mushroom, canned, condensed	124.0	0.5 cup	2
09254	Pears, canned, juice pack, solids and liquids	248.0	1.0 cup, halves	2
11165	Coriander (cilantro) leaves, raw	4.0	0.25 cup	2

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
19034	Snacks, popcorn, air-popped	8.0	1.0 cup	2
06053	Soup, cream of potato, canned, condensed	124.0	0.5 cup	2
06410	Soup, cream of celery, canned, prepared with equal volume water	248.0	1.0 cup	2
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified	31.0	1.0 oz	2
09255	Pears, canned, extra light syrup pack, solids and liquids	247.0	1.0 cup, halves	2
11238	Mushrooms, shiitake, raw	19.0	1.0 piece whole	2
14405	Beverages, fruit punch juice drink, frozen concentrate	35.2	1.0 fl oz	2
01114	Whey, sweet, fluid	246.0	1.0 cup	2
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	41.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	2
06048	Soup, oyster stew, canned, condensed	123.0	0.5 cup (4 fl oz)	2
15022	Fish, cusk, raw	122.0	1.0 fillet	2
09253	Pears, canned, water pack, solids and liquids	244.0	1.0 cup, halves	2
43369	Beverages, Chocolate-flavored drink, whey and milk based	244.0	1.0 cup	2
06416	Soup, cream of chicken, canned, prepared with equal volume water	244.0	1.0 cup	2
06453	Soup, cream of potato, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	2
06115	Gravy, au jus, dry	3.0	1.0 tsp	2
06481	Soup, chicken broth cubes, dry, prepared with water	243.0	1.0 cup (8 fl oz)	2
14187	Beverages, Clam and tomato juice, canned	30.2	1.0 fl oz	2
18217	Crackers, matzo, plain	14.2	0.5 oz	2
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	2
06480	Soup, chicken broth or bouillon, dry, prepared with water	241.0	1.0 cup 8 fl oz	2
06448	Soup, oyster stew, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	2
07954	Beef sausage, pre-cooked	48.0	1.0 serving	2
14189	Beverages, The COCA-COLA company, Minute Maid, Lemonade	240.0	8.0 fl oz	2
16602	MORNINGSTAR FARMS Meal Starters Veggie Meatballs, frozen, unprepared	80.0	5.0 meatballs	2
14174	Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C	240.0	8.0 fl oz	2
14092	Beverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E	240.0	1.0 cup	2
11950	Mushrooms, enoki, raw	5.0	1.0 large	2
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	2
11712	Bamboo shoots, cooked, boiled, drained, with salt	120.0	1.0 cup (1/2" slices)	2
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	30.0	1.0 medallion	2
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	240.0	8.0 fl oz	2
27047	Sauce, salsa, verde, ready-to-serve	30.0	2.0 Tbsp	2
14095	Beverages, MINUTE MAID, Lemonada, Limeade	240.0	8.0 fl oz	2

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
11027	Bamboo shoots, cooked, boiled, drained, without salt	120.0	1.0 cup (1/2" slices)	2
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	60.0	1.0 serving 2.13 oz bar	2
11954	Tomatillos, raw	34.0	1.0 medium	2
02027	Spices, oregano, dried	1.0	1.0 tsp, leaves	2
14649	Beverages, tea, hibiscus, brewed	237.0	8.0 fl oz	2
05032	Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	79.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2
16125	Soy sauce made from hydrolyzed vegetable protein	18.0	1.0 tbsp	2
15189	Fish, bluefish, cooked, dry heat	117.0	1.0 fillet	2
19216	Candies, praline, prepared-from-recipe	39.0	1.0 piece	2
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	58.0	1.0 serving 2.05 oz bar	2
05195	Turkey, all classes, wing, meat and skin, raw	33.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	2
07920	Swisswurst, pork and beef, with swiss cheese, smoked	77.0	1.0 serving 2.7 oz	2
07917	Sausage, pork and beef, with cheddar cheese, smoked	77.0	12.0 oz serving 2.7 oz	2
07971	Bologna, meat and poultry	33.0	1.0 slice	2
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	77.0	1.0 fillet	2
02033	Spices, poppy seed	2.8	1.0 tsp	2
43507	Frankfurter, low sodium	57.0	1.0 frankfurter	2
19860	Cocoa, dry powder, hi-fat or breakfast, processed with alkali	6.0	1.0 tablespoon Ghirardelli label 2011	2
07939	Frankfurter, pork	76.0	1.0 link	2
42179	Frankfurter, beef, low fat	57.0	1.0 frankfurter	2
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	2
13227	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	2
01027	Cheese, mozzarella, whole milk, low moisture	28.35	1.0 oz	2
17160	Game meat, buffalo, water, raw	28.35	1.0 oz	2
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	2
03226	Babyfood, dessert, fruit pudding, orange, strained	28.35	1.0 oz	2
07061	Mother's loaf, pork	28.35	1.0 oz	2
18313	Pie, coconut creme, commercially prepared	28.35	1.0 oz	2
03003	Babyfood, meat, beef, junior	28.35	1.0 oz	2
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	28.35	1.0 oz	2
03696	Babyfood, cereal, rice, with honey, prepared with whole milk	28.35	1.0 oz	2
01253	Cheese, pasteurized process, American, without added vitamin D	28.35	1.0 oz	2
03278	Babyfood, dinner, mixed vegetable, strained	28.35	1.0 oz	2
19049	Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel	28.35	1.0 oz	2
17177	Game meat, rabbit, domesticated, composite of cuts, raw	28.35	1.0 oz	2
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	2

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	113.0	4.0 oz	2
10972	Pork, ground, 84% lean / 16% fat, raw	113.0	4.0 oz	2
03154	Babyfood, fruit and vegetable, apple and sweet potato	113.0	1.0 jar, Gerber (4 oz)	2
07071	Salami, dry or hard, pork	113.0	1.0 package (4 oz)	2
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	2
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2
42135	Whipped topping, frozen, low fat	75.0	1.0 cup	2
04367	Salad dressing, french dressing, fat-free	16.0	1.0 tablespoon	2
19234	Puddings, tapioca, ready-to-eat, fat free	112.0	1.0 container refrigerated 4 oz	2
16123	Soy sauce made from soy and wheat (shoyu)	16.0	1.0 tbsp	2
43016	Salad dressing, coleslaw	16.0	1.0 tbsp	2
13358	Beef, cured, smoked, chopped beef	28.0	1.0 slice (1 oz)	2
43432	Babyfood, dinner, macaroni, beef and tomato sauce, toddler	16.0	1.0 tbsp	2
05705	Turkey, whole, meat only, with added solution, roasted	28.0	3.0 oz	2
07909	Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite	56.0	2.0 oz (1 serving)	2
07906	Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	56.0	2.0 oz 1 NLEA serving	2
19003	Snacks, corn-based, extruded, chips, plain	28.0	1.0 oz	2
07020	Corned beef loaf, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	2
07919	Sausage, turkey, breakfast links, mild	56.0	2.0 oz, 2 links	2
19297	Jams and preserves	20.0	1.0 tbsp	2
14327	Beverages, orange and apricot juice drink, canned	31.2	1.0 fl oz	2
03179	Babyfood, juice, mixed fruit	31.2	1.0 fl oz	2
14263	Beverages, citrus fruit juice drink, frozen concentrate, prepared with water	31.0	1.0 fl oz	2
02003	Spices, basil, dried	0.7	1.0 tsp, leaves	2
19144	Candies, NESTLE, 100 GRAND Bar	43.0	1.0 bar (1.5 oz)	2
28345	Crackers, gluten-free, multi-seeded and multigrain	6.1	3.0 crackers	2
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	2
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	211.0	1.0 can (6 fl oz)	2
09410	Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid	211.0	1.0 can (6 fl oz)	2
02019	Spices, fenugreek seed	3.7	1.0 tsp	2
19177	Gelatins, dry powder, unsweetened	7.0	1.0 envelope (1 tbsp)	2
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	105.0	1.0 piece	2
01225	Dulce de Leche	19.0	1.0 tbsp	2
14636	Beverages, fruit juice drink, reduced sugar, with vitamin E added	209.0	1.0 container	2
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
07209	OSCAR MAYER, Chicken Breast (honey glazed)	52.0	1.0 serving (4 slices)	2
03068	Babyfood, dinner, chicken noodle, strained	16.0	1.0 tbsp	2
19912	Sweetener, syrup, agave	6.9	1.0 tsp	2
02034	Spices, poultry seasoning	1.5	1.0 tsp	2
09015	Apples, frozen, unsweetened, heated	206.0	1.0 cup slices	2
19859	Cocoa, dry powder, hi-fat or breakfast, plain	5.4	1.0 tbsp	2
09374	Pears, canned, heavy syrup, drained	201.0	1.0 cup	2
27064	Wasabi	20.0	1.0 tablespoon	2
25043	Snacks, candy bits, yogurt covered with vitamin C	20.0	1.0 package	2
07056	Peppered loaf, pork, beef	100.0	3.52 slices	2
01111	Milk shakes, thick vanilla	28.4	1.0 fl oz	2
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	2
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	28.35	1.0 oz	2
03681	Babyfood, cereal, barley, prepared with whole milk	28.35	1.0 oz	2
01033	Cheese, parmesan, hard	28.35	1.0 oz	2
05665	Ground turkey, 93% lean, 7% fat, raw	28.35	1.0 oz	2
13883	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	2
13001	Beef, carcass, separable lean and fat, choice, raw	28.35	1.0 oz	2
03041	Babyfood, dinner, vegetables and dumplings and beef, strained	28.35	1.0 oz	2
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	2
42316	Babyfood, carrots, toddler	28.35	1.0 oz	2
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	28.35	1.0 oz	2
13023	Beef, brisket, whole, separable lean only, all grades, raw	28.35	1.0 oz	2
01038	Cheese, romano	28.35	1.0 oz	2
13002	Beef, carcass, separable lean and fat, select, raw	28.35	1.0 oz	2
03042	Babyfood, dinner, vegetables and dumplings and beef, junior	28.35	1.0 oz	2
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	28.35	1.0 oz	2
23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	28.35	1.0 oz	2
13339	Beef, variety meats and by-products, tongue, raw	28.35	1.0 oz	2
19322	Puddings, coconut cream, dry mix, instant	99.0	1.0 package (3.5 oz)	2
02054	Capers, canned	8.6	1.0 tbsp, drained	2
13353	Beef, cured, luncheon meat, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	2
43391	Turkey, light or dark meat, smoked, cooked, skin and bone removed	28.0	1.0 medium slice (approx 3" x 2" x 1/4")	2
07959	Bologna, chicken, pork, beef	28.0	1.0 serving	2
14015	Alcoholic beverage, pina colada, canned	32.6	1.0 fl oz	2
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	15.0	1.0 tbsp chopped	2

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	2
11959	Arugula, raw	2.0	1.0 leaf	2
43373	Babyfood, dinner, chicken and noodle with vegetables, toddler	16.0	1.0 tbsp	2
03044	Babyfood, dinner, macaroni and tomato and beef, strained	16.0	1.0 tbsp	2
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	12.0	1.0 tbsp	2
07944	Turkey, white, rotisserie, deli cut	48.0	1.69 oz (1 serving)	2
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	32.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2
04635	Salad dressing, thousand island dressing, fat-free	16.0	1.0 tbsp	2
02038	Spices, sage, ground	0.7	1.0 tsp	2
02031	Spices, pepper, red or cayenne	1.8	1.0 tsp	2
15193	Fish, cusk, cooked, dry heat	95.0	1.0 fillet	2
25059	Snacks, brown rice chips	9.0	1.0 cake	2
43367	Turkey, drumstick, smoked, cooked, with skin, bone removed	21.0	1.0 oz with bone, cooked (yield after bone removed)	2
19816	Snacks, rice cakes, brown rice, plain, unsalted	9.0	1.0 cake	2
19051	Snacks, rice cracker brown rice, plain	9.0	1.0 cake	2
42119	Babyfood, banana juice with low fat yogurt	31.5	1.0 fl oz	2
19817	Snacks, rice cakes, brown rice, buckwheat, unsalted	9.0	1.0 cake	2
19052	Snacks, rice cakes, brown rice, buckwheat	9.0	1.0 cake	2
42120	Babyfood, mixed fruit juice with low fat yogurt	31.5	1.0 fl oz	2
19080	Candies, semisweet chocolate	14.5	1.0 serving	2
19807	Snacks, popcorn, oil-popped, white popcorn, salt added	11.0	1.0 cup	2
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	2
16516	WORTHINGTON Multigrain Cutlets, canned, unprepared	92.0	2.0 slices	2
19806	Snacks, popcorn, air-popped (Unsalted)	8.0	1.0 cup	2
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	26.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2
19818	Snacks, rice cakes, brown rice, multigrain, unsalted	9.0	1.0 cake	2
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	60.0	1.0 fillet	2
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	30.0	0.75 cup (1 NLEA serving)	2
19414	Snacks, rice cakes, brown rice, multigrain	9.0	1.0 cake	2
27052	Dip, salsa con queso, cheese and salsa- medium	30.0	2.0 tbsp	2
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	2
05326	Chicken breast tenders, breaded, cooked, microwaved	15.0	1.0 piece	2
19036	Snacks, popcorn, cakes	10.0	1.0 cake	2
06962	Sauce, chili, peppers, hot, immature green, canned	15.0	1.0 tbsp	2
05327	Chicken breast tenders, breaded, uncooked	15.0	1.0 piece	2
09216	Orange peel, raw	6.0	1.0 tbsp	2

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
19303	Marmalade, orange	20.0	1.0 tbsp	2
11292	Onions, young green, tops only	6.0	1.0 tbsp	2
44203	Beverages, Cocktail mix, non-alcoholic, concentrated, frozen	36.0	1.0 fl oz	2
14003	Alcoholic beverage, beer, regular, all	29.7	1.0 fl oz	2
14006	Alcoholic beverage, beer, light	29.5	1.0 fl oz	2
19324	Puddings, coconut cream, dry mix, regular	88.0	1.0 package (3.12 oz)	2
20134	Rice noodles, cooked	176.0	1.0 cup	2
03047	Babyfood, dinner, beef noodle, strained	16.0	1.0 tbsp	2
03045	Babyfood, dinner, macaroni and tomato and beef, junior	16.0	1.0 tbsp	2
15047	Fish, mackerel, Atlantic, cooked, dry heat	88.0	1.0 fillet	2
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	35.0	2.0 tbsp	2
20055	Rice, white, glutinous, unenriched, cooked	174.0	1.0 cup	2
09014	Apples, frozen, unsweetened, unheated	173.0	1.0 cup slices	2
11984	Epazote, raw	0.8	1.0 tbsp	2
13357	Beef, cured, sausage, cooked, smoked	43.0	1.0 sausage	2
19419	Snacks, corn cakes	9.0	1.0 cake	2
01061	Cheese, American, nonfat or fat free	19.0	1.0 serving	2
09005	Apples, raw, without skin, cooked, boiled	171.0	1.0 cup slices	2
20133	Rice noodles, dry	57.0	2.0 oz	2
19800	Snacks, corn cakes, very low sodium	9.0	1.0 cake	2
19413	Snacks, rice cakes, brown rice, corn	9.0	1.0 cake	2
03049	Babyfood, dinner, beef and rice, toddler	28.35	1.0 oz	2
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	28.35	1.0 oz	2
13097	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	2
03043	Babyfood, dinner, beef lasagna, toddler	28.35	1.0 oz	2
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	2
10803	USDA Commodity, pork, ground, fine/coarse, frozen, cooked	28.35	1.0 oz grilled patties	2
03694	Babyfood, cereal, rice, prepared with whole milk	28.35	1.0 oz	2
13149	Beef, rib, shortribs, separable lean only, choice, raw	28.35	1.0 oz	2
10096	Pork, fresh, variety meats and by-products, brain, raw	28.35	1.0 oz	2
07045	Luncheon meat, pork, canned	28.35	1.0 oz	2
01047	Cheese food, pasteurized process, swiss	28.35	1.0 oz	2
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	2
03293	Babyfood, plums, bananas and rice, strained	28.35	1.0 oz	2
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	28.35	1.0 oz	2
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	2

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03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	28.35	1.0 oz	2
15085	Fish, salmon, sockeye, raw	28.35	1.0 oz, boneless	2
43282	Quail, cooked, total edible	28.35	1.0 oz	2
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	28.35	1.0 oz	2
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	2
03052	Babyfood, dinner, beef stew, toddler	28.35	1.0 oz	2
18421	Cookies, butter, commercially prepared, unenriched	28.35	1.0 oz	2
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	2
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	2
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	2
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	2
15118	Fish, tuna, fresh, bluefin, cooked, dry heat	85.0	3.0 oz	2
09006	Apples, raw, without skin, cooked, microwave	170.0	1.0 cup slices	2
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	2
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85.0	3.0 oz	2
15186	Fish, tuna, white, canned in water, without salt, drained solids	85.0	3.0 oz	2
15153	Crustaceans, shrimp, mixed species, imitation, made from surimi	85.0	3.0 oz	2
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	2
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	2
05333	Chicken, ground, crumbles, cooked, pan-browned	85.0	3.0 oz crumbled	2
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	2
15174	Mollusks, scallop, mixed species, imitation, made from surimi	85.0	3.0 oz	2
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	85.0	3.0 oz	2
19085	Candies, confectioner's coating, butterscotch	170.0	1.0 cup chips	2
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	2
17194	Veal, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	2
05310	Chicken, cornish game hens, meat only, cooked, roasted	85.0	3.0 oz	2
15110	Fish, swordfish, raw	85.0	3.0 oz	2
15126	Fish, tuna, white, canned in water, drained solids	85.0	3.0 oz	2
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	2
07978	Pork sausage, reduced sodium, cooked	85.0	3.0 oz	2
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	2
15162	Mollusks, clam, mixed species, canned, liquid	85.0	3.0 oz	2
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	85.0	3.0 oz	2
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	2

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	2
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	2
15117	Fish, tuna, fresh, bluefin, raw	85.0	3.0 oz	2
15050	Fish, mackerel, Pacific and jack, mixed species, raw	85.0	3.0 oz	2
07059	Polish sausage, pork	85.0	3.0 oz	2
02044	Basil, fresh	2.5	5.0 leaves	2
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	2
15111	Fish, swordfish, cooked, dry heat	85.0	3.0 oz	2
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	2
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	85.0	3.0 oz	2
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	85.0	3.0 oz	2
07075	Sausage, smoked link sausage, pork and beef	85.0	3.0 oz	2
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	2
17192	Lamb, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	2
43405	Cheese, swiss, low sodium	28.0	1.0 slice	2
07018	Chicken spread	56.0	1.0 serving (1 serving)	2
04636	Salad dressing, italian dressing, fat-free	14.0	1.0 tbsp	2
07935	Oven-roasted chicken breast roll	56.0	1.0 serving 2 oz	2
07908	Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)	56.0	2.0 oz 1 NLEA serving	2
43589	Cheese, swiss, low fat	28.0	1.0 slice (1 oz)	2
01266	Cheese, Swiss, nonfat or fat free	28.0	1.0 serving	2
14192	Beverages, Cocoa mix, powder	28.0	1.0 serving (3 heaping tsp or 1 envelope)	2
02025	Spices, nutmeg, ground	2.2	1.0 tsp	2
36411	Restaurant, Latino, tamale, corn	166.0	1.0 piece	2
03013	Babyfood, meat, chicken, junior	15.0	1.0 tbsp	2
06961	Sauce, peppers, hot, chili, mature red, canned	15.0	1.0 tbsp	2
05086	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2
20030	Hominy, canned, white	165.0	1.0 cup	2
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	2
02012	Spices, coriander leaf, dried	0.6	1.0 tsp	2
02008	Spices, chervil, dried	0.6	1.0 tsp	2
02041	Spices, tarragon, dried	0.6	1.0 tsp, leaves	2
02023	Spices, marjoram, dried	0.6	1.0 tsp	2
19053	Snacks, rice cakes, brown rice, sesame seed	9.0	1.0 cake	2
19819	Snacks, rice cakes, brown rice, sesame seed, unsalted	9.0	1.0 cake	2
07091	New england brand sausage, pork, beef	23.0	1.0 slice (4" dia x 1/8" thick)	2

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	2
05176	Turkey, heart, all classes, cooked, simmered	20.0	1.0 heart	2
20330	Hominy, canned, yellow	160.0	1.0 cup	2
14436	Beverages, orange breakfast drink, ready-to-drink, with added nutrients	31.6	1.0 fl oz	2
14236	Beverages, coffee substitute, cereal grain beverage, powder	3.0	1.0 tsp (1 serving)	2
11941	Pickles, cucumber, sour	155.0	1.0 cup	2
01107	Milk, human, mature, fluid	30.8	1.0 fl oz	2
02026	Spices, onion powder	2.4	1.0 tsp	2
06081	Soup, chicken broth cubes, dry	4.8	1.0 cube	2
11935	Catsup	17.0	1.0 tbsp	2
11949	Catsup, low sodium	17.0	1.0 tbsp	2
05102	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour	19.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2
03016	Babyfood, meat, turkey, junior	19.0	1.0 tbsp	2
44158	Pie fillings, blueberry, canned	151.0	1.0 serving	2
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless	2
02045	Dill weed, fresh	1.0	5.0 sprigs	2
04703	Salad dressing, honey mustard, regular	30.0	2.0 tbsp	2
27049	Sauce, tartar, ready-to-serve	30.0	2.0 tablespoons	2
10859	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless (yield from 189g raw meat)	2
14544	Beverages, tea, black, brewed, prepared with distilled water	29.6	1.0 fl oz	1
14084	Alcoholic beverage, wine, table, all	148.0	1.0 serving (5 fl oz)	1
14355	Beverages, tea, black, brewed, prepared with tap water	29.6	1.0 fl oz	1
14352	Beverages, tea, black, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	1
43278	Cheese, american cheddar, imitation	21.0	1.0 slice	1
15052	Fish, mackerel, spanish, cooked, dry heat	146.0	1.0 fillet	1
02020	Spices, garlic powder	3.1	1.0 tsp	1
19281	Frozen novelties, ice type, italian, restaurant-prepared	29.0	1.0 fl oz	1
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	145.0	1.0 slice	1
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	1
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	1
07038	Knackwurst, knockwurst, pork, beef	72.0	1.0 link	1
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	1
19102	Candies, fudge, peanut butter, prepared-from-recipe	16.0	1.0 piece	1
06164	Sauce, salsa, ready-to-serve	36.0	2.0 tbsp	1
06112	Sauce, teriyaki, ready-to-serve	18.0	1.0 tbsp	1

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
11946	Pickles, cucumber, sour, low sodium	143.0	1.0 cup, chopped or diced	1
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	1
10174	Pork, fresh, variety meats and by-products, tail, raw	28.35	1.0 oz	1
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	1
18363	Tortillas, ready-to-bake or -fry, corn	28.35	1.0 oz	1
19039	Snacks, popcorn, caramel-coated, without peanuts	28.35	1.0 oz	1
10187	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw	28.35	1.0 oz	1
05023	Chicken, gizzard, all classes, raw	28.35	1.0 oz	1
13847	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	1
10072	Pork, fresh, shoulder, whole, separable lean only, raw	28.35	1.0 oz	1
17270	Veal, breast, separable fat, cooked	28.35	1.0 oz	1
13844	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	1
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	1
10228	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw	28.35	1.0 oz	1
17209	Lamb, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	1
13841	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	1
17168	Goat, raw	28.35	1.0 oz	1
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	28.35	1.0 oz	1
17222	Veal, variety meats and by-products, tongue, raw	28.35	1.0 oz	1
13838	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	1
05179	Turkey from whole, neck, meat only, raw	28.35	1.0 oz	1
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	1
01021	Cheese, gjetost	28.35	1.0 oz	1
13833	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	1
10219	Pork, fresh, ground, raw	28.35	1.0 oz	1
13330	Beef, variety meats and by-products, mechanically separated beef, raw	28.35	1.0 oz	1
03161	Babyfood, peaches, dices, toddler	28.35	1.0 oz	1
13830	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	1
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	28.35	1.0 oz	1
13095	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	1
13827	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	1
13341	Beef, variety meats and by-products, tripe, raw	28.35	1.0 oz	1
13824	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	1
35232	Wocas, dried seeds, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	1
15175	Mollusks, squid, mixed species, raw	28.35	1.0 oz, boneless	1
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	1

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
13147	Beef, rib, shortribs, separable lean and fat, choice, raw	28.35	1.0 oz	1
01045	Cheese food, cold pack, American	28.35	1.0 oz	1
13859	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	1
13346	Beef, cured, corned beef, brisket, raw	28.35	1.0 oz	1
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	1
05285	Turkey, diced, light and dark meat, seasoned	28.35	1.0 oz	1
35235	Wocas, tuber, cooked, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	1
05015	Chicken, broilers or fryers, skin only, raw	47.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1
07010	Bologna, pork	28.0	1.0 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)	1
42161	Bologna, beef, low fat	28.0	1.0 slice	1
10150	Pork, cured, ham, whole, separable lean and fat, unheated	140.0	1.0 cup	1
07077	Smoked link sausage, pork and beef, nonfat dry milk added	68.0	1.0 link (4" long x 1-1/8" dia)	1
42259	Snacks, popcorn, home-prepared, oil-popped, unsalted	8.0	1.0 cup	1
06971	Sauce, worcestershire	17.0	1.0 tbsp	1
11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	1
09153	Lemon juice from concentrate, canned or bottled	15.0	1.0 tbsp	1
19173	Gelatin desserts, dry mix, prepared with water	135.0	0.5 cup	1
42150	Babyfood, apple yogurt dessert, strained	15.0	1.0 tbsp	1
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	7.0	18.0 piece	1
01165	Cheese, mexican, queso anejo	132.0	1.0 cup, crumbled	1
01124	Egg, white, raw, fresh	33.0	1.0 large	1
01178	Sour cream, reduced fat	12.0	1.0 tablespoon	1
01179	Sour cream, light	12.0	1.0 tablespoon	1
01180	Sour cream, fat free	12.0	1.0 tablespoon	1
01017	Cheese, cream	14.5	1.0 tbsp	1
02022	Spices, mace, ground	1.7	1.0 tsp	1
19083	Candies, sweet chocolate coated fondant	43.0	1.0 patty, large	1
11522	Taro shoots, raw	43.0	0.5 cup slices	1
07956	Beef sausage, fresh, cooked	43.0	1.0 serving	1
03104	Babyfood, vegetables, squash, strained	16.0	1.0 tbsp	1
03069	Babyfood, dinner, chicken noodle, junior	16.0	1.0 tbsp	1
03083	Babyfood, dinner, turkey and rice, junior	16.0	1.0 tbsp	1
03105	Babyfood, vegetables, squash, junior	16.0	1.0 tbsp	1
06080	Soup, chicken broth or bouillon, dry	4.0	1.0 cube	1
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	1

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
19703	Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C	9.0	1.0 tbsp	1
06023	Soup, chicken with rice, canned, condensed	126.0	0.5 cup	1
19704	Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium	9.0	1.0 tbsp	1
15030	Fish, gefiltefish, commercial, sweet recipe	42.0	1.0 piece	1
01185	Parmesan cheese topping, fat free	5.0	1.0 tablespoon	1
43408	Babyfood, juice, pear	31.2	1.0 fl oz	1
05236	Turkey, young hen, skin only, cooked, roasted	31.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	1
07973	Turkey bacon, microwaved	8.1	1.0 slice	1
19040	Snacks, popcorn, cheese-flavor	11.0	1.0 cup	1
03140	Babyfood, fruit dessert, mango with tapioca	15.0	1.0 tbsp	1
43537	Babyfood, dessert, blueberry yogurt, strained	15.0	1.0 tbsp	1
42178	Mayonnaise, made with tofu	15.0	1.0 tbsp	1
07278	HORMEL Pillow Pak Sliced Turkey Pepperoni	30.0	1.0 serving	1
03015	Babyfood, meat, turkey, strained	15.0	1.0 tbsp	1
19268	Candies, dark chocolate coated coffee beans	40.0	1.0 serving 28 pieces	1
43536	Babyfood, dessert, peach yogurt	15.0	1.0 tbsp	1
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	7.9	1.0 cup	1
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	7.9	1.0 cup	1
06114	Gravy, au jus, canned	59.0	0.25 cup	1
03002	Babyfood, meat, beef, strained	14.7	1.0 tbsp	1
14224	Beverages, coffee, instant, mocha, sweetened	13.0	1.0 serving 2 tbsp	1
10898	Pork, pickled pork hocks	117.0	3.0 oz	1
15006	Fish, burbot, raw	116.0	1.0 fillet	1
01199	Cream, half and half, fat free	29.0	2.0 tbsp	1
06075	Soup, beef broth or bouillon, powder, dry	3.6	1.0 cube	1
06076	Soup, beef broth, cubed, dry	3.6	1.0 cube	1
07004	Sausage, Berliner, pork, beef	23.0	1.0 slice	1
43366	Turkey, wing, smoked, cooked, with skin, bone removed	19.0	1.0 oz with bone, cooked (yield after bone removed)	1
06119	Gravy, chicken, canned or bottled, ready-to-serve	57.0	0.25 cup	1
19142	Candies, MOUNDS Candy Bar	19.0	1.0 bar snack size	1
06151	Sauce, plum, ready-to-serve	19.0	1.0 tbsp	1
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	6.0	1.0 medium	1
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior	28.35	1.0 oz	1
19436	Popcorn, sugar syrup/caramel, fat-free	28.35	1.0 oz	1
17162	Game meat, caribou, raw	28.35	1.0 oz	1

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
19013	Snacks, fruit leather, pieces	28.35	1.0 oz	1
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior	28.35	1.0 oz	1
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	28.35	1.0 oz	1
01156	Cheese, goat, hard type	28.35	1.0 oz	1
17092	Veal, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	1
03286	Babyfood, vegetables, mix vegetables strained	28.35	1.0 oz	1
13333	Beef, variety meats and by-products, spleen, raw	28.35	1.0 oz	1
03164	Babyfood, fruit, apple and blueberry, strained	28.35	1.0 oz	1
03201	Babyfood, cereal, egg yolks and bacon, junior	28.35	1.0 oz	1
17216	Veal, variety meats and by-products, spleen, raw	28.35	1.0 oz	1
03067	Babyfood, dinner, vegetables and lamb, junior	28.35	1.0 oz	1
10804	USDA Commodity, pork, cured, ham, boneless, cooked, unheated	28.35	1.0 oz boneless	1
10103	Pork, fresh, variety meats and by-products, heart, raw	28.35	1.0 oz	1
05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	1
10117	Pork, fresh, variety meats and by-products, spleen, raw	28.35	1.0 oz	1
10142	Pork, cured, ham, center slice, separable lean and fat, unheated	28.35	1.0 oz	1
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	28.35	1.0 oz	1
17164	Game meat, deer, raw	28.35	1.0 oz	1
17220	Lamb, variety meats and by-products, tongue, raw	28.35	1.0 oz	1
15121	Fish, tuna, light, canned in water, drained solids	28.35	1.0 oz	1
17214	Lamb, variety meats and by-products, spleen, raw	28.35	1.0 oz	1
18443	Pie, apple, commercially prepared, unenriched flour	28.35	1.0 oz	1
10121	Pork, fresh, variety meats and by-products, tongue, raw	28.35	1.0 oz	1
10001	Pork, fresh, carcass, separable lean and fat, raw	28.35	1.0 oz	1
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	28.35	1.0 oz	1
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	1
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	113.0	4.0 oz	1
02028	Spices, paprika	2.3	1.0 tsp	1
05332	Chicken, ground, raw	112.0	4.0 oz crumbled	1
02015	Spices, curry powder	2.0	1.0 tsp	1
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	16.0	1.0 tbsp	1
16004	Yokan, prepared from adzuki beans and sugar	14.0	1.0 slice	1
03997	Babyfood, Baby MUM MUM Rice Biscuits	8.0	4.0 biscuit	1
15046	Fish, mackerel, Atlantic, raw	112.0	1.0 fillet	1
07078	Thuringer, cervelat, summer sausage, beef, pork	56.0	2.0 oz 1 serving	1
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	28.0	1.0 slice	1

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13.8	1.0 tablespoon	1
03017	Babyfood, meat, turkey sticks, junior	10.0	1.0 stick	1
07938	Ham, honey, smoked, cooked	55.0	1.94 oz (1 serving)	1
03014	Babyfood, meat, chicken sticks, junior	10.0	1.0 stick	1
07915	Sausage, Polish, beef with chicken, hot	55.0	1.0 serving 5 pieces	1
09078	Cranberries, raw	110.0	1.0 cup, chopped	1
11701	Arrowhead, cooked, boiled, drained, with salt	12.0	1.0 corm, medium	1
19138	Candies, truffles, prepared-from-recipe	12.0	1.0 piece	1
14287	Beverages, Lemonade, powder	18.0	1.0 serving	1
28309	Cookies, coconut macaroon	36.0	2.0 cookie 1 serving	1
11239	Mushrooms, Chanterelle, raw	54.0	1.0 cup	1
02004	Spices, bay leaf	0.6	1.0 tsp, crumbled	1
11006	Arrowhead, cooked, boiled, drained, without salt	12.0	1.0 medium	1
03185	Babyfood, cereal, mixed, dry fortified	2.5	1.0 tbsp	1
19194	Puddings, rice, dry mix	106.0	1.0 package	1
43539	Babyfood, dessert, banana yogurt, strained	15.0	1.0 tbsp	1
11640	Shallots, freeze-dried	0.9	1.0 tbsp	1
14268	Beverages, Fruit punch drink, frozen concentrate	34.8	1.0 fl oz	1
42157	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free	17.0	1.0 tbsp	1
19124	Baking chocolate, mexican, squares	20.0	1.0 tablet	1
19379	Candies, fudge, chocolate marshmallow, prepared-from-recipe	20.0	1.0 piece	1
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	33.0	2.0 tablespoon	1
04704	Salad dressing, poppyseed, creamy	33.0	2.0 tbsp	1
19387	Frozen novelties, ice type, pineapple-coconut	99.0	0.5 cup (4 fl oz)	1
03303	Babyfood, dinner, sweet potatoes and chicken, strained	16.0	1.0 tbsp	1
03205	Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified	5.3	1.0 tbsp	1
03209	Babyfood, crackers, vegetable	0.7	1.0 cracker	1
42136	Cream substitute, powdered, light	94.0	1.0 cup	1
14631	Beverages, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	7.8	1.0 tbsp	1
42266	Babyfood, juice, apple-sweet potato	30.8	1.0 fl oz	1
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	92.0	1.0 piece	1
07088	Honey roll sausage, beef	23.0	1.0 slice (4" dia x 1/8" thick)	1
11931	Peppers, sweet, red, freeze-dried	0.4	1.0 tbsp	1
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	1
01049	Cream, fluid, half and half	30.2	1.0 fl oz	1
42116	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie	15.0	1.0 tbsp	1

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
03129	Babyfood, fruit, bananas with tapioca, strained	15.0	1.0 tbsp	1
07974	Bacon, turkey, low sodium	15.0	1.0 serving	1
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	15.0	1.0 tablespoon	1
43585	Babyfood, fruit supreme dessert	15.0	1.0 tbsp	1
15190	Fish, burbot, cooked, dry heat	90.0	1.0 fillet	1
03280	Babyfood, fruit, bananas with tapioca, junior	15.0	1.0 tbsp	1
07007	Bologna, beef	30.0	1.0 slice	1
02029	Spices, parsley, dried	0.5	1.0 tsp	1
03156	Babyfood, fruit, bananas and pineapple with tapioca, junior	15.0	1.0 tbsp	1
43004	Babyfood, dessert, banana pudding, strained	15.0	1.0 tbsp	1
13166	USDA Commodity, beef, canned	45.0	1.0 serving	1
42204	Rice cake, cracker (include hain mini rice cakes)	4.2	1.0 cubic inch	1
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	1
14557	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients	22.0	1.0 serving	1
05019	Chicken, broilers or fryers, skin only, cooked, stewed	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1
43329	Salad dressing, mayonnaise and mayonnaise-type, low calorie	14.5	1.0 tbsp	1
14368	Beverages, tea, instant, lemon, unsweetened	1.4	1.0 tsp, rounded	1
10115	Pork, fresh, variety meats and by-products, pancreas, raw	28.35	1.0 oz	1
10098	Pork, fresh, variety meats and by-products, chitterlings, raw	28.35	1.0 oz	1
10170	Pork, cured, shoulder, blade roll, separable lean and fat, unheated	28.35	1.0 oz	1
07050	Mortadella, beef, pork	28.35	1.0 oz	1
10112	Pork, fresh, variety meats and by-products, lungs, raw	28.35	1.0 oz	1
19218	Puddings, tapioca, ready-to-eat	28.35	1.0 oz	1
17212	Veal, variety meats and by-products, pancreas, raw	28.35	1.0 oz	1
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	28.35	1.0 oz	1
10119	Pork, fresh, variety meats and by-products, stomach, raw	28.35	1.0 oz	1
43325	Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted	28.35	1.0 oz, boneless	1
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	1
03238	Babyfood, dessert, tropical fruit, junior	28.35	1.0 oz	1
03075	Babyfood, dinner, vegetables, noodles and chicken, strained	28.35	1.0 oz	1
03197	Babyfood, cereal, with egg yolks, strained	28.35	1.0 oz	1
19005	Snacks, corn-based, extruded, cones, plain	28.35	1.0 oz	1
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	28.35	1.0 oz	1
43326	Pork, cured, ham, low sodium, lean and fat, cooked	28.35	1.0 oz, boneless	1
03081	Babyfood, dinner, vegetables and noodles and turkey, junior	28.35	1.0 oz	1

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
05673	Chicken, skin (drumsticks and thighs), cooked, braised	28.35	1.0 oz	1
13321	Beef, variety meats and by-products, heart, raw	28.35	1.0 oz	1
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	1
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	28.35	1.0 oz	1
03165	Babyfood, fruit, apple and blueberry, junior	28.35	1.0 oz	1
13318	Beef, variety meats and by-products, brain, raw	28.35	1.0 oz	1
17188	Veal, variety meats and by-products, brain, raw	28.35	1.0 oz	1
03076	Babyfood, dinner, vegetables, noodles and chicken, junior	28.35	1.0 oz	1
13331	Beef, variety meats and by-products, pancreas, raw	28.35	1.0 oz	1
17185	Lamb, variety meats and by-products, brain, raw	28.35	1.0 oz	1
19081	Candies, sweet chocolate	28.35	1.0 oz	1
03198	Babyfood, cereal, with egg yolks, junior	28.35	1.0 oz	1
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	1
10802	USDA Commodity, pork, cured, ham, boneless, cooked, heated	28.35	1.0 oz boneless	1
43327	Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted	28.35	1.0 oz	1
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	28.35	1.0 oz	1
17066	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	1
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	1
10146	Pork, cured, ham, patties, unheated	28.35	1.0 oz	1
19183	Puddings, chocolate, ready-to-eat	28.35	1.0 oz	1
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	85.0	3.0 oz	1
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	1
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	85.0	3.0 oz	1
15038	Fish, halibut, Greenland, raw	85.0	3.0 oz	1
07951	Scrapple, pork	17.0	1.0 cubic inch	1
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	1
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	1
10894	Pork, cured, ham, separable fat, boneless, heated	85.0	3.0 oz	1
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	1
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	1
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	1
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	85.0	3.0 oz	1
17263	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	1
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	85.0	1.0 serving (3 oz)	1

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	85.0	3.0 oz	1
15196	Fish, halibut, greenland, cooked, dry heat	85.0	3.0 oz	1
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	1
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	1
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	85.0	3.0 oz	1
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	85.0	3.0 oz	1
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	1
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	1
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	85.0	3.0 oz grilled patties	1
17085	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	1
15154	Crustaceans, spiny lobster, mixed species, raw	85.0	3.0 oz	1
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	85.0	3.0 oz	1
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	1
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	1
10158	USDA Commodity, pork, canned	85.0	3.0 oz	1
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	85.0	3.0 oz	1
17073	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	85.0	3.0 oz	1
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	1
13338	Beef, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	1
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	1
17255	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	1
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	85.0	3.0 oz	1
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	1
10020	Pork, fresh, loin, whole, separable lean and fat, raw	85.0	3.0 oz	1

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	1
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	1
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	85.0	1.0 serving (3 oz)	1
17259	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	1
07907	USDA Commodity, pork sausage, bulk/links/patties, frozen, raw	28.0	1.0 link	1
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	12.0	1.0 slice	1
07032	Ham and cheese loaf or roll	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	1
03193	Babyfood, cereal, oatmeal, with honey, dry	2.4	1.0 tbsp	1
04638	Salad dressing, ranch dressing, fat-free	14.0	1.0 tablespoon	1
07212	OSCAR MAYER, Ham (chopped with natural juice)	28.0	1.0 serving (1 slice)	1
19364	Toppings, butterscotch or caramel	41.0	2.0 tbsp	1
07230	OSCAR MAYER, Salami (hard)	27.0	1.0 serving 3 slices	1
19068	Candies, NESTLE, BIT-O'-HONEY Candy Chews	40.0	1.0 serving 6 pieces	1
03005	Babyfood, meat, veal, strained	16.0	1.0 tbsp	1
14181	Beverages, chocolate syrup	39.0	1.0 serving 2 tbsp	1
09156	Lemon peel, raw	6.0	1.0 tbsp	1
19136	Candies, HERSHEY'S SKOR Toffee Bar	39.0	1.0 bar 1.4 oz	1
11625	Parsley, freeze-dried	0.4	1.0 tbsp	1
19120	Candies, milk chocolate	7.0	1.0 bar, miniature	1
14063	Beverages, chocolate powder, no sugar added	11.0	2.0 tbsp	1
02063	Rosemary, fresh	0.7	1.0 tsp	1
19227	Frostings, coconut-nut, ready-to-eat	38.0	0.083 package	1
02009	Spices, chili powder	2.7	1.0 tsp	1
03163	Babyfood, fruit, bananas with apples and pears, strained	15.0	1.0 tbsp	1
04015	Salad dressing, russian dressing	15.0	1.0 tbsp	1
03233	Babyfood, dessert, fruit pudding, pineapple, strained	15.0	1.0 tbsp	1
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.0	1.0 tbsp	1
43544	Babyfood, cereal, rice with pears and apple, dry, instant fortified	15.0	1.0 serving	1
05084	Chicken, broilers or fryers, neck, meat and skin, raw	15.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	0.2	1.0 tbsp	1
19076	Candies, caramels, chocolate-flavor roll	6.6	1.0 piece	1
14353	Beverages, tea, instant, decaffeinated, unsweetened	0.7	1.0 serving 2 tsp	1
14366	Beverages, tea, instant, unsweetened, powder	0.7	1.0 serving 1 tsp	1
01056	Cream, sour, cultured	12.0	1.0 tbsp	1

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
11943	Pimento, canned	12.0	1.0 tbsp	1
14428	Beverages, shake, fast food, strawberry	23.5	1.0 fl oz	1
43046	Candies, nougat, with almonds	14.0	1.0 piece	1
19345	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	35.0	2.0 tbsp	1
03181	Babyfood, cereal, barley, dry fortified	2.4	1.0 tbsp	1
07090	Luncheon sausage, pork and beef	23.0	1.0 slice (4" dia x 1/8" thick)	1
07003	Beerwurst, beer salami, pork	23.0	1.0 slice (4" dia x 1/8" thick)	1
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	1
02001	Spices, allspice, ground	1.9	1.0 tsp	1
19100	Candies, fudge, chocolate, prepared-from-recipe	17.0	1.0 piece	1
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	17.0	1.0 tbsp	1
01200	Reddi Wip Fat Free Whipped Topping	4.0	1.0 tablespoon	1
05105	Chicken, broilers or fryers, wing, meat only, raw	17.0	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	1
05018	Chicken, broilers or fryers, skin only, cooked, roasted	34.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1
07074	Smoked link sausage, pork	68.0	1.0 link (4" long x 1-1/8" dia)	1
04705	Salad dressing, caesar, fat-free	34.0	2.0 tbsp (1 NLEA serving)	1
27046	Sauce, duck, ready-to-serve	33.0	2.0 Tbsp	1
21026	Fast foods, potatoes, hash browns, round pieces or patty	5.5	1.0 round piece	1
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	33.0	2.0 tablespoon	1
19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	1
02037	Spices, saffron	0.7	1.0 tsp	1
07067	Poultry salad sandwich spread	13.0	1.0 tbsp	1
07083	Sausage, Vienna, canned, chicken, beef, pork	16.0	1.0 sausage (7/8" dia x 2" long)	1
03133	Babyfood, fruit, pears, junior	16.0	1.0 tbsp	1
03082	Babyfood, dinner, turkey and rice, strained	16.0	1.0 tbsp	1
04013	Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	16.0	1.0 tbsp	1
03132	Babyfood, fruit, pears, strained	16.0	1.0 tbsp	1
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	31.1	1.0 fl oz	1
14323	Beverages, orange drink, canned, with added vitamin C	31.0	1.0 fl oz	1
14543	Beverages, lemonade, frozen concentrate, pink, prepared with water	30.9	1.0 fl oz	1
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	30.2	1.0 fl oz	1
03236	Babyfood, dessert, fruit dessert, without ascorbic acid, junior	15.0	1.0 tbsp	1
09009	Apples, dehydrated (low moisture), sulfured, uncooked	60.0	1.0 cup	1
03228	Babyfood, dessert, peach cobbler, junior	15.0	1.0 tbsp	1
43550	Babyfood, banana apple dessert, strained	15.0	1.0 tbsp	1

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
04640	Salad dressing, ranch dressing, reduced fat	15.0	1.0 tablespoon	1
42158	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	15.0	1.0 tbsp	1
43215	Salad dressing, buttermilk, lite	15.0	1.0 tablespoon	1
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	1
19924	Syrup, NESTLE, chocolate	20.0	1.0 tablespoon	1
04641	Salad dressing, mayonnaise, light	15.0	1.0 tablespoon	1
02043	Spices, turmeric, ground	3.0	1.0 tsp	1
43017	Salad dressing, green goddess, regular	15.0	1.0 tbsp	1
04639	Salad dressing, ranch dressing, regular	15.0	1.0 tablespoon	1
07081	Turkey breast, sliced, prepackaged	15.0	1.0 slice	1
04686	Salad dressing, honey mustard dressing, reduced calorie	30.0	2.0 tbsp (1 serving)	1
44061	Puddings, chocolate flavor, low calorie, instant, dry mix	9.9	1.0 serving	1
14209	Beverages, coffee, brewed, prepared with tap water	29.6	1.0 fl oz	1
14406	Beverages, fruit punch juice drink, frozen concentrate, prepared with water	29.3	1.0 fl oz	1
43497	Jellyfish, dried, salted	58.0	1.0 cup	1
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	28.35	1.0 oz	1
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	28.35	1.0 oz	1
03160	Babyfood, fruit, guava and papaya with tapioca, strained	28.35	1.0 oz	1
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz	1
03007	Babyfood, meat, pork, strained	28.35	1.0 oz	1
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	28.35	1.0 oz	1
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	1
15109	Fish, surimi	28.35	1.0 oz	1
15077	Fish, salmon, chinook, smoked	28.35	1.0 oz, boneless	1
17193	Veal, variety meats and by-products, heart, raw	28.35	1.0 oz	1
19201	Puddings, vanilla, ready-to-eat	28.35	1.0 oz	1
03150	Babyfood, fruit, applesauce and pineapple, strained	28.35	1.0 oz	1
13337	Beef, variety meats and by-products, thymus, raw	28.35	1.0 oz	1
03079	Babyfood, dinner, vegetables and noodles and turkey, strained	28.35	1.0 oz	1
03011	Babyfood, meat, lamb, junior	28.35	1.0 oz	1
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	28.35	1.0 oz	1
15014	Fish, cisco, smoked	28.35	1.0 oz	1
03222	Babyfood, cherry cobbler, junior	28.35	1.0 oz	1
07019	Chorizo, pork and beef	28.35	1.0 oz	1
03151	Babyfood, fruit, applesauce and pineapple, junior	28.35	1.0 oz	1
01157	Cheese, goat, semisoft type	28.35	1.0 oz	1

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
17191	Lamb, variety meats and by-products, heart, raw	28.35	1.0 oz	1
03162	Babyfood, fruit, papaya and applesauce with tapioca, strained	28.35	1.0 oz	1
03009	Babyfood, meat, ham, junior	28.35	1.0 oz	1
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	1
15127	Fish, tuna, fresh, yellowfin, raw	28.35	1.0 oz, boneless	1
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	1
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	1
15179	Fish, salmon, chinook, smoked, (lox), regular	28.35	1.0 oz	1
14375	Beverages, tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	1.6	2.0 tsp	1
07926	Salami, Italian, pork	28.0	1.0 oz	1
07060	Luxury loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	1
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	28.0	1.0 serving 5 slices	1
07051	Olive loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	1
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	7.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1
07921	Bacon and beef sticks	28.0	1.0 oz	1
14356	Beverages, tea, instant, decaffeinated, lemon, diet	1.6	2.0 tsp	1
05311	Chicken, canned, no broth	28.0	1.0 oz	1
07062	Picnic loaf, pork, beef	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	1
07034	Headcheese, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	1
42285	Babyfood, cereal, brown rice, dry, instant	3.7	1.0 tbsp	1
10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	1
06981	Soup, bouillon cubes and granules, low sodium, dry	2.6	1.0 tsp	1
19220	Desserts, rennin, chocolate, dry mix	9.0	1.0 tbsp	1
06972	Sauce, tomato chili sauce, bottled, with salt	6.0	1.0 packet	1
42137	Salad dressing, peppercorn dressing, commercial, regular	13.4	1.0 tbsp	1
19858	Candies, sugar-coated almonds	3.5	1.0 piece	1
02011	Spices, cloves, ground	2.1	1.0 tsp	1
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	13.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1
07068	Salami, cooked, beef	26.0	1.0 slice	1
01267	Cheese, mexican, queso cotija	5.0	2.0 tsp	0
07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	0
19116	Candies, marshmallows	50.0	1.0 cup of miniature	0
19310	Pectin, unsweetened, dry mix	50.0	1.0 package (1.75 oz)	0
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	9.7	1.0 tbsp	0
03147	Babyfood, fruit, applesauce with banana, junior	16.0	1.0 tbsp	0
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	0

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
05088	Chicken, broilers or fryers, neck, meat only, raw	6.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	16.0	1.0 tbsp	0
03158	Babyfood, fruit, pears and pineapple, strained	16.0	1.0 tbsp	0
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	12.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
03159	Babyfood, fruit, pears and pineapple, junior	16.0	1.0 tbsp	0
43008	Babyfood, dinner, chicken and rice	16.0	1.0 tbsp	0
43529	Babyfood, rice and apples, dry	2.5	1.0 tbsp	0
03190	Babyfood, cereal, oatmeal, with bananas, dry	2.5	1.0 tbsp	0
07043	Roast beef, deli style, prepackaged, sliced	9.3	1.0 slice oval	0
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	23.0	1.0 Roll	0
43006	Babyfood, fruit, tutti frutti, strained	15.0	1.0 tbsp	0
43020	Salad dressing, blue or roquefort cheese, low calorie	15.0	1.0 tbsp	0
43007	Babyfood, fruit, tutti frutti, junior	15.0	1.0 tbsp	0
07033	Ham and cheese spread	15.0	1.0 tbsp	0
03012	Babyfood, meat, chicken, strained	15.0	1.0 tbsp	0
03235	Babyfood, dessert, fruit dessert, without ascorbic acid, strained	15.0	1.0 tbsp	0
04028	Salad dressing, mayonnaise, imitation, milk cream	15.0	1.0 tablespoon	0
04021	Salad dressing, italian dressing, commercial, reduced fat	15.0	1.0 tablespoon	0
19416	Snacks, rice cakes, brown rice, rye	9.0	1.0 cake	0
43297	Pork, oriental style, dehydrated	22.0	1.0 cup	0
19919	Candies, fruit snacks, with high vitamin C	44.0	1.0 serving	0
03186	Babyfood, cereal, mixed, with bananas, dry	2.5	1.0 tbsp	0
07933	Chicken breast, oven-roasted, fat-free, sliced	42.0	1.0 serving 2 slices	0
19300	Jellies	21.0	1.0 serving 1 tbsp	0
19014	Snacks, fruit leather, rolls	21.0	1.0 large	0
07932	Chicken breast, fat-free, mesquite flavor, sliced	42.0	1.0 serving 2 slices	0
04665	Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated), for flaky pastries	14.0	1.0 tbsp	0
04627	Margarine-like spread with yogurt, approximately 40% fat, tub, with salt	14.0	1.0 tablespoon	0
42140	Salad dressing, italian dressing, reduced calorie	14.0	1.0 tbsp	0
19226	Frostings, chocolate, creamy, ready-to-eat	41.0	2.0 tbsp creamy	0
02035	Spices, pumpkin pie spice	1.7	1.0 tsp	0
01146	Cheese, parmesan, shredded	5.0	1.0 tbsp	0
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	40.0	1.0 serving fun size (8 chews)	0
02030	Spices, pepper, black	2.3	1.0 tsp, ground	0
05353	USDA Commodity, chicken fajita strips, frozen	9.4	1.0 strip	0
07069	Salami, cooked, beef and pork	12.3	1.0 slice round	0

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
02049	Thyme, fresh	0.8	1.0 tsp	0
11505	Sweet potato leaves, raw	35.0	1.0 cup, chopped	0
02046	Mustard, prepared, yellow	5.0	1.0 tsp or 1 packet	0
14194	Beverages, Cocoa mix, powder, prepared with water	34.3	1.0 fl oz	0
42192	Salad dressing, blue or roquefort cheese dressing, fat-free	17.0	1.0 tbsp	0
06150	Sauce, barbecue	17.0	1.0 tbsp	0
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
14390	Beverages, cocoa mix, with aspartame, powder, prepared with water	32.1	1.0 fl oz	0
43019	Salad dressing, sweet and sour	16.0	1.0 tbsp	0
14204	Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener	6.4	1.0 tsp dry	0
03116	Babyfood, fruit, applesauce, strained	16.0	1.0 tbsp	0
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	8.0	1.0 serving	0
04142	Salad dressing, french dressing, reduced fat, without salt	16.0	1.0 tablespoon	0
03117	Babyfood, fruit, applesauce, junior	16.0	1.0 tbsp	0
04020	Salad dressing, french dressing, reduced fat	16.0	1.0 tablespoon	0
03142	Babyfood, fruit, applesauce and apricots, strained	16.0	1.0 tbsp	0
42171	Salad dressing, french dressing, reduced calorie	16.0	1.0 tbsp	0
02065	Spearmint, fresh	0.3	2.0 leaves	0
14282	Beverages, grape juice drink, canned	31.3	1.0 fl oz	0
03265	Babyfood, juice, apple and grape	31.2	1.0 fl oz	0
03167	Babyfood, apple-banana juice	31.2	1.0 fl oz	0
03267	Babyfood, juice, fruit punch, with calcium	31.2	1.0 fl oz	0
03168	Babyfood, juice, apple and peach	31.2	1.0 fl oz	0
14267	Beverages, Fruit punch drink, with added nutrients, canned	31.0	1.0 fl oz	0
14269	Beverages, Fruit punch drink, frozen concentrate, prepared with water	30.9	1.0 fl oz	0
14303	Limeade, frozen concentrate, prepared with water	30.9	1.0 fl oz	0
14293	Lemonade, frozen concentrate, white, prepared with water	30.9	1.0 fl oz	0
14240	Beverages, cranberry-apricot juice drink, bottled	30.6	1.0 fl oz	0
14241	Beverages, cranberry-grape juice drink, bottled	30.6	1.0 fl oz	0
14009	Alcoholic beverage, daiquiri, canned	30.5	1.0 fl oz	0
01106	Milk, goat, fluid, with added vitamin D	30.5	1.0 fl oz	0
14253	Alcoholic beverages, wine, rose	30.3	1.0 fl oz	0
14237	Beverages, coffee substitute, cereal grain beverage, prepared with water	30.1	1.0 fl oz	0
03289	Babyfood, apples with ham, strained	15.0	1.0 tbsp	0
03212	Babyfood, cereal, rice, with bananas, dry	2.5	1.0 tbsp	0
04624	Margarine-like, vegetable oil spread, fat free, liquid, with salt	15.0	1.0 tbsp	0

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
07073	Sandwich spread, pork, beef	15.0	1.0 tbsp	0
03008	Babyfood, meat, ham, strained	15.0	1.0 tbsp	0
03134	Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	0
09165	Litchis, dried	2.5	1.0 fruit	0
43523	Babyfood, mixed fruit yogurt, strained	15.0	1.0 tbsp	0
07953	Pork sausage, link/patty, fully cooked, microwaved	30.0	1.0 patty	0
03128	Babyfood, fruit, apricot with tapioca, junior	15.0	1.0 tbsp	0
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	5.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
43021	Salad dressing, caesar, low calorie	15.0	1.0 tbsp	0
03227	Babyfood, dessert, peach cobbler, strained	15.0	1.0 tbsp	0
03118	Babyfood, fruit, apricot with tapioca, strained	15.0	1.0 tbsp	0
03021	Babyfood, meat, meat sticks, junior	10.0	1.0 stick	0
14210	Beverages, coffee, brewed, espresso, restaurant-prepared	29.6	1.0 fl oz	0
14545	Beverages, tea, herb, brewed, chamomile	29.6	1.0 fl oz	0
14202	Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated	29.6	1.0 fl oz	0
14381	Beverages, tea, herb, other than chamomile, brewed	29.6	1.0 fl oz	0
43155	Alcoholic beverage, wine, light	29.5	1.0 fl oz	0
14096	Alcoholic beverage, wine, table, red	29.4	1.0 fl oz	0
43015	Salad dressing, caesar dressing, regular	14.7	1.0 tbsp	0
14106	Alcoholic beverage, wine, table, white	29.4	1.0 fl oz	0
14553	Beverages, Wine, non-alcoholic	29.0	1.0 fl oz	0
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	28.35	1.0 oz	0
13335	Beef, variety meats and by-products, suet, raw	28.35	1.0 oz	0
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0
19103	Candies, fudge, vanilla, prepared-from-recipe	28.35	1.0 oz	0
10005	Pork, fresh, belly, raw	28.35	1.0 oz	0
10105	Pork, fresh, variety meats and by-products, jowl, raw	28.35	1.0 oz	0
07901	USDA Commodity, pork, sausage, bulk/links/patties, frozen, cooked	28.35	1.0 oz	0
03153	Babyfood, fruit, apple and raspberry, junior	28.35	1.0 oz	0
03297	Babyfood, dinner, apples and chicken, strained	28.35	1.0 oz	0
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0
17260	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0
17254	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
19365	Toppings, marshmallow cream	28.35	1.0 oz	0
03141	Babyfood, pears, dices, toddler	28.35	1.0 oz	0
10132	Pork, cured, feet, pickled	28.35	1.0 oz	0
07026	Ham, chopped, canned	28.35	1.0 oz	0
10165	Pork, cured, salt pork, raw	28.35	1.0 oz	0
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0
17264	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0
03137	Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior	28.35	1.0 oz	0
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	28.35	1.0 oz	0
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0
17258	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0
17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	28.35	1.0 oz spiral slice	0
07030	Ham, minced	28.35	1.0 oz	0
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	28.35	1.0 oz	0
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	28.35	1.0 oz spiral slice	0
10004	Pork, fresh, backfat, raw	28.35	1.0 oz	0
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0
03115	Babyfood, apples, dices, toddler	28.35	1.0 oz	0
03220	Babyfood, dessert, dutch apple, strained	28.35	1.0 oz	0
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0
17262	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0
03152	Babyfood, fruit, apple and raspberry, strained	28.35	1.0 oz	0
06168	Sauce, ready-to-serve, pepper or hot	4.7	1.0 tsp	0
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.1	1.0 tbsps	0
42307	Margarine-like, butter-margarine blend, 80% fat, stick, without salt	14.0	1.0 tablespoon	0
42309	Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt	14.0	1.0 tablespoon	0
04630	Margarine Spread, approximately 48% fat, tub	14.0	1.0 tbsps	0
07027	Ham, chopped, not canned	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0
03001	Babyfood, juice treats, fruit medley, toddler	28.0	1.0 packet	0
07064	Pork sausage, link/patty, cooked, pan-fried	27.0	1.0 patty	0
07065	Pork and beef sausage, fresh, cooked	13.0	1.0 link (raw dimensions: 4" long x 7/8" dia), cooked	0
31033	Ginger root, pickled, canned, with artificial sweetener	25.0	2.0 tablespoon	0

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
19383	Candies, toffee, prepared-from-recipe	12.0	1.0 piece	0
02032	Spices, pepper, white	2.4	1.0 tsp, ground	0
02021	Spices, ginger, ground	1.8	1.0 tsp	0
14357	Beverages, tea, instant, decaffeinated, lemon, sweetened	23.0	1.0 serving (3 heaping tsp)	0
14370	Beverages, tea, instant, lemon, sweetened, powder	23.0	1.0 serving (3 heaping tsp)	0
11216	Ginger root, raw	2.0	1.0 tsp	0
11615	Chives, freeze-dried	0.2	1.0 tbsp	0
02005	Spices, caraway seed	2.1	1.0 tsp	0
02002	Spices, anise seed	2.1	1.0 tsp, whole	0
02016	Spices, dill seed	2.1	1.0 tsp	0
02014	Spices, cumin seed	2.1	1.0 tsp, whole	0
19719	Jams and preserves, apricot	20.0	1.0 tbsp	0
02007	Spices, celery seed	2.0	1.0 tsp	0
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	0
44110	Jellies, reduced sugar, home preserved	19.0	1.0 tbsp	0
19294	Fruit butters, apple	17.0	1.0 tbsp	0
10860	Pork, cured, bacon, cooked, baked	8.1	1.0 slice cooked	0
03143	Babyfood, fruit, applesauce and apricots, junior	16.0	1.0 tbsp	0
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	8.0	1.0 slice cooked	0
02010	Spices, cinnamon, ground	2.6	1.0 tsp	0
01002	Butter, whipped, with salt	3.8	1.0 pat (1" sq, 1/3" high)	0
07031	Ham salad spread	15.0	1.0 tbsp	0
01145	Butter, without salt	5.0	1.0 pat (1" sq, 1/3" high)	0
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	0
03136	Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	0
11944	Pickle relish, hot dog	15.0	1.0 tbsp	0
01205	Cream substitute, flavored, liquid	15.0	1.0 tbsp	0
11945	Pickle relish, sweet	15.0	1.0 tbsp	0
11958	Pickle relish, hamburger	15.0	1.0 tbsp	0
03139	Babyfood, prunes, without vitamin c, strained	15.0	1.0 tbsp	0
03135	Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	15.0	1.0 tbsp	0
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	14.9	1.0 tbsp	0
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	14.9	1.0 tbsp	0
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	14.3	1.0 tbsp	0
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1.0 tbsp	0

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
04617	Margarine, regular, 80% fat, composite, stick, without salt	14.2	1.0 tbsp	0
04618	Margarine, regular, 80% fat, composite, tub, without salt	14.2	1.0 tbsp	0
04611	Margarine, regular, 80% fat, composite, tub, with salt	14.2	1.0 tbsp	0
04628	Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils	14.0	1.0 tbsp	0
04601	Butter, light, stick, with salt	14.0	1.0 tablespoon	0
04696	Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D	14.0	1.0 tbsp	0
04693	Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	14.0	1.0 tbsp	0
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	14.0	1.0 tbsp	0
04610	Margarine, regular, 80% fat, composite, stick, with salt	14.0	1.0 tbsp	0
04629	Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick	14.0	1.0 tbsp (1 NLEA serving)	0
04602	Butter, light, stick, without salt	14.0	1.0 tablespoon	0
04626	Margarine-like spread with yogurt, 70% fat, stick, with salt	14.0	1.0 tablespoon	0
04697	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D	14.0	1.0 tbsp	0
04694	Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	14.0	1.0 tbsp	0
04691	Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	14.0	1.0 tablespoon	0
04668	Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy	14.0	1.0 tbsp	0
04600	Margarine-like, vegetable oil-butter spread, tub, with salt	14.0	1.0 tablespoon	0
04620	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt	14.0	1.0 tbsp	0
04695	Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D	14.0	1.0 tbsp	0
04692	Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	14.0	1.0 tbsp	0
42151	Vegetable oil-butter spread, reduced calorie	13.0	1.0 tbsp	0
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	0
01206	Cream substitute, flavored, powdered	12.0	4.0 tsp	0
02064	Peppermint, fresh	0.1	2.0 leaves	0
43345	Beverages, fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie	2.0	1.0 tsp	0
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	9.9	1.0 bar	0
06169	Sauce, ready-to-serve, pepper, TABASCO	4.7	1.0 tsp	0
09195	Olives, pickled, canned or bottled, green	2.7	1.0 olive	0
44260	Puddings, all flavors except chocolate, low calorie, instant, dry mix	8.0	1.0 serving	0
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	6.0	1.0 slice	0
27066	Sauce, horseradish	5.6	1.0 tsp	0
43154	Alcoholic beverage, wine, cooking	4.9	1.0 tsp	0
04073	Margarine, regular, hard, soybean (hydrogenated)	4.7	1.0 tsp	0
14246	Beverages, tea, green, instant, decaffeinated, lemon, unsweetened, fortified with vitamin C	4.5	2.0 tbsp	0
19334	Sugars, brown	3.0	1.0 tsp unpacked	0

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
43401	Beverages, coffee, instant, with whitener, reduced calorie	1.7	1.0 tsp dry	0
04609	Animal fat, bacon grease	4.3	1.0 tsp	0
14214	Beverages, coffee, instant, regular, powder	1.0	1.0 tsp	0
06476	Soup, beef broth, cubed, prepared with water	240.0	1.0 serving 1 cup	0
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	114.0	4.0 oz	0
14162	Beverages, Apple juice drink, light, fortified with vitamin C	240.0	8.0 fl oz	0
04549	Shortening industrial, lard and vegetable oil	12.8	1.0 tbsp	0
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0
09012	Apples, dried, sulfured, stewed, without added sugar	255.0	1.0 cup	0
04669	USDA Commodity Food, oil, vegetable, soybean, refined	13.6	1.0 tablespoon	0
14288	Lemonade, powder, prepared with water	33.0	1.0 fl oz	0
19107	Candies, hard	28.35	1.0 oz	0
19710	Puddings, vanilla, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0
14076	Beverages, ICELANDIC, Glacial Natural spring water	100.0	1.0 serving	0
19222	Desserts, rennin, vanilla, dry mix	10.8	1.0 tbsp	0
04631	Margarine-like, vegetable oil spread, fat-free, tub	14.6	1.0 tbsp	0
10192	Pork, fresh, backribs, separable lean and fat, raw	85.0	3.0 oz	0
14238	Beverages, cranberry-apple juice drink, bottled	30.6	1.0 fl oz	0
19407	Snacks, beef sticks, smoked	28.35	1.0 oz	0
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0
06956	Soup, tomato, canned, condensed, reduced sodium	121.0	1.0 serving 1/2 cup	0
03166	Babyfood, juice, apple	31.7	1.0 fl oz	0
14034	Alcoholic beverage, creme de menthe, 72 proof	33.6	1.0 fl oz	0
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117.0	0.5 cup	0
07072	Salami, dry or hard, pork, beef	9.8	1.0 slice	0
04584	Oil, sunflower, high oleic (70% and over)	14.0	1.0 tbsp	0
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	3.5	1.0 tsp	0
04702	Oil, industrial, cottonseed, fully hydrogenated	13.6	1.0 tablespoon	0
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	85.0	3.0 oz	0
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	253.0	1.0 cup	0
14142	Beverages, carbonated, grape soda	31.0	1.0 fl oz	0
04520	Fat, mutton tallow	12.8	1.0 tbsp	0
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)	0
04653	Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry	13.6	1.0 tbsp	0

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz (Yield from 1 cooked roast, with refuse, weighing 1515g)	0
14531	Alcoholic beverage, whiskey sour	30.4	1.0 fl oz	0
90480	Syrup, Cane	21.0	1.0 serving	0
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	14.1	1.0 tablespoon	0
03010	Babyfood, meat, lamb, strained	22.0	1.0 tbsp	0
19868	Sweeteners, tabletop, sucralose, SLENDA packets	1.0	1.0 serving 1 packet	0
14156	Beverages, 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	0
04545	Oil, sunflower, linoleic, (partially hydrogenated)	13.6	1.0 tbsp	0
14279	Beverages, tea, black, ready-to-drink, peach, diet	268.0	1.0 cup	0
19304	Molasses	337.0	1.0 cup	0
04666	Shortening, industrial, soy (partially hydrogenated) and corn for frying	12.8	1.0 tbsp	0
19706	Puddings, banana, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0
14073	Beverages, ZEVIA, cola	355.0	1.0 can	0
43214	Butter replacement, without fat, powder	80.0	1.0 cup	0
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	85.0	3.0 oz	0
14414	Alcoholic beverage, liqueur, coffee, 53 proof	34.8	1.0 fl oz	0
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	138.0	1.0 rack	0
14030	Beverages, THE COCA-COLA COMPANY, NOS energy drink, Original, grape, loaded cherry, charged citrus, fortified with vitamins B6 and B12	480.0	16.0 fl oz	0
04581	Oil, avocado	14.0	1.0 tbsp	0
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	11.5	1.0 slice	0
42040	Syrups, grenadine	20.0	1.0 tbsp	0
09294	Prune juice, canned	256.0	1.0 cup	0
14183	Beverages, coffee, ready to drink, iced, mocha, milk based	265.0	1.0 cup	0
04699	Oil, industrial, soy, low linolenic	14.0	1.0 tablespoon	0
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	107.0	1.0 chop	0
43026	Syrups, sugar free	240.0	1.0 cup	0
02051	Vanilla extract, imitation, alcohol	4.2	1.0 tsp	0
01074	Sour cream, imitation, cultured	28.35	1.0 oz	0
07028	Ham, sliced, packaged (96% fat free, water added)	23.0	1.0 slice	0
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	114.0	4.0 oz	0
14121	Beverages, carbonated, club soda	29.6	1.0 fl oz	0
04516	Oil, teaseed	13.6	1.0 tablespoon	0

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
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)	0
04650	Oil, industrial, soy, refined, for woks and light frying	13.6	1.0 tbsp	0
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0
14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	30.5	1.0 fl oz	0
06970	Soup, chicken broth, low sodium, canned	240.0	1.0 cup	0
14052	Alcoholic beverage, distilled, whiskey, 86 proof	27.8	1.0 fl oz	0
42141	Cream substitute, liquid, light	30.0	1.0 fl oz	0
13019	Beef, retail cuts, separable fat, raw	28.35	1.0 oz	0
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	28.35	1.0 oz	0
14153	Beverages, carbonated, pepper-type, contains caffeine	30.7	1.0 fl oz	0
04542	Fat, chicken	12.8	1.0 tbsp	0
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	0
14276	Beverages, Tropical Punch, ready-to-drink	210.0	1.0 NLEA Serving	0
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	13.6	1.0 tbsp	0
42289	Oil, corn and canola	14.0	1.0 tbsp	0
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	253.0	1.0 cup	0
04055	Oil, palm	13.6	1.0 tbsp	0
43355	Mayonnaise, low sodium, low calorie or diet	14.0	1.0 tbsp	0
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	27.8	1.0 fl oz	0
06559	Soup, tomato, canned, prepared with equal volume water, commercial	248.0	1.0 serving 1 cup	0
43158	Sweeteners, tabletop, saccharin (sodium saccharin)	1.0	1.0 serving 1 packet	0
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0
14408	Beverages, orange-flavor drink, breakfast type, powder, prepared with water	33.9	1.0 fl oz	0
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
14027	Alcoholic beverage, whiskey sour, canned	30.8	1.0 fl oz	0
04574	Fat, duck	12.8	1.0 tbsp	0
14180	Beverages, coffee, brewed, breakfast blend	248.0	1.0 cup	0
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	0
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	107.0	1.0 chop	0
02048	Vinegar, cider	14.9	1.0 tbsp	0
04506	Oil, sunflower, linoleic, (approx. 65%)	13.6	1.0 tbsp	0
10088	Pork, fresh, spareribs, separable lean and fat, raw	85.0	3.0 oz	0
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	85.0	1.0 serving	0
03225	Babyfood, dessert, cherry vanilla pudding, junior	28.35	1.0 oz	0
04513	Vegetable oil, palm kernel	13.6	1.0 tablespoon	0

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
09411	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid	239.0	1.0 cup	0
04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	13.6	1.0 tbsp	0
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0
14431	Cranberry juice cocktail, frozen concentrate, prepared with water	29.6	1.0 fl oz	0
19421	Snacks, potato chips, cheese-flavor	28.35	1.0 oz	0
44258	Puddings, chocolate flavor, low calorie, regular, dry mix	9.9	1.0 serving	0
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0
14049	Alcoholic beverage, distilled, gin, 90 proof	27.8	1.0 fl oz	0
04594	Fish oil, sardine	13.6	1.0 tbsp	0
42138	Mayonnaise, reduced-calorie or diet, cholesterol-free	14.6	1.0 tbsp	0
19360	Syrups, table blends, pancake, with 2% maple	20.0	1.0 tbsp	0
07044	USDA Commodity, luncheon meat, canned	45.0	1.0 serving	0
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	0
04660	Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy	13.6	1.0 tbsp	0
14541	Beverages, fruit punch-flavor drink, powder, without added sodium, prepared with water	32.7	1.0 fl oz	0
04044	Oil, soybean, salad or cooking	13.6	1.0 tbsp	0
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	142.0	1.0 chop	0
03024	Babyfood, water, bottled, GERBER, without added fluoride.	113.0	1.0 serving	0
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0
43543	Milk, imitation, non-soy	244.0	1.0 cup	0
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	138.0	1.0 rack	0
14024	Beverages, Whiskey sour mix, powder	17.0	1.0 packet	0
19163	Chewing gum	3.0	1.0 stick	0
04570	Shortening, confectionery, fractionated palm	13.6	1.0 tbsp	0
09288	Prunes, canned, heavy syrup pack, solids and liquids	234.0	1.0 cup	0
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	15.0	1.0 container, individual	0
14309	Beverages, OVALTINE, Classic Malt powder	21.0	1.0 serving (4 tbsp or 1 envelope)	0
09248	Peaches, dried, sulfured, stewed, with added sugar	270.0	1.0 cup	0
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	0
14628	Beverages, Energy drink, AMP, sugar free	240.0	8.0 fl oz	0
42231	Oil, flaxseed, cold pressed	13.6	1.0 tbsp	0
03221	Babyfood, dessert, dutch apple, junior	28.35	1.0 oz	0
04643	Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying	13.6	1.0 tablespoon	0
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
09079	Cranberries, dried, sweetened	40.0	0.25 cup	0
06964	Soup, tomato, low sodium, with water	248.0	1.0 serving 1 cup	0
19187	Flan, caramel custard, dry mix	85.0	1.0 package (3 oz)	0
04591	Fish oil, menhaden	13.6	1.0 tbsp	0
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0
28317	Bread, wheat, sprouted, toasted	38.0	1.0 slice 1 serving	0
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	85.0	3.0 oz	0
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	0
14149	Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	29.6	1.0 fl oz	0
14648	Beverages, fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin	237.0	8.0 fl oz	0
18371	Leavening agents, baking powder, low-sodium	5.0	1.0 tsp	0
03269	Babyfood, juice, apple, with calcium	189.0	1.0 serving	0
04536	Oil, sheanut	13.6	1.0 tablespoon	0
04037	Oil, rice bran	13.6	1.0 tablespoon	0
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	85.0	3.0 oz	0
01259	Cheese spread, American or Cheddar cheese base, reduced fat	21.0	1.0 piece	0
09328	Maraschino cherries, canned, drained	5.0	1.0 cherry (NLEA serving)	0
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0
14218	Beverages, coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	0
06494	Soup, onion, dry, mix, prepared with water	230.0	1.0 serving 1 cup	0
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
14385	Beverages, water, bottled, POLAND SPRING	29.6	1.0 fl oz	0
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	0
14166	Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine	29.6	1.0 fl oz	0
04556	Shortening frying (heavy duty), palm (hydrogenated)	12.8	1.0 tbsp	0
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248.0	1.0 cup	0
14297	Beverages, lemonade-flavor drink, powder, prepared with water	31.8	1.0 fl oz	0
19113	Syrups, table blends, pancake, with butter	73.0	1.0 serving 1/4 cup	0
14625	Beverages, Energy drink, AMP	240.0	1.0 serving	0
19228	Frostings, cream cheese-flavor, ready-to-eat	33.0	2.0 tbsp creamy	0
14242	Cranberry juice cocktail, bottled	31.6	1.0 fl oz	0
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
19070	Candies, butterscotch	28.35	1.0 oz	0
44018	Sweeteners, tabletop, fructose, liquid	0.1	1.0 serving	0
03170	Babyfood, juice, apple and plum	31.2	1.0 fl oz	0
14038	Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink	250.0	1.0 can	0

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
06094	Soup, onion, dry, mix	7.5	1.0 serving 1 tbsp	0
04588	Oil, oat	13.6	1.0 tbsp	0
19349	Syrups, corn, dark	328.0	1.0 cup	0
43060	Chewing gum, sugarless	2.0	1.0 piece	0
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	85.0	3.0 oz	0
14350	Strawberry-flavor beverage mix, powder	22.0	1.0 serving (2-3 heaping tsp)	0
16608	MORNINGSTAR FARMS Chik Patties Original, frozen, unprepared	71.0	1.0 patty	0
14146	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine	29.6	1.0 fl oz	0
14645	Beverages, Fruit flavored drink, less than 3% juice, not fortified with vitamin C	238.0	1.0 cup (8 fl oz)	0
04531	Oil, soybean lecithin	13.6	1.0 tablespoon	0
09443	Juice, apple and grape blend, with added ascorbic acid	250.0	8.0 fl oz	0
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0
04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	13.6	1.0 tbsp	0
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	135.0	1.0 chop	0
14536	Alcoholic beverage, wine, dessert, dry	29.5	1.0 fl oz	0
14057	Alcoholic beverage, wine, dessert, sweet	29.5	1.0 fl oz	0
14215	Beverages, coffee, instant, regular, prepared with water	29.8	1.0 fl oz	0
19370	Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies	62.0	1.0 serving 2.17 oz pack	0
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0
14376	Beverages, tea, instant, lemon, diet	29.8	1.0 fl oz	0
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	85.0	3.0 oz	0
04550	Shortening frying (heavy duty), beef tallow and cottonseed	12.8	1.0 tbsp	0
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	85.0	3.0 oz	0
09013	Apples, dried, sulfured, stewed, with added sugar	280.0	1.0 cup	0
19318	Puddings, banana, dry mix, instant	99.0	1.0 package (3.5 oz)	0
04670	USDA Commodity Food, oil, vegetable, low saturated fat	13.6	1.0 tbsp	0
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0
19108	Candies, jellybeans	11.0	10.0 small	0
04133	Salad dressing, french, home recipe	14.0	1.0 tablespoon	0
14079	Beverages, yellow green colored citrus soft drink with caffeine	473.0	16.0 fl oz	0
14599	Beverages, Powerade Zero Ion4, calorie-free, assorted flavors	237.0	8.0 fl oz	0
19225	Desserts, rennin, tablets, unsweetened	9.9	1.0 package (0.35 oz)	0
04633	Margarine-like, vegetable oil spread, 20% fat, with salt	15.0	1.0 tbsp	0
42193	Salad Dressing, mayonnaise-like, fat-free	16.0	1.0 tbsp	0
17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	248.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
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)	0
04001	Fat, beef tallow	12.8	1.0 tbsp	0
14190	Beverages, tea, green, ready-to-drink, diet	269.0	1.0 cup	0
19340	Sugars, maple	3.0	1.0 tsp	0
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	85.0	3.0 oz	0
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	28.35	1.0 oz	0
09259	Pears, dried, sulfured, uncooked	180.0	1.0 cup, halves	0
14143	Beverages, carbonated, low calorie, other than cola or pepper, without caffeine	29.6	1.0 fl oz	0
14640	Beverages, Energy drink, VAULT, citrus flavor	31.0	1.0 oz	0
04528	Oil, walnut	13.6	1.0 tbsp	0
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	138.0	1.0 rack	0
14260	Beverages, tea, green, brewed, decaffeinated	240.0	240.0 ml	0
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	13.6	1.0 tbsp	0
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0
14532	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof	27.8	1.0 fl oz	0
13020	Beef, retail cuts, separable fat, cooked	28.35	1.0 oz	0
43514	Frozen novelties, ice type, pop, with low calorie sweetener	55.0	1.0 serving 1.75 fl oz pop	0
03144	Babyfood, fruit, applesauce and cherries, strained	28.35	1.0 oz	0
14157	Beverages, carbonated, root beer	30.8	1.0 fl oz	0
04546	Shortening bread, soybean (hydrogenated) and cottonseed	12.8	1.0 tablespoon	0
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
14280	Beverages, tea, black, ready to drink, decaffeinated, diet	240.0	1.0 cup	0
09010	Apples, dehydrated (low moisture), sulfured, stewed	193.0	1.0 cup	0
04667	Shortening, industrial, soy (partially hydrogenated) for baking and confections	12.8	1.0 tbsp	0
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	177.0	6.0 fl oz	0
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	85.0	1.0 package (3 oz)	0
04114	Salad dressing, italian dressing, commercial, regular	14.7	1.0 tbsp	0
14074	Beverages, ZEVIA, cola, caffeine free	355.0	1.0 can	0
14555	Water, bottled, generic	29.6	1.0 fl oz	0
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	0
14031	Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories	240.0	8.0 fl oz	0
04582	Oil, canola	14.0	1.0 tbsp	0

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
42055	Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame	8.0	1.0 tsp	0
19335	Sugars, granulated	2.8	1.0 serving packet	0
04700	Oil, industrial, soy, ultra low linolenic	13.6	1.0 tablespoon	0
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	85.0	3.0 oz	0
02052	Vanilla extract, imitation, no alcohol	4.2	1.0 tsp	0
01076	Milk substitutes, fluid, with lauric acid oil	244.0	1.0 cup	0
14130	Carbonated beverage, cream soda	30.9	1.0 fl oz	0
19128	Syrups, table blends, pancake, reduced-calorie	73.0	1.0 serving 1/4 cup	0
02013	Spices, coriander seed	1.8	1.0 tsp	0
04517	Oil, grapeseed	13.6	1.0 tablespoon	0
06194	Soup, chicken broth, ready-to-serve	249.0	1.0 cup	0
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	13.6	1.0 tbsp	0
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0
14462	Beverages, Propel Zero, fruit-flavored, non-carbonated	29.6	1.0 fl oz	0
04027	Salad dressing, mayonnaise, imitation, soybean	15.0	1.0 tbsp	0
14154	Beverages, Energy drink, RED BULL	258.0	1.0 can 8.4 fl oz	0
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1.0 tablespoon	0
14277	Beverages, grape drink, canned	31.3	1.0 fl oz	0
09007	Apples, canned, sweetened, sliced, drained, unheated	204.0	1.0 cup slices	0
04664	Oil, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings	13.6	1.0 tbsp	0
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0
04058	Oil, sesame, salad or cooking	13.6	1.0 tablespoon	0
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	27.8	1.0 fl oz	0
06159	Soup, tomato, canned, condensed	148.0	1.0 cup	0
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0
10895	Pork, cured, ham, separable fat, boneless, unheated	117.0	4.0 oz	0
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	0
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85.0	3.0 oz	0
06700	Soup, vegetable broth, ready to serve	221.0	1.0 cup	0
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	122.0	1.0 rack	0
14028	Beverages, Whiskey sour mix, bottled	32.3	1.0 fl oz	0
04575	Fat, turkey	12.8	1.0 tbsp	0
09292	Plums, dried (prunes), stewed, without added sugar	248.0	1.0 cup, pitted	0
19009	Snacks, KRAFT, CORNNUTS, plain	28.35	1.0 oz	0
19332	Puddings, lemon, dry mix, regular	85.0	1.0 package (3 oz)	0

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	0
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	114.0	4.0 oz	0
10006	Pork, fresh, separable fat, raw	28.35	1.0 oz	0
01072	Dessert topping, pressurized	70.0	1.0 cup	0
14315	Beverages, OVALTINE, chocolate malt powder	78.0	1.0 cup	0
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	13.6	1.0 tbsp	0
16555	MORNINGSTAR FARMS Buffalo Wings, frozen, unprepared	85.0	5.0 Wings	0
14633	Beverages, Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C	238.0	1.0 serving	0
04514	Oil, poppyseed	13.6	1.0 tablespoon	0
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	13.6	1.0 tbsp	0
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0
44259	Puddings, all flavors except chocolate, low calorie, regular, dry mix	113.0	1.0 serving	0
04023	Salad dressing, thousand island dressing, reduced fat	15.0	1.0 tablespoon	0
14050	Alcoholic beverage, distilled, rum, 80 proof	27.8	1.0 fl oz	0
04595	Shortening, multipurpose, soybean (hydrogenated) and palm (hydrogenated)	12.8	1.0 tbsp	0
14206	Beverages, tea, green, ready-to-drink, sweetened	270.0	1.0 cup	0
19361	Syrups, table blends, cane and 15% maple	315.0	1.0 cup	0
43114	Vermicelli, made from soy	140.0	1.0 cup	0
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	0
09004	Apples, raw, without skin	110.0	1.0 cup slices	0
04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	13.6	1.0 tbsp	0
04047	Oil, coconut	13.6	1.0 tbsp	0
14222	Beverages, coffee, instant, with chicory	1.8	1.0 tsp, rounded	0
19384	Candies, divinity, prepared-from-recipe	11.0	1.0 piece	0
06549	Soup, chicken mushroom, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0
14021	Beverages, Energy drink, Citrus	240.0	8.0 fl oz	0
10123	Pork, cured, bacon, unprepared	28.0	1.0 slice raw	0
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	131.0	1.0 chop	0
14025	Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix	29.4	1.0 fl oz	0
04572	Oil, nutmeg butter	13.6	1.0 tbsp	0
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	85.0	3.0 oz	0
01069	Cream substitute, powdered	94.0	1.0 cup	0
04501	Oil, cocoa butter	13.6	1.0 tablespoon	0
14093	Beverages, The COCA-COLA company, Glaceau Vitamin Water, Revive Fruit Punch, fortified	591.0	20.0 fl oz	0

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
14629	Beverages, Energy drink, ROCKSTAR	31.0	1.0 fl oz	0
17079	Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	85.0	3.0 oz	0
14247	Beverages, tea, black, ready to drink	473.0	16.0 fl oz	0
19244	Frostings, vanilla, creamy, dry mix	411.0	1.0 package	0
04644	Oil, industrial, canola for salads, woks and light frying	13.6	1.0 tablespoon	0
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0
14429	Beverages, water, tap, municipal	29.6	1.0 fl oz	0
04592	Fish oil, menhaden, fully hydrogenated	12.5	1.0 tbsp	0
19353	Syrups, maple	20.0	1.0 tbsp	0
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	85.0	3.0 oz	0
43479	Alcoholic beverage, rice (sake)	29.1	1.0 fl oz	0
14150	Beverages, carbonated, orange	31.0	1.0 fl oz	0
18372	Leavening agents, baking soda	4.6	1.0 tsp	0
42281	Gums, seed gums (includes locust bean, guar)	28.35	1.0 oz	0
04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	13.6	1.0 tbsp	0
14537	Carbonated beverage, low calorie, other than cola or pepper, with sodium saccharin, without caffeine	29.6	1.0 fl oz	0
04038	Oil, wheat germ	4.5	1.0 tsp	0
43331	Salad dressing, bacon and tomato	15.0	1.0 tbsp	0
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	135.0	1.0 chop	0
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0
14219	Beverages, coffee, instant, decaffeinated, prepared with water	29.9	1.0 fl oz	0
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	122.0	1.0 rack	0
04559	Shortening household soybean (hydrogenated) and palm	12.8	1.0 tbsp	0
14171	Beverages, coconut milk, sweetened, fortified with calcium, vitamins A, B12, D2	240.0	1.0 cup	0
10942	Pork, fresh, composite of separable fat, with added solution, raw	28.35	1.0 oz	0
10000	Pork, fresh, composite of separable fat, with added solution, cooked	85.0	3.0 oz	0
04143	Salad dressing, italian dressing, commercial, regular, without salt	14.7	1.0 tablespoon	0
09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	0
14090	Beverages, Coconut water, ready-to-drink, unsweetened	245.0	1.0 cup	0
14626	Beverages, Energy drink, FULL THROTTLE	240.0	1.0 serving 8 fluid oz	0
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	29.6	1.0 fl oz	0
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	0
03171	Babyfood, juice, apple and prune	31.2	1.0 fl oz	0

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
04016	Salad dressing, sesame seed dressing, regular	15.0	1.0 tablespoon	0
04589	Fish oil, cod liver	4.5	1.0 tsp	0
19350	Syrups, corn, light	341.0	1.0 cup	0
04708	Mayonnaise, reduced fat, with olive oil	15.0	1.0 tbsp	0
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	85.0	3.0 oz	0
43075	Fluid replacement, electrolyte solution (include PEDIALYTE)	31.2	1.0 fl oz	0
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253.0	1.0 cup	0
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	85.0	3.0 oz	0
14147	Beverages, carbonated, cola, without caffeine	30.7	1.0 fl oz	0
14646	Beverages, Fruit flavored drink containing less than 3% fruit juice, with high vitamin C	238.0	1.0 cup (8 fl oz)	0
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1.0 tsp	0
04532	Oil, hazelnut	13.6	1.0 tablespoon	0
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	250.0	8.0 fl oz	0
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
19283	Frozen novelties, ice type, pop	52.0	1.0 serving 1.75 fl oz pop	0
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	145.0	1.0 chop	0
19202	Puddings, vanilla, dry mix, instant	99.0	1.0 package (3.5 oz)	0
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0
14216	Beverages, aloe vera juice drink, fortified with Vitamin C	240.0	8.0 fl oz	0
19371	Frostings, vanilla, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	0
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	28.35	1.0 oz	0
43535	Babyfood, juice, apple - cherry	31.2	1.0 fl oz	0
28332	Cookies, gluten-free, chocolate sandwich, with creme filling	44.0	3.0 cookies	0
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0
04551	Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	12.8	1.0 tbsp	0
14167	Beverages, POWERADE, Zero, Mixed Berry	360.0	12.0 fl oz	0
04679	Oil, PAM cooking spray, original	0.3	1.0 spray , about 1/3 second (1 NLEA serving)	0
19720	Syrups, table blends, pancake, with 2% maple, with added potassium	315.0	1.0 cup	0
04135	Salad dressing, home recipe, vinegar and oil	16.0	1.0 tablespoon	0
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	0
14080	Beverages, rich chocolate, powder	11.0	2.0 tbsp	0
14604	Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener	29.6	1.0 fl oz	0
04634	Margarine-like, vegetable oil spread, 20% fat, without salt	12.8	1.0 tbsp	0
17065	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0
43598	Mayonnaise dressing, no cholesterol	15.0	1.0 tbsp	0
04002	Lard	12.8	1.0 tbsp	0
04586	Shortening, special purpose for cakes and frostings, soybean (hydrogenated)	12.8	1.0 tbsp	0
14191	Beverages, tea, green, ready-to-drink, citrus, diet, fortified with vitamin C	265.0	1.0 cup	0
43057	Candies, gum drops, no sugar or low calorie (sorbitol)	182.0	1.0 cup	0
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	0
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	28.35	1.0 oz	0
14144	Beverages, carbonated, lemon-lime soda, no caffeine	30.8	1.0 fl oz	0
14641	Beverages, Energy drink, VAULT Zero, sugar-free, citrus flavor	246.0	1.0 serving (8 fl oz)	0
04529	Oil, almond	13.6	1.0 tablespoon	0
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0
14261	Beverages, tea, green, ready to drink, unsweetened	473.0	16.0 fl oz	0
04655	Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries	14.0	1.0 tbsp	0
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	0
14533	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof	27.8	1.0 fl oz	0
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	12.8	1.0 tbsp	0
14211	Beverages, tea, black, ready-to-drink, lemon, diet	265.0	1.0 cup	0
06475	Soup, beef broth or bouillon, powder, prepared with water	240.0	1.0 serving 1 cup	0
14371	Beverages, tea, instant, lemon, sweetened, prepared with water	259.0	1.0 cup (8 fl oz)	0
19041	Snacks, pork skins, plain	28.35	1.0 oz	0
03145	Babyfood, fruit, applesauce and cherries, junior	28.35	1.0 oz	0
14161	Beverages, Kiwi Strawberry Juice Drink	473.0	16.0 fl oz	0
19152	Candies, ROLO Caramels in Milk Chocolate	48.0	1.0 package 1 package	0
04548	Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)	12.8	1.0 tbsp	0
14281	Beverages, tea, black, ready to drink, decaffeinated	240.0	1.0 cup	0
09011	Apples, dried, sulfured, uncooked	86.0	1.0 cup	0
19312	Pie fillings, apple, canned	74.0	0.125 can	0
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	0
19106	Candies, gumdrops, starch jelly pieces	182.0	1.0 cup gumdrops	0
19709	Puddings, tapioca, dry mix, with no added salt	92.0	1.0 package (3.5 oz)	0
04120	Salad dressing, french dressing, commercial, regular	16.0	1.0 tbsp	0
22120	MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared	50.0	0.5 cup	0
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
14075	Beverages, GEROLSTEINER BRUNNEN GmbH & Co. KG, Gerolsteiner naturally sparkling mineral water,	240.0	8.0 fl oz	0
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	85.0	3.0 oz	0
43216	Sweeteners, tabletop, fructose, dry, powder	196.0	1.0 cup	0
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)	0
14416	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	29.6	1.0 fl oz	0
09194	Olives, ripe, canned (jumbo-super colossal)	15.0	1.0 super colossal	0
19175	Gelatin desserts, dry mix, reduced calorie, with aspartame	6.4	1.0 serving	0
04583	Oil, mustard	14.0	1.0 tbsp	0
10864	Pork, bacon, rendered fat, cooked	85.0	3.0 oz	0
14188	Beverages, tea, green, ready to drink, ginseng and honey, sweetened	260.0	1.0 cup	0
19336	Sugars, powdered	120.0	1.0 cup unsifted	0
04701	Oil, industrial, soy, fully hydrogenated	13.6	1.0 tablespoon	0
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	85.0	3.0 oz	0
02053	Vinegar, distilled	14.9	1.0 tbsp	0
19018	Fruit syrup	334.0	1.0 cup	0
14136	Beverages, carbonated, ginger ale	30.5	1.0 fl oz	0
19129	Syrups, table blends, pancake	314.0	1.0 cup	0
04518	Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1.0 tbsp	0
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	85.0	3.0 oz	0
04652	Oil, industrial, soy (partially hydrogenated), all purpose	13.6	1.0 tbsp	0
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0
14530	Whiskey sour mix, bottled, with added potassium and sodium	32.3	1.0 fl oz	0
19198	Puddings, tapioca, dry mix	92.0	1.0 package (3.5 oz)	0
20027	Cornstarch	128.0	1.0 cup	0
04606	Meat drippings (lard, beef tallow, mutton tallow)	12.8	1.0 tablespoon	0
14367	Beverages, tea, instant, unsweetened, prepared with water	29.7	1.0 fl oz	0
01003	Butter oil, anhydrous	12.8	1.0 tbsp	0
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0
14155	Beverages, carbonated, tonic water	30.5	1.0 fl oz	0
04544	Shortening, household, lard and vegetable oil	12.8	1.0 tablespoon	0
14278	Beverages, tea, green, brewed, regular	245.0	1.0 cup	0
09008	Apples, canned, sweetened, sliced, drained, heated	204.0	1.0 cup slices	0
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0
19705	Puddings, banana, dry mix, instant, with added oil	99.0	1.0 package (3.5 oz)	0

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
04060	Oil, sunflower, linoleic (less than 60%)	13.6	1.0 tbsp	0
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	85.0	3.0 oz	0
14068	Beverages, KELLOGG'S SPECIAL K20 protein powder	14.5	1.0 packet	0
14552	Carbonated beverage, chocolate-flavored soda	31.0	1.0 fl oz	0
19217	Frozen novelties, ice type, fruit, no sugar added	51.0	1.0 bar	0
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	142.0	1.0 chop	0
14234	Beverages, OCEAN SPRAY, Cran Lemonade	247.0	8.0 fl oz	0
19401	Snacks, cornnuts, barbecue-flavor	28.35	1.0 oz	0
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
14411	Beverages, water, tap, drinking	29.6	1.0 fl oz	0
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	0
14029	Alcoholic beverage, whiskey sour, prepared from item 14028	30.4	1.0 fl oz	0
04576	Fat, goose	12.8	1.0 tbsp	0
09293	Plums, dried (prunes), stewed, with added sugar	248.0	1.0 cup, pitted	0
07969	Kielbasa, fully cooked, pan-fried	370.0	1.0 link	0
04698	Oil, industrial, canola, high oleic	14.0	1.0 tablespoon	0
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	146.0	1.0 chop	0
02050	Vanilla extract	4.2	1.0 tsp	0
10007	Pork, fresh, separable fat, cooked	28.35	1.0 oz	0
01073	Dessert topping, semi solid, frozen	75.0	1.0 cup	0
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1.0 tablespoon	0
43404	Beverages, cranberry-apple juice drink, low calorie, with vitamin C added	240.0	1.0 cup (8 fl oz)	0
14119	Beverages, Mixed vegetable and fruit juice drink, with added nutrients	247.0	8.0 fl oz	0
42256	Margarine-like, vegetable oil spread, stick or tub, sweetened	14.0	1.0 tablespoon	0
17087	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	0
04515	Oil, tomatoseed	13.6	1.0 tablespoon	0
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)	0
04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	13.6	1.0 tbsp	0
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	30.5	1.0 fl oz	0
14051	Alcoholic beverage, distilled, vodka, 80 proof	27.8	1.0 fl oz	0
14207	Beverages, tea, ready-to-drink, lemon, diet	266.0	1.0 cup	0
18373	Leavening agents, cream of tartar	3.0	1.0 tsp	0
04541	Oil, cupu assu	13.6	1.0 tablespoon	0

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0
14270	Beverages, coffee, instant, vanilla, sweetened, decaffeinated, with non dairy creamer	15.0	1.0 serving	0
04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	13.6	1.0 tbsp	0
19099	Candies, fondant, prepared-from-recipe	28.35	1.0 oz	0
04053	Oil, olive, salad or cooking	13.5	1.0 tablespoon	0
14065	Beverages, The COCA-COLA company, Hi-C Flashin' Fruit Punch	200.0	6.75 fl oz	0
14223	Beverages, coffee, instant, chicory	29.9	1.0 fl oz	0
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	85.0	3.0 oz	0
14407	Beverages, orange-flavor drink, breakfast type, powder	26.0	1.0 serving 2 tbsp	0
19918	Sweetener, herbal extract powder from Stevia leaf	1.0	1.0 package	0
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	0
14026	Beverages, THE COCA-COLA COMPANY, NOS Zero, energy drink, sugar-free with guarana, fortified with vitamins B6 and B12	480.0	16.0 fl oz	0
04573	Oil, ucuhuba butter	13.6	1.0 tbsp	0
09290	Prunes, dehydrated (low-moisture), stewed	280.0	1.0 cup	0
14179	Beverages, coffee, ready to drink, milk based, sweetened	262.0	1.0 cup	0
19330	Puddings, lemon, dry mix, instant	99.0	1.0 package (3.5 oz)	0
06423	Soup, chicken with rice, canned, prepared with equal volume water	243.0	1.0 serving 1 cup	0
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	85.0	3.0 oz	0
02047	Salt, table	6.0	1.0 tsp	0
01070	Dessert topping, powdered	43.0	1.5 oz	0
04502	Oil, cottonseed, salad or cooking	13.6	1.0 tablespoon	0
14630	Beverages, Energy drink, ROCKSTAR, sugar free	240.0	8.0 fl oz	0
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	85.0	1.0 serving	0
03224	Babyfood, dessert, cherry vanilla pudding, strained	28.35	1.0 oz	0
04645	Oil, industrial, canola (partially hydrogenated) oil for deep fat frying	13.6	1.0 tablespoon	0
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0
14430	Cranberry juice cocktail, frozen concentrate	36.2	1.0 fl oz	0
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	114.0	4.0 oz	0
04593	Fish oil, salmon	13.6	1.0 tbsp	0
14203	Beverages, coffee, instant, regular, half the caffeine	1.0	1.0 tsp	0
19355	Syrups, sorghum	330.0	1.0 cup	0
14151	Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine	29.6	1.0 fl oz	0
14651	Beverages, fruit juice drink, greater than 3% juice, high vitamin C	238.0	1.0 cup (8 fl oz)	0
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	13.6	1.0 tbsp	0
42283	Snacks, potato chips, white, restructured, baked	34.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
04042	Oil, peanut, salad or cooking	13.5	1.0 tbsp	0
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	145.0	1.0 chop	0
19206	Puddings, vanilla, dry mix, regular	88.0	1.0 package (3.12 oz)	0
04615	Shortening, vegetable, household, composite	12.8	1.0 tbsp	0
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0
19382	Candies, taffy, prepared-from-recipe	15.0	1.0 piece	0
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0
14400	Beverages, carbonated, cola, fast-food cola	258.0	1.0 serving child 12 fl oz, without ice	0
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	0
14022	Beverages, MONSTER energy drink, low carb	240.0	8.0 fl oz	0
04560	Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)	12.8	1.0 tbsp	0
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	239.0	1.0 cup	0
14173	Beverages, coffee, ready to drink, vanilla, light, milk based, sweetened	281.0	9.5 fl oz	0
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	85.0	3.0 oz	0
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15.0	1.0 container, individual	0
04144	Salad dressing, italian dressing, reduced fat, without salt	15.0	1.0 tablespoon	0
09247	Peaches, dried, sulfured, stewed, without added sugar	258.0	1.0 cup	0
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	0
14627	Beverages, Energy Drink, Monster, fortified with vitamins C, B2, B3, B6, B12	240.0	1.0 serving	0
42230	Salad Dressing, coleslaw dressing, reduced fat	17.0	1.0 tbsp	0
17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	85.0	3.0 oz	0
43268	Whipped cream substitute, dietetic, made from powdered mix	80.0	1.0 cup	0
04642	Oil, industrial, mid-oleic, sunflower	13.6	1.0 tablespoon	0
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0
14427	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	31.3	1.0 fl oz	0
04017	Salad dressing, thousand island, commercial, regular	16.0	1.0 tbsp	0
04590	Fish oil, herring	13.6	1.0 tbsp	0
09034	Apricots, dried, sulfured, stewed, with added sugar	270.0	1.0 cup, halves	0
14199	Beverages, tea, black, ready-to-drink, lemon, sweetened	271.0	1.0 cup	0
19351	Syrups, corn, high-fructose	310.0	1.0 cup	0
28316	Bread, wheat, sprouted	38.0	1.0 slice 1 serving	0
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
19030	Syrup, fruit flavored	20.0	1.0 serving	0
14148	Beverages, carbonated, cola, regular	30.7	1.0 fl oz	0
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1.0 tsp	0
03268	Babyfood, juice, apple and cherry	31.2	1.0 fl oz	0

NDB_No	Description	Weight(g)	Measure	Folate, DFE(µg) Per Measure
04534	Oil, babassu	13.6	1.0 tbsp	0
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1.0 tbsp	0
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
01258	Egg, white, dried, stabilized, glucose reduced	107.0	1.0 cup, sifted	0
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0
14013	Alcoholic beverage, beer, light, low carb	29.5	1.0 fl oz	0
14384	Beverages, water, bottled, PERRIER	29.6	1.0 fl oz	0
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0
14165	Beverages, carbonated, limeade, high caffeine	253.0	1.0 cup	0
04554	Shortening industrial, soybean (hydrogenated) and cottonseed	12.8	1.0 tbsp	0
14168	Beverages, Carob-flavor beverage mix, powder	12.0	1.0 tbsp	0
19320	Puddings, banana, dry mix, regular	88.0	1.0 package (3.12 oz)	0
14296	Beverages, lemonade-flavor drink, powder	18.0	1.0 serving	0
04141	Salad dressing, french dressing, commercial, regular, without salt	15.0	1.0 tablespoon	0
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	0
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)	0
44005	Oil, corn, peanut, and olive	14.0	1.0 tablespoon	0
03169	Babyfood, apple-cranberry juice	31.2	1.0 fl oz	0
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	27.8	1.0 fl oz	0
04587	Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed	12.8	1.0 tbsp	0
43058	Candies, hard, dietetic or low calorie (sorbitol)	3.0	1.0 piece	0
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	85.0	3.0 oz	0
14347	Shake, fast food, vanilla	20.8	1.0 fl oz	0
16607	MORNINGSTAR FARMS Buffalo Chik Patties, frozen, unprepared	71.0	1.0 patty	0
09261	Pears, dried, sulfured, stewed, with added sugar	280.0	1.0 cup, halves	0
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	111.0	1.0 ear (yield after cooking)	0
14145	Beverages, carbonated, SPRITE, lemon-lime, without caffeine	30.8	1.0 fl oz	0
14644	Beverages, PEPSICO QUAKER, Gatorade G2, low calorie	237.0	8.0 fl oz	0
04530	Oil, apricot kernel	13.6	1.0 tablespoon	0
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0
19280	Frozen novelties, ice type, lime	99.0	0.5 cup (4 fl oz)	0
04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	13.6	1.0 tbsp	0
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Folate, DFE(μg) Per Measure
14534	Alcoholic beverage, liqueur, coffee, 63 proof	34.8	1.0 fl oz	0
19439	Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar	37.0	1.0 bar	0