

# USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: 18:3 n-3 c,c,c (ALA) (g)

Food Subset: All Foods  
Ordered by: Nutrient Content  
Measured by: Household  
Report Run at: September 18, 2016 04:57 EDT

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
42231	Oil, flaxseed, cold pressed	13.6	1.0 tbsp	7.258
04707	Oil, flaxseed, contains added sliced flaxseed	13.7	1.0 tablespoon	6.703
36621	Restaurant, Chinese, sweet and sour chicken	706.0	1.0 order	5.443
12006	Seeds, chia seeds, dried	28.35	1.0 oz	5.055
36622	Restaurant, Chinese, sweet and sour pork	609.0	1.0 order	4.781
36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	4.494
36633	Restaurant, Chinese, sesame chicken	547.0	1.0 order	4.234
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	4.130
36022	APPLEBEE'S, crunchy onion rings	350.0	1.0 serving	4.123
36629	Restaurant, Chinese, orange chicken	648.0	1.0 order	4.011
12154	Nuts, walnuts, black, dried	125.0	1.0 cup, chopped	3.346
36036	Restaurant, family style, onion rings	259.0	1.0 serving	2.792
12141	Nuts, mixed nuts, dry roasted, with peanuts, salt added, CHOSEN ROASTER	132.0	1.0 cup	2.662
12012	Seeds, hemp seed, hulled	30.0	3.0 tbsp	2.605
36020	T.G.I. FRIDAY'S, chicken fingers	225.0	1.0 serving	2.475
36026	CRACKER BARREL, onion rings, thick-cut	261.0	1.0 serving	2.391
36001	APPLEBEE'S, Double Crunch Shrimp	206.0	1.0 serving	2.013
36031	DENNY'S, onion rings	166.0	1.0 serving	1.892
36626	Restaurant, Chinese, chicken and vegetables	693.0	1.0 order	1.781
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	237.0	6.0 inch sub	1.744
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	237.0	6.0 inch sub	1.640
36007	T.G.I. FRIDAY'S, french fries	184.0	1.0 serving	1.639
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	175.0	1.0 serving	1.629
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	653.0	1.0 serving	1.626
21255	BURGER KING, DOUBLE WHOPPER, with cheese	399.0	1.0 item	1.564
36016	Restaurant, family style, shrimp, breaded and fried	169.0	1.0 serving	1.545
36620	Restaurant, Chinese, shrimp and vegetables	601.0	1.0 order	1.533
36603	Restaurant, Chinese, beef and vegetables	574.0	1.0 order	1.515

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36607	CRACKER BARREL, steak fries	198.0	1.0 serving	1.493
36027	DENNY'S, chicken strips	194.0	1.0 serving	1.490
21253	BURGER KING, WHOPPER, with cheese	316.0	1.0 item	1.482
36619	Restaurant, Chinese, kung pao chicken	604.0	1.0 order	1.474
36024	CRACKER BARREL, chicken tenderloin platter, fried	175.0	1.0 serving	1.445
06629	Sauce, pesto, CLASSICO, basil pesto, ready-to-serve	62.0	0.25 cup	1.422
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	355.0	1.0 item	1.392
21311	McDONALD'S, Creamy Ranch Sauce	43.0	1.5 oz	1.391
36025	CRACKER BARREL, coleslaw	167.0	1.0 serving	1.388
36605	CRACKER BARREL, country fried shrimp platter	149.0	1.0 serving	1.368
36014	Restaurant, family style, french fries	170.0	1.0 serving	1.346
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	590.0	1.0 serving	1.328
36012	Restaurant, family style, fried mozzarella sticks	245.0	1.0 serving	1.318
21259	BURGER KING, Original Chicken Sandwich	199.0	1.0 sandwich	1.292
04582	Oil, canola	14.0	1.0 tbsp	1.279
36034	Restaurant, family style, chicken tenders	201.0	1.0 serving	1.276
36029	DENNY'S, fish fillet, battered or breaded, fried	201.0	1.0 serving	1.270
36033	Restaurant, family style, fish fillet, battered or breaded, fried	226.0	1.0 serving	1.259
36610	DENNY'S, french fries	165.0	1.0 serving	1.251
36606	CRACKER BARREL, farm raised catfish platter	178.0	1.0 serving	1.209
36018	APPLEBEE'S, fish, hand battered	250.0	1.0 serving	1.205
36611	DENNY'S, mozzarella cheese sticks	228.0	1.0 serving	1.195
36002	APPLEBEE'S, french fries	164.0	1.0 serving	1.194
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	374.0	1.0 item	1.178
21254	BURGER KING, DOUBLE WHOPPER, no cheese	374.0	1.0 item	1.178
16037	Beans, navy, mature seeds, raw	208.0	1.0 cup	1.119
36015	Restaurant, family style, chicken fingers, from kid's menu	114.0	1.0 serving	1.105
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	257.0	1.0 serving	1.103
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	461.0	1.0 serving	1.102
21258	BURGER KING, Premium Fish Sandwich	220.0	1.0 sandwich	1.076
21105	Fast foods, fish sandwich, with tartar sauce	220.0	1.0 sandwich	1.076
06627	Sauce, pesto, ready-to-serve, shelf stable	61.0	0.25 cup	1.066
36625	Restaurant, Chinese, vegetable lo mein, without meat	741.0	1.0 order	1.045
07969	Kielbasa, fully cooked, pan-fried	370.0	1.0 link	1.040
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	777.0	1.0 order	1.002

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36028	DENNY'S, coleslaw	91.0	1.0 serving	0.997
16173	Frijoles rojos volteados (Refried beans, red, canned)	233.0	1.0 cup	0.993
04650	Oil, industrial, soy, refined, for woks and light frying	13.6	1.0 tbsp	0.940
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	130.0	1.0 cup prepared	0.933
04044	Oil, soybean, salad or cooking	13.6	1.0 tbsp	0.923
20118	Noodles, flat, crunchy, Chinese restaurant	45.0	1.0 cup	0.906
36035	Restaurant, family style, coleslaw	108.0	1.0 serving	0.904
04669	USDA Commodity Food, oil, vegetable, soybean, refined	13.6	1.0 tablespoon	0.889
08571	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola	55.0	0.75 cup (1 NLEA serving)	0.887
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	103.0	1.0 serving	0.877
04685	Oil, cooking and salad, ENOVA, 80% diglycerides	14.0	1.0 tbsp (1 NLEA serving)	0.873
04643	Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying	13.6	1.0 tablespoon	0.870
04684	Margarine, 80% fat, tub, CANOLA HARVEST Soft Spread (canola, palm and palm kernel oils)	14.0	1.0 tablespoon (1 NLEA serving)	0.865
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	67.0	1.0 serving 4 pieces in serving	0.864
04644	Oil, industrial, canola for salads, woks and light frying	13.6	1.0 tablespoon	0.862
21106	Fast foods, fish sandwich, with tartar sauce and cheese	134.0	1.0 sandwich	0.823
21232	McDONALD'S, FILET-O-FISH	134.0	1.0 sandwich	0.823
21488	Fast foods, quesadilla, with chicken	180.0	1.0 each quesadilla	0.817
42289	Oil, corn and canola	14.0	1.0 tbsp	0.812
04670	USDA Commodity Food, oil, vegetable, low saturated fat	13.6	1.0 tbsp	0.811
21252	BURGER KING, WHOPPER, no cheese	291.0	1.0 item	0.800
06626	Sauce, pesto, ready-to-serve, refrigerated	63.0	0.25 cup	0.799
06628	Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated	63.0	0.25 cup	0.799
22971	Potato salad with egg	125.0	0.5 cup	0.788
36623	Restaurant, Chinese, chicken chow mein	604.0	1.0 order	0.773
36030	DENNY'S, hash browns	124.0	1.0 serving	0.773
28373	UDI'S, Gluten Free, Whole Grain Dinner Rolls	44.0	1.0 roll	0.765
28343	Rolls, gluten-free, whole grain, made with tapioca starch and brown rice flour	44.0	1.0 roll	0.765
21508	WEND'YS, Crispy Chicken Sandwich	126.0	1.0 sandwich	0.760
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	152.0	1.0 sandwich	0.755
36040	CRACKER BARREL, macaroni n' cheese	175.0	1.0 serving	0.742
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	0.736
06630	Sauce, pesto, MEZZETTA, NAPA VALLEY BISTRO, basil pesto, ready-to-serve	60.0	0.25 cup	0.721
22906	Chicken pot pie, frozen entree, prepared	302.0	1.0 pie	0.710
21269	TACO BELL, Nachos Supreme	222.0	1.0 serving	0.699

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21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	222.0	1.0 serving	0.699
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	144.0	1.0 piece (1/12 of a cake)	0.683
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	247.0	1.0 item	0.679
21130	Fast foods, onion rings, breaded and fried	117.0	1.0 package (18 onion rings)	0.675
36058	OLIVE GARDEN, chicken parmigiana without pasta	304.0	1.0 serving	0.672
04611	Margarine, regular, 80% fat, composite, tub, with salt	14.2	1.0 tbsp	0.664
04692	Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	14.0	1.0 tbsp	0.655
36059	Restaurant, Italian, chicken parmesan without pasta	301.0	1.0 serving	0.653
18954	Bread, pound cake type, pan de torta salvadoran	55.0	1.0 serving	0.637
21420	KFC, Coleslaw	112.0	1.0 package	0.634
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	138.0	1.0 piece (1/12 of a cake)	0.627
21264	TACO BELL, Bean Burrito	185.0	1.0 each burrito	0.620
21061	Fast foods, burrito, with beans and cheese	185.0	1.0 each burrito	0.620
21517	Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	133.0	1.0 item	0.609
21523	McDONALD'S, RANCH SNACK WRAP, Crispy	133.0	1.0 wrap	0.609
36056	Restaurant, Mexican, cheese tamales	302.0	1.0 serving serving size varied from 1 to 3 tamales	0.607
36050	Restaurant, Mexican, cheese enchilada	244.0	1.0 serving serving size varied from 1 to 3 enchiladas	0.600
21438	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	212.0	1.0 breast, with skin	0.591
36418	Restaurant, Mexican, refried beans	148.0	1.0 cup	0.586
36039	Restaurant, family style, hash browns	94.0	1.0 cup	0.586
23436	Beef, New Zealand, imported, subcutaneous fat, raw	113.0	4.0 oz	0.576
22918	Burrito, bean and cheese, frozen	129.0	1.0 burrito	0.575
36601	Restaurant, Chinese, egg rolls, assorted	89.0	1.0 piece	0.566
21355	McDONALD'S, McCHICKEN Sandwich	131.0	1.0 sandwich	0.563
05170	Turkey, skin from whole (light and dark), roasted	85.0	1.0 serving	0.558
11212	Edamame, frozen, prepared	155.0	1.0 cup	0.555
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	0.554
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	478.0	1.0 serving	0.550
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	230.0	1.0 item	0.536
21127	Fast foods, coleslaw	191.0	1.0 cup	0.533
36413	Restaurant, Latino, black bean soup	246.0	1.0 cup	0.531
21509	BURGER KING, Onion Rings	91.0	1.0 small	0.525
04653	Oil, industrial, soy (partially hydrogenated ) and soy (winterized), pourable clear fry	13.6	1.0 tbsp	0.522
21246	WENDY'S, Chicken Nuggets	68.0	5.0 pieces	0.520
21440	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	152.0	1.0 thigh, with skin	0.520

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21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	215.0	1.0 sandwich	0.516
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	215.0	1.0 sandwich	0.516
23420	Beef, New Zealand, imported, intermuscular fat, raw	113.0	4.0 oz	0.509
21268	TACO BELL, Nachos	80.0	1.0 serving	0.494
21078	Fast foods, nachos, with cheese	80.0	1.0 serving	0.494
04639	Salad dressing, ranch dressing, regular	15.0	1.0 tablespoon	0.491
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	41.0	1.0 piece	0.491
21265	TACO BELL, BURRITO SUPREME with beef	241.0	1.0 burrito	0.487
21064	Fast foods, burrito, with beans, cheese, and beef	241.0	1.0 burrito	0.487
36049	ON THE BORDER, cheese enchilada	250.0	1.0 serving serving size varied from 1 to 3 enchiladas	0.482
21321	McDONALD'S, Hotcakes (plain)	149.0	3.0 hotcakes 5.3 oz	0.478
04673	Margarine-like spread, SMART BALANCE Regular Buttery Spread with flax oil	14.0	1.0 tablespoon	0.474
36416	Restaurant, Latino, bunuelos (fried yeast bread)	70.0	1.0 piece	0.471
16399	Peanut butter with omega-3, creamy	16.0	1.0 tbsp	0.468
05305	Ground turkey, raw	453.6	1.0 lb	0.467
36032	DENNY'S, spaghetti and meatballs	565.0	1.0 serving	0.458
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	129.0	0.5 cup condensed	0.457
21247	WENDY'S, french fries	71.0	1.0 kid's meal Serving	0.454
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	82.0	1.0 serving	0.449
17449	Lamb, Australian, imported, fresh, external fat, cooked	85.0	3.0 oz	0.448
21524	McDONALD'S, RANCH SNACK WRAP, Grilled	123.0	1.0 wrap	0.448
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	123.0	1.0 item	0.448
04689	Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	14.0	1.0 tbsp (1 NLEA serving)	0.446
16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	0.446
21498	PIZZA HUT 14" Sausage Pizza, Pan Crust	125.0	1.0 slice	0.435
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	85.0	3.0 oz	0.434
32005	Macaroni and cheese, box mix with cheese sauce, prepared	189.0	1.0 cup prepared	0.433
16171	Refried beans, canned, vegetarian	242.0	1.0 cup	0.426
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	339.0	1.0 serving	0.424
21139	Fast foods, potato, mashed	242.0	1.0 cup	0.421
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	126.0	1.0 piece	0.415
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	0.415
36613	DENNY'S, macaroni & cheese, from kid's menu	180.0	1.0 serving	0.414
21314	McDONALD'S, Spicy Buffalo Sauce	43.0	1.5 oz	0.414
04683	Margarine, margarine-like vegetable oil spread, 67-70% fat, tub	14.0	1.0 tbsp (1 NLEA serving)	0.410

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10864	Pork, bacon, rendered fat, cooked	85.0	3.0 oz	0.405
36051	ON THE BORDER, cheese quesadilla	203.0	1.0 serving 1 quesadilla	0.404
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	0.402
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	0.402
21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	113.0	1.0 slice	0.392
21294	PIZZA HUT 14" Cheese Pizza, Pan Crust	112.0	1.0 slice	0.392
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	87.0	1.0 serving	0.389
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	510.0	1.0 serving	0.382
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	127.0	1.0 slice	0.381
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	236.0	1.0 item	0.380
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	0.379
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	14.3	1.0 tbsp	0.378
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	198.0	1.0 cup	0.376
16338	Beans, navy, mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0.375
04699	Oil, industrial, soy, low linolenic	14.0	1.0 tablespoon	0.375
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	96.0	6.0 pieces	0.374
04694	Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	14.0	1.0 tbsp	0.374
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	14.0	1.0 tbsp	0.374
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.1	1.0 tbsp	0.372
09447	Plantains, yellow, fried, Latino restaurant	169.0	1.0 cup	0.368
21102	Fast foods, chicken fillet sandwich, plain with pickles	187.0	1.0 sandwich	0.368
21526	CHICK-FIL-A, chicken sandwich	187.0	1.0 sandwich	0.368
28375	VAN'S, Gluten Free, Totally Original Waffles	47.0	1.0 waffle	0.360
21493	DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust	78.0	1.0 slice	0.358
16172	Refried beans, canned, fat-free	231.0	1.0 cup	0.353
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	118.0	1.0 slice	0.353
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	115.0	1.0 slice	0.352
36021	APPLEBEE'S, coleslaw	76.0	1.0 serving	0.348
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	114.0	4.0 oz	0.345
28346	Waffles, gluten-free, frozen, ready-to-heat	45.0	1.0 waffle	0.345
32003	Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine	238.0	1.0 cup	0.343
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	96.0	1.0 slice	0.343
10895	Pork, cured, ham, separable fat, boneless, unheated	117.0	4.0 oz	0.339
28367	SAGE VALLEY, Gluten Free Vanilla Sandwich Cookies	44.0	3.0 cookies	0.339
04668	Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy	14.0	1.0 tbsp	0.338

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04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	13.6	1.0 tbsp	0.338
04677	Margarine-like spread, SMART BALANCE Omega Plus Spread (with plant sterols & fish oil)	14.0	1.0 tablespoon	0.334
23419	Beef, New Zealand, imported, intermuscular fat, cooked	85.0	3.0 oz	0.331
21479	DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	227.0	1.0 slice 1/4 of pie	0.329
36017	Restaurant, family style, macaroni & cheese, from kids' menu	136.0	1.0 cup	0.326
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	113.0	4.0 oz	0.325
21495	DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust	129.0	1.0 slice	0.325
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	0.325
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	0.323
14062	Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	254.0	8.0 fl oz	0.323
21476	DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	179.0	1.0 slice 1/4 of pie	0.322
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0.322
17351	Veal, Australian, shank, hind, bone-in, separable lean only, raw	85.0	3.0 oz	0.320
36052	Restaurant, Mexican, cheese quesadilla	205.0	1.0 serving serving size varied on diameter and count of quesadila	0.320
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	88.0	1.0 slice	0.318
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	70.0	1.0 slice	0.317
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	113.0	4.0 oz	0.314
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	0.313
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	171.0	1.0 sandwich	0.313
22999	Rice and vermicelli mix, chicken flavor, prepared with 80% margarine	233.0	1.0 cup	0.312
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	123.0	1.0 slice	0.310
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	118.0	1.0 slice	0.309
04698	Oil, industrial, canola, high oleic	14.0	1.0 tablespoon	0.308
10000	Pork, fresh, composite of separable fat, with added solution, cooked	85.0	3.0 oz	0.308
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	115.0	1.0 serving	0.306
36045	ON THE BORDER, refried beans	135.0	1.0 cup	0.305
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	100.0	1.0 slice	0.304
21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	207.0	1.0 slice 1/4 of pie	0.302
32020	Chicken, thighs, frozen, breaded, reheated	133.0	1.0 thigh with bone and breading	0.302
36005	APPLEBEE'S, chicken tenders, from kids' menu	35.0	1.0 piece	0.301
18948	Pie crust, refrigerated, regular, unbaked	229.0	1.0 pie crust (average weight)	0.300
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	454.0	1.0 serving varied from 7-9 ravioli per serving	0.300
21520	Fast foods, breadstick, soft, prepared with garlic and parmesan cheese	43.0	1.0 breadstick	0.299
21525	PIZZA HUT, breadstick, parmesan garlic	43.0	1.0 breadstick	0.299

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04630	Margarine Spread, approximately 48% fat, tub	14.0	1.0 tbsp	0.297
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	110.0	1.0 item	0.296
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	115.0	1.0 serving	0.294
05711	Turkey, retail parts, breast, meat only, cooked, roasted	863.0	1.0 breast	0.293
18946	Pie crust, refrigerated, regular, baked	198.0	1.0 pie crust	0.293
04629	Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick	14.0	1.0 tbsp (1 NLEA serving)	0.290
04678	Oil, vegetable, Natreon canola, high stability, non trans, high oleic (70%)	14.0	1.0 tbsp	0.290
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	28.35	1.0 oz	0.290
21138	Fast foods, potato, french fried in vegetable oil	71.0	1.0 serving small	0.289
21492	DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust	79.0	1.0 slice	0.287
17353	Lamb, Australian, ground, 85% lean / 15% fat, raw	113.0	1.0 serving (4 oz)	0.281
22904	Chili con carne with beans, canned entree	242.0	1.0 cup	0.278
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	193.0	1.0 thigh with skin	0.278
07024	Frankfurter, chicken	85.0	3.0 oz	0.277
21153	Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato	413.0	12.0 inch sub	0.277
04687	Margarine-like spread, BENECOL Light Spread	14.0	1.0 tablespoon (1 NLEA serving)	0.277
36417	Restaurant, Mexican, spanish rice	116.0	1.0 cup	0.276
04691	Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	14.0	1.0 tablespoon	0.274
04628	Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils	14.0	1.0 tbsp	0.274
04610	Margarine, regular, 80% fat, composite, stick, with salt	14.0	1.0 tbsp	0.274
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	164.0	1.0 slice 1/4 of pie	0.274
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.273
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	124.0	1.0 cup	0.272
21238	McDONALD'S, french fries	71.0	1.0 small serving	0.271
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	0.269
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	28.35	1.0 oz	0.268
36403	Restaurant, Latino, empanadas, beef, prepared	89.0	1.0 piece	0.268
36044	ON THE BORDER, Mexican rice	114.0	1.0 cup	0.266
21522	McDONALD'S, Southern Style Chicken Biscuit	132.0	1.0 biscuit regular size biscuit	0.265
21010	Fast foods, biscuit, with crispy chicken fillet	132.0	1.0 item	0.265
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	76.0	1.0 slice	0.264
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	13.6	1.0 tbsp	0.264
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	0.263
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	202.0	1.0 pie crust (average weight)	0.263



NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	14.9	1.0 tbsp	0.261
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	14.9	1.0 tbsp	0.261
21441	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	68.0	1.0 wing, with skin	0.261
12152	Nuts, pistachio nuts, dry roasted, without salt added	123.0	1.0 cup	0.261
12652	Nuts, pistachio nuts, dry roasted, with salt added	123.0	1.0 cup	0.261
20142	Teff, uncooked	193.0	1.0 cup	0.261
32001	Rice and vermicelli mix, beef flavor, prepared with 80% margarine	247.0	1.0 cup	0.259
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	225.0	1.0 pie crust (average weight)	0.259
32007	Taquitos, frozen, beef and cheese, oven-heated	42.0	1.0 piece	0.258
09038	Avocados, raw, California	230.0	1.0 cup, pureed	0.255
09062	Cherimoya, raw	160.0	1.0 cup, pieces	0.254
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	113.0	4.0 oz	0.254
36041	Restaurant, Italian, lasagna with meat	457.0	1.0 serving	0.251
18192	Cookies, shortbread, commercially prepared, plain	28.35	1.0 oz	0.251
21340	McDONALD'S, Sausage Burrito	109.0	1.0 burrito	0.251
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	109.0	1.0 burrito	0.251
09446	Plantains, green, fried	118.0	1.0 cup	0.250
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1.0 tbsp	0.250
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.250
32006	Taquitos, frozen, chicken and cheese, oven-heated	42.0	1.0 piece	0.249
28307	Bread, naan, plain, commercially prepared, refrigerated	90.0	1.0 piece	0.248
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	79.0	1.0 slice	0.248
18950	Crackers, wheat, reduced fat	29.0	1.0 serving	0.247
05708	Turkey, retail parts, breast, meat only, with added solution, raw	1171.0	1.0 breast	0.246
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	183.0	1.0 slice 1/4 of pie	0.245
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	113.0	4.0 oz	0.245
36042	OLIVE GARDEN, lasagna classico	422.0	1.0 serving	0.245
04693	Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	14.0	1.0 tbsp	0.245
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	85.0	3.0 oz	0.242
21496	PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust	92.0	1.0 slice	0.241
04615	Shortening, vegetable, household, composite	12.8	1.0 tbsp	0.241
21415	POPEYES, biscuit	60.0	1.0 biscuit	0.241
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	114.0	4.0 oz	0.241
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	0.238

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
32021	Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)	198.0	1.0 cup	0.238
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	113.0	4.0 oz	0.237
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	13.6	1.0 tbsp	0.236
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	85.0	3.0 oz	0.235
36055	Restaurant, Italian, cheese ravioli with marinara sauce	427.0	1.0 serving serving size varied by diameter and count of ravioli	0.235
22955	Egg rolls, vegetable, frozen, prepared	68.0	1.0 egg roll	0.235
32036	JIMMY DEAN, Sausage, Egg, and Cheese Breakfast Biscuit, frozen, unprepared	128.0	1.0 biscuit	0.234
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	113.0	4.0 oz	0.234
18235	Crackers, whole-wheat	28.0	1.0 serving	0.233
32032	Sausage, egg and cheese breakfast biscuit	126.0	1.0 biscuit	0.231
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	114.0	4.0 oz	0.230
22902	Pizza, meat topping, thick crust, frozen, cooked	103.0	1.0 slice 1/8 of 12" pizza	0.230
10894	Pork, cured, ham, separable fat, boneless, heated	85.0	3.0 oz	0.229
04641	Salad dressing, mayonnaise, light	15.0	1.0 tablespoon	0.228
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	61.0	0.167 loaf 1/6 of the loaf	0.227
21527	ARBY'S, roast beef sandwich, classic	149.0	1.0 sandwich	0.226
21121	Fast foods, roast beef sandwich, plain	149.0	1.0 sandwich	0.226
21439	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	81.0	1.0 drumstick, with skin	0.226
21494	DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust	114.0	1.0 slice	0.226
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	85.0	3.0 oz	0.225
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	281.0	1.0 serving varied from 1 to 3 tacos per serving	0.225
22969	Chili with beans, microwavable bowls	244.0	1.0 cup	0.224
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	115.0	1.0 serving	0.223
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	113.0	4.0 oz	0.221
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	116.0	1.0 slice	0.219
21319	McDONALD'S, Hash Brown	53.0	1.0 serving 1 patty	0.218
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	85.0	3.0 oz	0.218
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	123.0	1.0 slice	0.215
18213	Cookies, vanilla wafers, higher fat	30.0	8.0 wafers	0.214
21497	PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust	119.0	1.0 slice	0.214
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	0.213
21096	Fast foods, cheeseburger; single, large patty; plain	182.0	1.0 sandwich	0.213
21491	PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust	80.0	1.0 slice	0.213
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	154.0	1.0 pie crust (average weight of 1 baked crust)	0.213

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	113.0	1.0 slice	0.211
04114	Salad dressing, italian dressing, commercial, regular	14.7	1.0 tbsp	0.211
36043	CARRABBA'S ITALIAN GRILL, lasagne	437.0	1.0 serving	0.210
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	0.209
04666	Shortening, industrial, soy (partially hydrogenated ) and corn for frying	12.8	1.0 tbsp	0.208
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	0.206
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	111.0	1.0 slice	0.205
36008	T.G.I. FRIDAY'S, fried mozzarella	35.0	1.0 piece	0.204
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	196.0	6.0 inch sub	0.204
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	196.0	6.0 inch sub	0.204
17463	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.203
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.202
21249	BURGER KING, french fries	74.0	1.0 small serving	0.202
21157	SUBWAY, meatball marinara sub on white bread (no toppings)	209.0	6.0 inch sub	0.201
17314	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.201
21158	Fast foods, submarine sandwich, meatball marinara on white bread	209.0	6.0 inch sub	0.201
21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	110.0	1.0 slice	0.200
22970	Macaroni and cheese, frozen entree	137.0	1.0 cup	0.200
28339	Bread, gluten-free, whole grain, made with tapioca starch and brown rice flour	25.0	1.0 slice	0.200
28372	UDI'S, Gluten Free, Soft & Hearty Whole Grain Bread	25.0	1.0 slice	0.200
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.200
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	0.200
36631	OLIVE GARDEN, spaghetti with meat sauce	525.0	1.0 serving	0.199
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	108.0	1.0 slice	0.199
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	131.0	1.0 item	0.196
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	117.0	1.0 slice	0.195
31036	Potatoes, mashed, ready-to-eat	229.0	1.0 cup	0.195
28366	RUDI'S, Gluten-Free Bakery, Original Sandwich Bread	34.0	1.0 slice	0.194
28336	Bread, gluten-free, white, made with potato extract, rice starch, and rice flour	34.0	1.0 slice	0.194
36630	Restaurant, Italian, spaghetti with meat sauce	554.0	1.0 serving	0.194
05714	Turkey, skin, from retail parts, from dark meat, raw	28.35	1.0 oz	0.193
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	127.0	1.0 slice	0.193

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	145.0	1.0 slice 1/4 of pie	0.193
16029	Beans, kidney, all types, mature seeds, canned	256.0	1.0 cup	0.192
21295	PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	79.0	1.0 slice	0.192
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	151.0	1.0 slice	0.192
27066	Sauce, horseradish	5.6	1.0 tsp	0.191
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	53.0	1.0 piece	0.190
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	28.35	1.0 oz	0.190
21309	McDONALD'S, Chicken McNUGGETS	64.0	4.0 pieces	0.189
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	96.0	1.0 slice	0.188
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	136.0	1.0 slice	0.188
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	107.0	1.0 slice	0.187
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.187
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	102.0	1.0 slice	0.187
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	28.35	1.0 oz	0.186
21344	McDONALD'S, Double Cheeseburger	155.0	1.0 sandwich	0.184
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	104.0	1.0 slice	0.184
21480	DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	155.0	1.0 slice 1/4 of pie	0.183
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	96.0	1.0 slice	0.182
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.0	3.0 oz	0.182
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	48.0	1.0 slice	0.181
28335	Cookies, gluten-free, vanilla sandwich, with creme filling	44.0	3.0 cookies	0.181
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	0.179
36060	ON THE BORDER, soft taco with ground beef, cheese and lettuce	324.0	1.0 serving varied from 2-3 tacos per serving	0.178
07075	Sausage, smoked link sausage, pork and beef	85.0	3.0 oz	0.176
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	117.0	1.0 slice	0.176
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	117.0	1.0 slice 1/8 pizza	0.176
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	85.0	3.0 oz	0.174
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	155.0	1.0 sandwich	0.174
21395	Fast foods, cheeseburger; double, regular patty; with condiments	155.0	1.0 sandwich	0.174
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	85.0	3.0 oz	0.173
21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	105.0	1.0 slice	0.173
05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	0.173
05698	Turkey, skin from whole (light and dark), with added solution, raw	28.35	1.0 oz	0.173
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	0.173

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	161.0	1.0 slice 1/4 of pie	0.172
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.172
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	115.0	1.0 serving	0.171
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	115.0	1.0 slice	0.171
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	85.0	3.0 oz	0.171
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	127.0	0.25 pizza 12" diameter	0.170
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	85.0	1.0 serving	0.170
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	28.35	1.0 oz	0.170
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	0.169
36411	Restaurant, Latino, tamale, corn	166.0	1.0 piece	0.169
21506	BURGER KING, Double Cheeseburger	162.0	1.0 sandwich	0.168
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	0.166
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	537.0	1.0 serving	0.166
17456	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.166
01040	Cheese, swiss	132.0	1.0 cup, diced	0.165
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	137.0	1.0 thigh with skin	0.164
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	365.0	1.0 serving varied from 8 to 10 ravioli per serving	0.164
21316	McDONALD'S, Tangy Honey Mustard Sauce	43.0	1.5 oz	0.164
35146	Stew, mutton, corn, squash (Navajo)	303.0	1.0 serving	0.164
21251	BURGER KING, Cheeseburger	133.0	1.0 item	0.164
35144	Stew, dumpling with mutton (Navajo)	308.0	1.0 serving	0.163
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	85.0	3.0 oz	0.162
36401	Restaurant, Latino, chicken and rice, entree, prepared	141.0	1.0 cup	0.162
36004	APPLEBEE'S, mozzarella sticks	32.0	1.0 piece	0.162
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	85.0	3.0 oz	0.161
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	115.0	1.0 serving	0.161
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	114.0	4.0 oz	0.161
21486	Fast foods, taco with beef, cheese and lettuce, soft	102.0	1.0 each taco	0.160
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	102.0	1.0 each taco	0.160
10006	Pork, fresh, separable fat, raw	28.35	1.0 oz	0.160
05706	Turkey, whole, meat and skin, with added solution, raw	85.0	3.0 oz	0.160
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	113.0	4.0 oz	0.159
04518	Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1.0 tbsp	0.158
21242	WENDY'S, Jr. Hamburger, with cheese	129.0	1.0 item	0.157

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	489.0	1.0 serving	0.156
04674	Margarine-like spread, SMART BALANCE Light Buttery Spread	14.0	1.0 tbsp	0.156
21090	Fast foods, cheeseburger; single, regular patty, with condiments	127.0	1.0 item	0.156
17369	Lamb, New Zealand, imported, liver, raw	113.0	4.0 oz	0.155
12014	Seeds, pumpkin and squash seed kernels, dried	129.0	1.0 cup	0.155
21207	SUBWAY, turkey breast sub on white bread with lettuce and tomato	184.0	6.0 inch sub	0.155
21155	Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato	184.0	6.0 inch sub	0.155
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	51.0	12.0 fries	0.154
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	0.154
17448	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.152
36602	Restaurant, Chinese, fried rice, without meat	137.0	1.0 cup	0.152
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	113.0	4.0 oz	0.151
12147	Nuts, pine nuts, dried	135.0	1.0 cup	0.151
21421	KFC, Crispy Chicken Strips	47.0	1.0 strip	0.151
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	113.0	4.0 oz	0.150
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	98.0	1.0 each taco	0.150
21487	Fast foods, taco with chicken, lettuce and cheese, soft	98.0	1.0 each taco	0.150
22963	Lean Pockets, Meatballs & Mozzarella	128.0	1.0 each	0.150
21161	SUBWAY, B.L.T. sub on white bread with bacon, lettuce and tomato	148.0	6.0 inch sub	0.149
21162	Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread	148.0	6.0 inch sub	0.149
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	85.0	3.0 oz	0.149
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	0.149
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	85.0	3.0 oz	0.148
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	115.0	1.0 serving	0.147
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	0.146
18964	Cinnamon buns, frosted (includes honey buns)	65.0	1.0 bun	0.146
22962	LEAN POCKETS, Ham N Cheddar	127.0	1.0 hot pocket (1 NLEA serving)	0.146
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	85.0	3.0 oz	0.145
01133	Egg, whole, dried	85.0	1.0 cup, sifted	0.145
04700	Oil, industrial, soy, ultra low linolenic	13.6	1.0 tablespoon	0.144
21357	McDONALD'S, Egg McMUFFIN	126.0	1.0 sandwich	0.144
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	126.0	1.0 sandwich	0.144
09314	Sapote, mamey, raw	175.0	1.0 cup 1" pieces	0.144
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.142

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
23438	Beef, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0.142
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	90.0	1.0 slice	0.142
17464	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	0.142
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	113.0	4.0 oz	0.141
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz, crunchy (about 21 pieces)	0.141
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.141
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	85.0	3.0 oz	0.141
36412	Restaurant, Latino, tamale, pork	142.0	1.0 piece	0.141
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	115.0	1.0 sandwich	0.140
05668	Ground turkey, 85% lean, 15% fat, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.140
18959	Pastry, Pastelitos de Guava (guava pastries)	86.0	1.0 piece	0.140
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	113.0	4.0 oz	0.140
04645	Oil, industrial, canola (partially hydrogenated) oil for deep fat frying	13.6	1.0 tablespoon	0.140
07057	Pepperoni, beef and pork, sliced	85.0	3.0 oz	0.139
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	0.139
21150	SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce	228.0	6.0 inch sub	0.139
22973	Corn dogs, frozen, prepared	78.0	1.0 corn dog	0.139
21152	SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato	207.0	6.0 inch sub	0.139
07972	Meatballs, frozen, Italian style	85.0	3.0 oz	0.139
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	85.0	1.0 piece	0.139
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	0.139
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	89.0	1.0 slice	0.138
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	0.137
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	0.137
28338	Bread, gluten-free, white, made with tapioca starch and brown rice flour	28.0	1.0 slice	0.136
28371	UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread	28.0	1.0 slice	0.136
21507	WENDY'S, Double Stack, with cheese	146.0	1.0 sandwich	0.136
21160	Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	201.0	6.0 inch sub	0.135
21159	SUBWAY, steak & cheese sub on white bread with American cheese, lettuce and tomato	201.0	6.0 inch sub	0.135
15027	Fish, fish sticks, frozen, prepared	57.0	1.0 piece (4" x 2" x 1/2")	0.135
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	0.134
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	51.0	1.0 biscuit	0.134

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1.0 oz	0.133
28374	VAN'S, Gluten Free, Totally Original Pancakes	48.0	1.0 pancake	0.133
28347	Pancakes, gluten-free, frozen, ready-to-heat	48.0	1.0 pancake	0.133
36612	DENNY'S, golden fried shrimp	16.0	1.0 piece	0.133
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	85.0	3.0 oz	0.133
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	114.0	4.0 oz	0.132
17371	Lamb, New Zealand, imported, ground lamb, raw	113.0	4.0 oz	0.132
21435	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	0.132
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	115.0	1.0 serving	0.131
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	118.0	1.0 cup	0.131
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	0.131
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	28.35	1.0 oz	0.131
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	0.131
21211	SUBWAY, oven roasted chicken sub on white bread with lettuce and tomato	198.0	6.0 inch sub	0.131
21154	Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato	198.0	6.0 inch sub	0.131
09144	Jackfruit, raw	165.0	1.0 cup, sliced	0.130
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.130
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	115.0	1.0 serving	0.130
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	111.0	1.0 thigh without skin	0.130
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	0.130
28308	Crackers, standard snack-type, with whole wheat	15.0	5.0 crackers 1 serving	0.129
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	113.0	4.0 oz	0.129
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	152.0	1.0 breast without skin	0.128
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	85.0	3.0 oz	0.128
21228	McDONALD'S, Hamburger	95.0	1.0 sandwich	0.127
07963	Frankfurter, meat and poultry, cooked, boiled	50.0	1.0 frankfurter	0.127
15236	Fish, salmon, Atlantic, farmed, raw	85.0	3.0 oz	0.126
17455	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.125
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	85.0	3.0 oz	0.125
21108	Fast foods, hamburger; single, regular patty; with condiments	97.0	1.0 sandwich	0.124
05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	0.124
01229	Cheese, white, queso blanco	118.0	1.0 cup, crumbled	0.124
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.123
07964	Frankfurter, meat and poultry, cooked, grilled	48.0	1.0 frankfurter	0.122



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10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.122
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	69.0	1.0 slice	0.122
17458	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.122
01137	Egg, yolk, dried	67.0	1.0 cup, sifted	0.121
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter	0.121
01228	Cheese, fresh, queso fresco	122.0	1.0 cup, crumbled	0.121
21241	WENDY'S, Jr. Hamburger, without cheese	117.0	1.0 item	0.121
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	129.0	1.0 drumstick with skin	0.120
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	0.120
05100	Chicken, broilers or fryers, wing, meat and skin, raw	107.0	1.0 piece	0.120
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	190.0	6.0 inch sub	0.120
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	190.0	6.0 inch sub	0.120
21313	McDONALD'S, Hot Mustard Sauce	28.0	1.0 package	0.120
05742	Turkey, retail parts, thigh, meat and skin, raw	85.0	3.0 oz	0.119
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	85.0	3.0 oz	0.118
10007	Pork, fresh, separable fat, cooked	28.35	1.0 oz	0.118
12136	Nuts, mixed nuts, dry roasted, with peanuts, salt added, PLANTERS pistachio blend	147.0	1.0 cup	0.118
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.117
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.117
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	85.0	3.0 oz	0.116
23293	Beef, Australian, imported, grass-fed, ground, 85% lean / 15% fat, raw	114.0	4.0 oz (4 oz)	0.116
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	85.0	3.0 oz	0.116
07074	Smoked link sausage, pork	68.0	1.0 link (4" long x 1-1/8" dia)	0.115
17457	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.115
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	0.115
21260	TACO BELL, Original Taco with beef, cheese and lettuce	69.0	1.0 each taco	0.115
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	69.0	1.0 each taco	0.115
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	113.0	4.0 oz	0.114
21209	SUBWAY, black forest ham sub on white bread with lettuce and tomato	184.0	6.0 inch sub	0.114
21156	Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	184.0	6.0 inch sub	0.114
21089	Fast foods, cheeseburger; single, regular patty; plain	91.0	1.0 sandwich	0.114
18949	Crackers, whole-wheat, reduced fat	29.0	1.0 serving	0.114
20140	Spelt, uncooked	174.0	1.0 cup	0.113

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	85.0	1.0 serving	0.113
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.113
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	0.113
05306	Ground turkey, cooked	82.0	1.0 patty (4 oz, raw) (yield after cooking)	0.112
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.111
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	143.0	1.0 drumstick with skin	0.110
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	134.0	1.0 cup	0.110
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	134.0	1.0 cup	0.110
25064	Snacks, potato chips, lightly salted	28.0	23.0 pieces	0.110
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	146.0	1.0 chop	0.109
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	28.35	1.0 oz	0.109
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	117.0	1.0 piece	0.109
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	85.0	3.0 oz	0.109
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	0.109
36038	Restaurant, family style, spaghetti and meatballs	134.0	1.0 cup	0.109
17373	Lamb, New Zealand, imported, heart, raw	113.0	4.0 oz	0.108
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	113.0	4.0 oz	0.108
21142	Fast food, biscuit	55.0	1.0 biscuit	0.108
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	132.0	1.0 serving 1/2 cup	0.108
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	28.35	1.0 oz	0.108
05673	Chicken, skin (drumsticks and thighs), cooked, braised	28.35	1.0 oz	0.108
36404	Restaurant, Latino, arroz con leche (rice pudding)	283.0	1.0 serving	0.108
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	131.0	1.0 cup	0.107
01227	Cheese, dry white, queso seco	97.0	1.0 cup grated	0.107
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.107
21256	BURGER KING, Chicken Strips	36.0	1.0 strip	0.107
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	28.35	1.0 oz	0.106
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.106
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.106
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	122.0	1.0 piece	0.106
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	113.0	4.0 oz	0.105
21250	BURGER KING, Hamburger	99.0	1.0 sandwich	0.105
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	85.0	3.0 oz	0.103
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	48.0	1.0 tortilla	0.103

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	135.0	1.0 cup	0.103
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	114.0	4.0 oz	0.103
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	0.103
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	133.0	1.0 drumstick with skin	0.102
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.0	1.0 cup	0.102
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	256.0	1.0 cup	0.102
01032	Cheese, parmesan, grated	100.0	1.0 cup	0.102
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	113.0	4.0 oz	0.102
18214	Crackers, cheese, regular	14.2	0.5 oz	0.102
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	0.101
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	144.0	1.0 cup	0.101
10972	Pork, ground, 84% lean / 16% fat, raw	113.0	4.0 oz	0.101
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	113.0	4.0 oz	0.101
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.100
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	106.0	1.0 drumstick with skin	0.100
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	39.0	1.0 wing wing without skin	0.099
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.099
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	85.0	3.0 oz	0.099
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	113.0	4.0 oz	0.097
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	113.0	4.0 oz	0.097
17445	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.097
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	85.0	3.0 oz	0.097
05707	Turkey, whole, meat and skin, with added solution, roasted	85.0	3.0 oz	0.097
17317	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	0.096
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.096
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.096
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	85.0	3.0 oz	0.096
16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	0.096
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	40.0	1.0 donut	0.096
19411	Snacks, potato chips, plain, salted	28.0	1.0 oz	0.095
17440	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.095
21107	Fast foods, hamburger; single, regular patty; plain	78.0	1.0 sandwich	0.094

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
21024	Fast foods, french toast sticks	65.0	3.0 pieces	0.094
28313	Rolls, hamburger or hot dog, whole wheat	56.0	1.0 roll	0.094
17461	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	0.094
27052	Dip, salsa con queso, cheese and salsa- medium	30.0	2.0 tbsp	0.093
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	86.0	1.0 thigh without skin	0.093
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	113.0	4.0 oz	0.093
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.092
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.092
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85.0	3.0 oz	0.092
28312	Rolls, hamburger or hot dog, wheat/cracked wheat	51.0	1.0 roll	0.091
07958	Turkey sausage, fresh, cooked	57.0	1.0 serving	0.091
21430	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	140.0	1.0 breast, without skin	0.091
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	85.0	3.0 oz	0.091
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	85.0	3.0 oz	0.090
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.090
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	130.0	1.0 thigh with skin	0.090
10942	Pork, fresh, composite of separable fat, with added solution, raw	28.35	1.0 oz	0.089
20138	Wheat, KAMUT khorasan, uncooked	186.0	1.0 cup	0.089
05166	Turkey, whole, meat and skin, cooked, roasted	85.0	3.0 oz	0.089
05181	Turkey from whole, light meat, meat and skin, raw	85.0	3.0 oz	0.089
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	28.35	1.0 oz	0.089
25028	Tortilla chips, yellow, plain, salted	28.35	1.0 oz	0.089
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	85.0	3.0 oz	0.088
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	113.0	4.0 oz	0.088
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	113.0	4.0 oz	0.088
28306	Bread, chapati or roti, plain, commercially prepared	68.0	1.0 piece	0.088
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	114.0	4.0 oz	0.087
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	142.0	1.0 breast without skin	0.087
07953	Pork sausage, link/patty, fully cooked, microwaved	30.0	1.0 patty	0.086
35145	Stew, hominy with mutton (Navajo)	411.0	1.0 serving	0.086
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	28.35	1.0 oz	0.085
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	85.0	3.0 oz	0.085
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.085
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	85.0	3.0 oz	0.085

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.084
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	85.0	1.0 serving	0.084
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)	0.084
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	95.0	1.0 drumstick without skin	0.084
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	85.0	3.0 oz	0.083
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.083
10192	Pork, fresh, backribs, separable lean and fat, raw	85.0	3.0 oz	0.083
35236	Stew, pinto bean and hominy, badufsuki (Hopi)	227.0	8.0 oz	0.082
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.082
20001	Amaranth grain, uncooked	193.0	1.0 cup	0.081
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	85.0	3.0 oz	0.081
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.081
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.081
19042	Snacks, potato chips, barbecue-flavor	28.35	1.0 oz	0.080
17462	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	0.080
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.080
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	114.0	4.0 oz	0.080
18228	Crackers, saltines (includes oyster, soda, soup)	14.9	5.0 crackers	0.080
21432	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed	91.0	1.0 thigh, without skin	0.079
23413	Beef, New Zealand, imported, flat, separable lean only, raw	113.0	4.0 oz	0.079
43215	Salad dressing, buttermilk, lite	15.0	1.0 tablespoon	0.079
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	85.0	3.0 oz	0.079
04640	Salad dressing, ranch dressing, reduced fat	15.0	1.0 tablespoon	0.079
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.079
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	84.0	1.0 thigh without skin	0.079
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.079
35142	Frybread, made with lard (Navajo)	152.0	1.0 piece	0.078
18350	Rolls, hamburger or hotdog, plain	44.0	1.0 roll 1 serving	0.077
21433	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	44.0	1.0 wing, without skin	0.077
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.076
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	0.076

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	113.0	4.0 oz	0.076
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	0.076
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	0.076
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	114.0	4.0 oz	0.075
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.075
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	115.0	1.0 serving	0.075
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	115.0	1.0 serving	0.075
19057	Snacks, tortilla chips, nacho cheese	28.35	1.0 oz	0.074
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.074
19003	Snacks, corn-based, extruded, chips, plain	28.0	1.0 oz	0.074
20648	Sorghum flour, whole-grain	121.0	1.0 cup	0.074
13498	Beef, ground, 70% lean meat / 30% fat, raw	113.0	4.0 oz	0.073
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	138.0	1.0 rack	0.073
21505	Pizza, cheese topping, thin crust, frozen, cooked	69.0	1.0 slice	0.073
15274	Fish, trout, brook, raw, New York State	149.0	1.0 filet	0.073
15148	Crustaceans, lobster, northern, cooked, moist heat	145.0	1.0 cup	0.072
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	113.0	4.0 oz	0.072
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	0.072
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.072
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)	0.072
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.071
22978	Chicken tenders, breaded, frozen, prepared	21.0	1.0 piece	0.071
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	116.0	1.0 thigh without skin	0.071
21457	POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	76.0	1.0 drumstick, with skin	0.071
07952	Bologna, chicken, turkey, pork	28.0	1.0 serving	0.071
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.071
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.071
09334	Feijoa, raw	243.0	1.0 cup, pureed	0.070
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	113.0	4.0 oz	0.070
27001	Soup, hot and sour, Chinese restaurant	233.0	1.0 cup	0.070
22972	Pulled pork in barbecue sauce	249.0	1.0 cup	0.070
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	85.0	3.0 oz	0.070
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.070

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.070
17441	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.070
27068	Dip, FRITO'S, bean, original flavor	36.0	2.0 tbsp	0.069
27065	Dip, bean, original flavor	36.0	2.0 tbsp	0.069
04655	Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries	14.0	1.0 tbsp	0.069
23427	Beef, New Zealand, imported, manufacturing beef, raw	113.0	4.0 oz	0.069
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	113.0	4.0 oz	0.069
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	113.0	4.0 oz	0.069
05333	Chicken, ground, crumbles, cooked, pan-browned	85.0	3.0 oz crumbled	0.069
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	85.0	3.0 oz	0.069
10088	Pork, fresh, spareribs, separable lean and fat, raw	85.0	3.0 oz	0.069
28310	Cookies, shortbread, reduced fat	11.8	1.0 cookie	0.069
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)	0.068
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	0.068
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	85.0	3.0 oz	0.068
07971	Bologna, meat and poultry	33.0	1.0 slice	0.068
06748	Soup, PROGRESSO, beef barley, traditional, ready to serve	210.0	1.0 cup	0.067
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	0.067
17154	Veal, Australian, separable fat, raw	28.0	1.0 oz	0.067
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	113.0	4.0 oz	0.067
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	113.0	4.0 oz	0.067
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	0.067
19058	Snacks, tortilla chips, ranch-flavor	28.35	1.0 oz	0.067
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	85.0	3.0 oz	0.066
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	0.066
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.066
04021	Salad dressing, italian dressing, commercial, reduced fat	15.0	1.0 tablespoon	0.066
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	0.066
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	37.0	1.0 wing without skin	0.066
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	113.0	4.0 oz	0.066
23577	Beef, ground, 75% lean meat / 25% fat, raw	113.0	4.0 oz	0.066
10123	Pork, cured, bacon, unprepared	28.0	1.0 slice raw	0.066

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	0.065
19056	Snacks, tortilla chips, plain, white corn, salted	28.35	1.0 oz	0.065
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85.0	3.0 oz	0.065
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.065
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	85.0	3.0 oz	0.065
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	85.0	3.0 oz	0.065
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0.064
05332	Chicken, ground, raw	112.0	4.0 oz crumbled	0.064
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.064
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.064
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.064
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	85.0	1.0 serving	0.064
20124	Pasta, whole-wheat, dry	91.0	1.0 cup spaghetti	0.064
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	98.0	1.0 piece	0.064
21401	Fast foods, chicken tenders	30.0	1.0 strip	0.063
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.063
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.063
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.063
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	85.0	3.0 oz	0.063
01271	Cheese, mozzarella, low moisture, part-skim, shredded	86.0	1.0 cup	0.063
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28.0	1.0 roll (1 oz)	0.063
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	0.062
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.062
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	85.0	3.0 oz	0.062
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	85.0	3.0 oz	0.062
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	114.0	4.0 oz	0.062
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.061
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.061
05741	Turkey, thigh, from whole bird, meat only, roasted	85.0	3.0 oz	0.061
05188	Turkey, from whole, dark meat, cooked, roasted	85.0	1.0 serving	0.061
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.061
05216	Turkey, back, from whole bird, meat only, roasted	85.0	3.0 oz	0.061
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	142.0	1.0 chop	0.061
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	113.0	4.0 oz	0.061



NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
23308	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0.060
13047	Beef, grass-fed, ground, raw	85.0	1.0 serving	0.060
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0.060
13340	Beef, variety meats and by-products, tongue, cooked, simmered	85.0	3.0 oz	0.060
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.060
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	14.2	0.5 oz	0.060
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	113.0	4.0 oz	0.060
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	113.0	4.0 oz	0.060
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	0.060
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.060
17447	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	0.060
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	135.0	1.0 chop	0.059
20036	Rice, brown, long-grain, raw	185.0	1.0 cup	0.059
05713	Turkey, retail parts, wing, meat only, cooked, roasted	85.0	3.0 oz	0.059
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	85.0	3.0 oz	0.059
23297	Beef, Australian, imported, grass-fed, seam fat, raw	28.35	1.0 oz	0.058
21419	KFC, biscuit	49.0	1.0 biscuit	0.058
23572	Beef, ground, 80% lean meat / 20% fat, raw	113.0	4.0 oz	0.058
07960	Bologna, chicken, pork	28.0	1.0 serving	0.057
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	32.0	2.0 tbsp	0.057
23294	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0.057
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	85.0	3.0 oz	0.057
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	0.057
16147	Veggie burgers or soyburgers, unprepared	70.0	1.0 pattie	0.057
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	111.0	1.0 thigh without skin	0.057
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	145.0	1.0 chop	0.057
17367	Lamb, New Zealand, imported, kidney, raw	113.0	4.0 oz	0.056
20135	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry	91.0	1.0 cup spaghetti	0.056
28345	Crackers, gluten-free, multi-seeded and multigrain	6.1	3.0 crackers	0.056
05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	0.056
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.056
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	28.35	1.0 oz	0.056
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.055

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	85.0	3.0 oz	0.055
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	0.055
07025	Frankfurter, turkey	28.35	1.0 oz	0.055
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	0.055
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	85.0	3.0 oz	0.054
23296	Beef, Australian, imported, grass-fed, external fat, raw	28.35	1.0 oz	0.054
35147	Tamales (Navajo)	186.0	1.0 piece	0.054
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	233.0	1.0 cup	0.054
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	114.0	4.0 oz	0.054
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	166.0	1.0 cup spaghetti packed	0.053
23418	Beef, New Zealand, imported, inside, raw	113.0	4.0 oz	0.053
36608	CRACKER BARREL, grilled sirloin steak	151.0	1.0 steak	0.053
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	85.0	3.0 oz	0.053
20647	Millet flour	119.0	1.0 cup	0.052
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)	0.052
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	0.052
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)	0.051
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	0.051
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	28.35	1.0 oz	0.051
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.051
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	159.0	1.0 cup	0.051
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	113.0	4.0 oz	0.051
28286	Bread, paratha, whole wheat, commercially prepared, frozen	79.0	1.0 piece	0.051
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	114.0	4.0 oz	0.050
05719	Turkey, back, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.050
05694	Turkey, dark meat from whole, meat only, with added solution, raw	114.0	4.0 oz	0.050
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.050
36013	Restaurant, family style, sirloin steak	166.0	1.0 serving	0.050
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	83.0	1.0 thigh thigh without skin	0.050
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)	0.050
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.049
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	176.0	1.0 serving	0.049

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
22912	Spaghetti, with meatballs in tomato sauce, canned	246.0	1.0 cup	0.049
10898	Pork, pickled pork hocks	117.0	3.0 oz	0.049
18127	Cake, snack cakes, creme-filled, chocolate with frosting	28.35	1.0 oz	0.049
36019	APPLEBEE'S, chili	136.0	1.0 cup	0.049
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	85.0	3.0 oz	0.048
20653	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry	91.0	1.0 cup spaghetti	0.048
18069	Bread, white, commercially prepared (includes soft bread crumbs)	29.0	1.0 slice	0.048
23312	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	0.048
36037	Restaurant, family style, chili with meat and beans	136.0	1.0 cup	0.048
15253	Salmon, sockeye, canned, total can contents	85.0	3.0 oz	0.048
32009	Pasta mix, classic beef, unprepared	122.0	1.0 package	0.048
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	95.0	1.0 drumstick without skin	0.048
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	28.35	1.0 oz	0.047
07959	Bologna, chicken, pork, beef	28.0	1.0 serving	0.047
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.047
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.047
23307	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean only, raw	114.0	4.0 oz	0.047
15240	Fish, trout, rainbow, farmed, raw	79.0	1.0 fillet	0.047
09530	Fruit juice smoothie, ODWALLA, strawberry banana	233.0	1.0 cup	0.047
17375	Lamb, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0.046
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	113.0	4.0 oz	0.046
28288	Bread, roll, Mexican, bolillo	98.0	1.0 piece	0.046
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	107.0	1.0 chop	0.046
36414	Restaurant, Latino, tripe soup	200.0	1.0 cup	0.046
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.046
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	85.0	3.0 oz	0.046
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	85.0	3.0 oz	0.046
15087	Fish, salmon, sockeye, canned, drained solids	85.0	3.0 oz	0.046
15234	Fish, catfish, channel, farmed, raw	85.0	3.0 oz	0.046
27062	Soup, beef barley, ready to serve	208.0	1.0 cup	0.046
18065	Bread, wheat, toasted	28.35	1.0 oz	0.046
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	228.0	1.0 cup	0.046
23306	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0.046

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
06583	Soup, ramen noodle, any flavor, dry	81.0	1.0 package without flavor packet	0.045
06983	Soup, ramen noodle, chicken flavor, dry	81.0	1.0 package without flavor packet	0.045
32035	BANQUET, Salisbury Steak With Gravy, family size, frozen, unprepared	72.0	1.0 patty	0.045
20136	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, cooked	116.0	1.0 cup spaghetti not packed	0.045
06982	Soup, ramen noodle, beef flavor, dry	82.0	1.0 package without flavor packet	0.045
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	0.045
11979	Peppers, jalapeno, raw	90.0	1.0 cup, sliced	0.045
18064	Bread, wheat	29.0	1.0 slice	0.045
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	149.0	1.0 thigh without skin	0.045
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	262.0	1.0 cup	0.045
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	0.045
23431	Beef, New Zealand, imported, ribs prepared, raw	113.0	4.0 oz	0.044
18075	Bread, whole-wheat, commercially prepared	32.0	1.0 slice	0.044
04665	Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated ), for flaky pastries	14.0	1.0 tbsp	0.044
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	230.0	1.0 cup	0.044
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	132.0	1.0 breast without skin	0.044
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.043
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.043
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.043
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	227.0	1.0 cup	0.043
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	95.0	1.0 drumstick without skin	0.043
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	85.0	3.0 oz	0.042
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	85.0	3.0 oz	0.042
20125	Pasta, whole-wheat, cooked	117.0	1.0 cup spaghetti not packed	0.042
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234.0	1.0 cup	0.042
21416	POPEYES, Coleslaw	120.0	1.0 package	0.042
23411	Beef, New Zealand, imported, flank, separable lean only, raw	113.0	4.0 oz	0.042
35141	Mutton, cooked, roasted (Navajo)	28.35	1.0 oz	0.042
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.042
18955	Bread, pan dulce, sweet yeast bread	63.0	1.0 slice (average weight of 1 slice)	0.042
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	0.041
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	85.0	3.0 oz	0.041
15084	Fish, salmon, pink, canned, total can contents	85.0	3.0 oz	0.041
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	0.041

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
05716	Turkey, retail parts, drumstick, meat only, raw	85.0	3.0 oz	0.041
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.041
23562	Beef, ground, 90% lean meat / 10% fat, raw	113.0	4.0 oz	0.041
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	131.0	1.0 chop	0.041
17349	Veal, Australian, shank, fore, bone-in, separable lean only, raw	85.0	3.0 oz	0.040
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.040
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.040
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)	0.039
18621	NABISCO, NABISCO RITZ Crackers	3.3	1.0 cracker	0.039
15262	Fish, tilapia, cooked, dry heat	87.0	1.0 fillet	0.039
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.039
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.039
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.039
01253	Cheese, pasteurized process, American, without added vitamin D	28.35	1.0 oz	0.039
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	0.039
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	0.039
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	113.0	4.0 oz	0.038
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	96.0	1.0 drumstick without skin	0.038
15261	Fish, tilapia, raw	116.0	1.0 fillet	0.038
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	85.0	3.0 oz	0.038
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85.0	3.0 oz	0.038
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.038
15083	Fish, salmon, pink, raw	85.0	3.0 oz	0.038
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	0.038
32010	Pasta mix, Italian lasagna, unprepared	141.0	1.0 package	0.038
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	122.0	1.0 rack	0.038
36000	APPLEBEE'S, 9 oz house sirloin steak	157.0	1.0 serving	0.038
23309	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0.038
07064	Pork sausage, link/patty, cooked, pan-fried	27.0	1.0 patty	0.038
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	268.0	1.0 cup	0.038
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	197.0	1.0 serving	0.037
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	85.0	3.0 oz	0.037
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.037

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.037
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85.0	3.0 oz	0.037
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.037
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.037
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	85.0	3.0 oz	0.037
13317	Beef, ground, patties, frozen, cooked, broiled	85.0	3.0 oz	0.037
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	85.0	3.0 oz	0.037
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	91.0	1.0 drumstick without skin	0.037
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	51.0	1.0 pastry	0.037
21422	KFC, Popcorn Chicken	6.4	1.0 piece	0.037
07022	Frankfurter, beef, unheated	49.0	1.0 hot dog	0.037
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup ( 1 NLEA serving)	0.037
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.037
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	0.037
15264	Salmon, sockeye, canned, drained solids, without skin and bones	85.0	3.0 oz	0.037
05168	Turkey, whole, meat only, cooked, roasted	85.0	3.0 oz	0.037
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	0.037
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	85.0	3.0 oz	0.037
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.037
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.037
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	0.037
36615	DENNY'S, top sirloin steak	107.0	1.0 steak	0.036
28355	CRUNCHMASTER, Multi-Grain Crisps, Snack Crackers, Gluten-Free	3.9	3.0 crackers	0.036
32031	Salisbury steak with gravy, frozen	63.0	1.0 patty	0.036
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	143.0	1.0 drumstick with skin	0.036
05171	Turkey, whole, giblets, raw	85.0	3.0 oz	0.036
23567	Beef, ground, 85% lean meat / 15% fat, raw	85.0	3.0 oz	0.036
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	85.0	3.0 oz	0.036
35183	Corn, dried, yellow (Northern Plains Indians)	28.35	1.0 oz	0.035
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	130.0	1.0 drumstick with skin	0.035
32017	Pasta mix, Italian four cheese lasagna, unprepared	117.0	1.0 package	0.035
23472	Beef, ground, 93% lean meat / 7% fat, raw	113.0	4.0 oz	0.035

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
35237	Tamales, masa and pork filling (Hopi)	113.0	4.0 oz	0.035
23220	Beef, ground, unspecified fat content, cooked	85.0	3.0 oz	0.035
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.035
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.035
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.035
18360	Taco shells, baked	12.9	1.0 shell	0.035
09520	Kiwifruit, ZESPRI SunGold, raw	81.0	1.0 fruit	0.035
05665	Ground turkey, 93% lean, 7% fat, raw	28.35	1.0 oz	0.034
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	85.0	3.0 oz	0.034
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	0.034
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	85.0	3.0 oz	0.034
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.034
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	0.034
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	0.034
19078	Baking chocolate, unsweetened, squares	29.0	1.0 oz square Bakers	0.034
21144	CHICK-FIL-A, hash browns	5.5	1.0 piece	0.034
07254	Turkey bacon, unprepared	14.0	1.0 serving	0.034
20521	Pasta, cooked, unenriched, with added salt	124.0	1.0 cup spaghetti not packed	0.033
32008	Pasta mix, classic cheeseburger macaroni, unprepared	123.0	1.0 package	0.033
01031	Cheese, neufchatel	28.35	1.0 oz	0.033
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	0.033
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	85.0	3.0 oz	0.033
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	0.033
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	0.033
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.033
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.033
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	138.0	1.0 slice	0.033
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	0.033
23557	Beef, ground, 95% lean meat / 5% fat, raw	113.0	4.0 oz	0.033
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	113.0	4.0 oz	0.033
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	0.033
21431	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	41.0	1.0 drumstick, bone and skin removed	0.032

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
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	0.032
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	0.032
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.032
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	0.032
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	0.032
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.032
21388	Fast foods, miniature cinnamon rolls	25.0	1.0 each	0.032
22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	0.032
07954	Beef sausage, pre-cooked	48.0	1.0 serving	0.032
19109	Candies, KIT KAT Wafer Bar	42.0	1.0 bar (1.5 oz)	0.032
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.031
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.031
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)	0.031
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.031
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	262.0	1.0 cup	0.031
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.031
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	0.031
22916	Lasagna with meat & sauce, frozen entree	134.0	1.0 piece side	0.031
07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	0.031
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.031
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	0.031
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	0.031
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	0.031
11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	0.030
21386	BURGER KING, french toast sticks	21.0	1.0 stick	0.030
05172	Turkey, whole, giblets, cooked, simmered	95.0	1.0 giblets	0.030
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	0.030
22914	Pasta with tomato sauce, no meat, canned	252.0	1.0 serving (1 NLEA serving)	0.030
27064	Wasabi	20.0	1.0 tablespoon	0.030
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	142.0	1.0 chop	0.030



NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
20421	Pasta, cooked, unenriched, without added salt	124.0	1.0 cup spaghetti not packed	0.030
20321	Pasta, cooked, enriched, with added salt	124.0	1.0 cup spaghetti not packed	0.030
20121	Pasta, cooked, enriched, without added salt	124.0	1.0 cup spaghetti not packed	0.030
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.030
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	0.030
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.030
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.030
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.030
05177	Turkey, liver, all classes, raw	78.0	1.0 raw liver	0.030
23314	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	0.030
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	0.030
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	0.030
21426	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	0.029
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	145.0	1.0 chop	0.029
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	0.029
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.029
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	85.0	3.0 oz	0.029
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	0.029
05663	Ground turkey, fat free, pan-broiled crumbles	85.0	3.0 oz	0.029
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.029
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.029
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	28.0	3.0 oz	0.029
07007	Bologna, beef	30.0	1.0 slice	0.029
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless	0.028
04652	Oil, industrial, soy ( partially hydrogenated), all purpose	13.6	1.0 tbsp	0.028
23477	Beef, ground, 97% lean meat / 3% fat, raw	113.0	4.0 oz	0.028
25037	Snacks, pita chips, salted	28.35	1.0 oz	0.028
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.028
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.028
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	85.0	3.0 oz	0.028
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.028
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.028

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.028
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.028
05111	Canada Goose, breast meat, skinless, raw	85.0	3.0 oz	0.028
11412	Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	133.0	10.0 strip	0.028
07973	Turkey bacon, microwaved	8.1	1.0 slice	0.027
23300	Beef, Australian, imported, Wagyu, external fat, Aust. marble score 9, raw	28.0	1.0 oz	0.027
23303	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0.027
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.027
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.027
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.027
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.027
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.027
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0.027
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.027
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	269.0	1.0 cup	0.027
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	30.0	0.75 cup (1 NLEA serving)	0.027
21387	BURGER KING, Hash Brown Rounds	5.6	1.0 piece	0.027
28359	GLUTINO, Gluten Free Wafers, Milk Chocolate	23.0	3.0 cookies	0.026
28333	Cookies, gluten-free, chocolate wafer	23.0	3.0 cookies	0.026
28358	GLUTINO, Gluten Free Wafers, Lemon Flavored	30.0	3.0 cookies	0.026
28334	Cookies, gluten-free, lemon wafer	30.0	3.0 cookies	0.026
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	28.35	1.0 oz	0.026
01126	Egg, yolk, raw, frozen, pasteurized	28.35	1.0 oz	0.026
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.026
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.026
23181	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.026
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.026
23310	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	0.026
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	67.0	1.0 slice	0.026
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	237.0	1.0 cup	0.026
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	0.026
19404	Snacks, granola bars, soft, uncoated, chocolate chip	43.0	1.0 bar (1.5 oz)	0.026
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	43.0	1.0 packet (1 NLEA serving)	0.026

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	11.5	1.0 slice	0.026
06024	Soup, chicken and vegetable, canned, ready-to-serve	255.0	1.0 cup	0.026
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	0.026
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.026
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.026
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.026
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.026
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.026
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.026
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	0.026
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0.025
18055	Bread, reduced-calorie, wheat	28.35	1.0 oz	0.025
19903	Chocolate, dark, 60-69% cacao solids	28.35	1.0 oz	0.025
21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	0.025
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	0.025
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.025
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.025
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.025
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.025
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	0.025
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	85.0	3.0 oz	0.025
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	0.025
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.025
05717	Turkey, retail parts, thigh, meat only, raw	85.0	3.0 oz	0.025
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	0.025
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	85.0	3.0 oz	0.025
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.025
23301	Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 9, raw	28.0	1.0 oz	0.024
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	45.0	1.0 packet	0.024
21026	Fast foods, potatoes, hash browns, round pieces or patty	5.5	1.0 round piece	0.024
19902	Chocolate, dark, 45- 59% cacao solids	28.35	1.0 oz	0.024
17203	Veal, variety meats and by-products, liver, cooked, braised	80.0	1.0 slice	0.024

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	0.024
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	0.024
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	0.024
12078	Nuts, brazilnuts, dried, unblanched	133.0	1.0 cup, whole	0.024
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.024
15110	Fish, swordfish, raw	85.0	3.0 oz	0.024
17000	Veal, Australian, rib, rib roast, separable lean only, raw	85.0	3.0 oz	0.024
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.024
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	0.024
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.024
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.024
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.024
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	0.024
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	0.024
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.024
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	99.0	1.0 bagel	0.024
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	113.0	4.0 oz	0.024
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	169.0	1.0 cup spaghetti not packed	0.024
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	0.024
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	0.024
01160	Egg, yolk, raw, frozen, salted, pasteurized	28.35	1.0 oz	0.024
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	0.023
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	0.023
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	28.35	1.0 oz	0.023
18967	Bread, white wheat	28.0	1.0 slice	0.023
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	231.0	1.0 cup	0.023
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	0.023
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.023

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
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	0.023
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.023
28357	GLUTINO, Gluten Free Cookies, Vanilla Creme	45.0	3.0 cookies	0.023
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	0.023
28365	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza	5.1	10.0 goldfish	0.023
05175	Turkey, heart, all classes, raw	24.0	1.0 piece	0.022
01270	Cheese, cheddar, sharp, sliced	19.0	1.0 slice (2/3 oz)	0.022
20037	Rice, brown, long-grain, cooked	202.0	1.0 cup	0.022
25027	Snacks, plantain chips, salted	28.35	1.0 oz	0.022
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.022
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.022
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	85.0	1.0 serving (3 oz)	0.022
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.022
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.022
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	0.022
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.022
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.022
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	85.0	3.0 oz	0.022
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.022
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	245.0	1.0 cup	0.022
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	0.022
20109	Noodles, egg, dry, enriched	38.0	1.0 cup	0.022
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	13.6	1.0 tbsp	0.022
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	18.0	1.0 piece (1/8 of 9" crust)	0.022
09152	Lemon juice, raw	244.0	1.0 cup	0.022
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	0.022
20420	Pasta, dry, unenriched	91.0	1.0 cup spaghetti	0.022
28363	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original	5.2	10.0 goldfish	0.022
23295	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	0.022
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	135.0	1.0 chop	0.022
07956	Beef sausage, fresh, cooked	43.0	1.0 serving	0.022
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	43.0	1.0 packet	0.022

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
08130	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	43.0	1.0 packet	0.022
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	107.0	1.0 chop	0.021
21310	McDONALD'S, Barbeque Sauce	28.0	1.0 package	0.021
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	0.021
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	85.0	3.0 oz	0.021
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	0.021
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	0.021
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.021
05080	Chicken, broilers or fryers, leg, meat only, raw	85.0	3.0 oz	0.021
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.021
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.021
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	0.021
28332	Cookies, gluten-free, chocolate sandwich, with creme filling	44.0	3.0 cookies	0.021
28356	GLUTINO, Gluten Free Cookies, Chocolate Vanilla Creme	44.0	3.0 cookies	0.021
28331	Crackers, flavored, fish-shaped	5.2	10.0 goldfish	0.021
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	0.021
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	85.0	3.0 oz	0.020
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	0.020
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.020
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.020
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.020
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.020
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.020
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	85.0	3.0 oz	0.020
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	0.020
27054	Dip, TOSTITOS, salsa con queso, medium	30.0	2.0 tbsp	0.020
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup	0.020
08122	Cereals, oats, instant, fortified, plain, dry	28.0	1.0 packet	0.020
32018	Spanish rice mix, dry mix, unprepared	70.0	0.5 cup	0.020

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
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)	0.020
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	0.020
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.020
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.020
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	0.020
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	0.020
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	0.020
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	0.020
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.020
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.020
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	0.020
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.020
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.020
01276	Yogurt, Greek, strawberry, DANNON OIKOS	150.0	5.3 oz	0.020
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.019
05696	Turkey from whole, light meat, meat only, with added solution, raw	114.0	4.0 oz	0.019
33879	Babyfood, finger snacks, GERBER, GRADUATES, LIL CRUNCHIES - MILD CHEDDAR	8.9	0.5 cup	0.019
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	55.0	1.0 bar	0.019
28364	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Parmesan	5.3	10.0 goldfish	0.019
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	0.019
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	0.019
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.019
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.019
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	0.019
05662	Ground turkey, fat free, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.019
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	0.019
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.019
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.019

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.019
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.019
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	85.0	3.0 oz	0.019
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	85.0	3.0 oz	0.019
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	0.019
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	0.019
02046	Mustard, prepared, yellow	5.0	1.0 tsp or 1 packet	0.019
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	0.019
06415	CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup	206.0	1.0 cup	0.019
20657	Pasta, gluten-free, corn and rice flour, cooked	141.0	1.0 cup spaghetti	0.018
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	0.018
23313	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	0.018
01017	Cheese, cream	14.5	1.0 tbsp	0.018
10861	Pork, cured, bacon, cooked, microwaved	9.1	1.0 slice cooked	0.018
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	150.0	1.0 steak	0.018
01123	Egg, whole, raw, fresh	50.0	1.0 large	0.018
19047	Snacks, pretzels, hard, plain, salted	28.35	1.0 oz	0.018
18029	Bread, french or vienna (includes sourdough)	28.35	1.0 oz	0.018
01069	Cream substitute, powdered	94.0	1.0 cup	0.018
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.018
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	0.018
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	0.018
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.018
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.018
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	0.018
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.018
21315	McDONALD'S, Sweet 'N Sour Sauce	28.0	1.0 package	0.018
05178	Turkey, liver, all classes, cooked, simmered	53.0	1.0 liver cooked	0.017
07072	Salami, dry or hard, pork, beef	9.8	1.0 slice	0.017
06019	Soup, chicken noodle, canned, condensed	124.0	0.5 cup	0.017
06062	CAMPBELL'S, Red and White, Chicken Noodle Soup, condensed	123.0	0.5 cup	0.017



NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	43.0	1.0 packet (1 NLEA serving)	0.017
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	114.0	4.0 oz	0.017
01252	Cheese product, pasteurized process, American, vitamin D fortified	19.0	1.0 slice (2/3 oz)	0.017
10860	Pork, cured, bacon, cooked, baked	8.1	1.0 slice cooked	0.017
25017	Formulated bar, POWER BAR, chocolate	68.0	1.0 bar	0.017
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.017
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	0.017
05739	Turkey, drumstick, from whole bird, meat only, roasted	85.0	3.0 oz	0.017
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.017
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	0.017
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)	0.017
05228	Turkey, wing, from whole bird, meat only, roasted	85.0	3.0 oz	0.017
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	0.017
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.017
05186	Turkey, all classes, light meat, cooked, roasted	85.0	1.0 serving	0.017
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.017
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	0.017
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.017
05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	0.017
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.017
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.017
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.017
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.017
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.017
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.017
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	0.017
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	0.017
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	0.017
27000	Soup, egg drop, Chinese restaurant	241.0	1.0 cup	0.017
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	240.0	1.0 cup	0.017
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	0.017

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
23299	Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 4/5, raw	28.35	1.0 oz	0.017
25046	Snacks, bagel chips, plain	28.35	1.0 oz	0.017
01284	Yogurt, Greek, strawberry, lowfat	150.0	1.0 container (5.3 oz)	0.016
25050	Snacks, yucca (cassava) chips, salted	28.35	1.0 oz	0.016
08173	Cereals, farina, enriched, cooked with water, with salt	233.0	1.0 cup	0.016
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	44.0	1.0 packet	0.016
27063	Sauce, enchilada, red, mild, ready to serve	56.0	0.25 cup	0.016
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	0.016
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	85.0	3.0 oz	0.016
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	0.016
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)	0.016
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.016
05704	Turkey, whole, meat only, with added solution, raw	85.0	3.0 oz	0.016
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.016
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	0.016
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.016
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	0.016
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	8.0	1.0 slice cooked	0.016
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	33.0	3.0 tablespoon (1 serving)	0.016
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	0.016
01145	Butter, without salt	5.0	1.0 pat (1" sq, 1/3" high)	0.016
25000	Snacks, popcorn, microwave, 94% fat free	28.35	1.0 oz	0.016
11841	Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	74.0	10.0 strip	0.016
21143	CHICK-FIL-A, Chick-n-Strips	50.0	1.0 strip	0.016
07069	Salami, cooked, beef and pork	12.3	1.0 slice round	0.015
21443	POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed	44.0	1.0 drumstick, bone and skin removed	0.015
35239	Tortilla, blue corn, Sakwavikaviki (Hopi)	57.0	1.0 piece	0.015
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.015
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.015
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	85.0	3.0 oz	0.015
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.015

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) 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	0.015
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.015
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.015
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.015
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	0.015
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.015
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.015
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	0.015
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.015
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.015
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	85.0	3.0 oz	0.015
18952	Tostada shells, corn	12.3	1.0 piece	0.015
18168	Cookies, chocolate sandwich, with extra creme filling	28.35	1.0 oz	0.015
23298	Beef, Australian, imported, Wagyu, external fat, Aust. marble score 4/5, raw	28.35	1.0 oz	0.015
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	250.0	1.0 cup	0.015
28368	SCHAR, Gluten-Free, Classic White Rolls	78.0	1.0 roll	0.015
28341	Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch	78.0	1.0 roll	0.015
32034	HUNGRY MAN, Salisbury Steak With Gravy, frozen, unprepared	64.0	1.0 patty	0.015
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	244.0	1.0 cup	0.015
27067	Sauce, OLD EL PASO, enchilada, red, mild, ready to serve	58.0	0.25 cup	0.015
05173	Turkey, gizzard, all classes, raw	63.0	1.0 raw gizzard	0.014
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.014
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.014
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.014
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.014
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	0.014
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	85.0	3.0 oz	0.014
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	0.014
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	0.014
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.014
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.014

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.014
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	0.014
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.014
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	0.014
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.014
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.014
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	0.014
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.014
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.014
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.014
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.014
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	0.014
02009	Spices, chili powder	2.7	1.0 tsp	0.014
01287	Yogurt, Greek, plain, lowfat	200.0	1.0 container (7 oz)	0.014
18961	Crackers, cream, GAMESA SABROSAS	31.0	11.0 crackers (1 NLEA serving)	0.014
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	0.014
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	81.0	1.0 slice	0.014
19410	Snack, potato chips, made from dried potatoes, plain	28.0	1.0 oz	0.014
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	0.014
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	28.35	1.0 oz	0.014
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.014
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	0.014
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.014
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.014
10863	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	85.0	3.0 oz	0.014
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.014
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.014
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.014
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.014
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	0.014
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.014
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.014
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.014

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) 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	0.014
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	85.0	3.0 oz	0.014
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.014
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	0.014
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.014
15085	Fish, salmon, sockeye, raw	28.35	1.0 oz, boneless	0.013
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	0.013
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1.0 tablespoon	0.013
04701	Oil, industrial, soy, fully hydrogenated	13.6	1.0 tablespoon	0.013
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145.0	1.0 cup chopped or dice	0.013
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	28.35	1.0 oz	0.013
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	92.0	1.0 piece	0.013
01260	Cheese, cheddar, reduced fat	21.0	1.0 slice	0.013
27061	Gravy, HEINZ Home Style, classic chicken	58.0	0.25 cup	0.013
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.013
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	85.0	3.0 oz	0.013
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	0.013
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	0.013
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.013
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.013
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.013
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.013
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	85.0	3.0 oz	0.013
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.013
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	85.0	3.0 oz	0.013
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.013
05710	Turkey, retail parts, breast, meat only, raw	85.0	3.0 oz	0.013
15157	Mollusks, clam, mixed species, raw	85.0	3.0 oz	0.013
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.013
13000	Beef, grass-fed, strip steaks, lean only, raw	85.0	3.0 oz	0.013
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	85.0	3.0 oz	0.013
35234	Piki bread, made from blue cornmeal (Hopi)	28.0	1.0 piece	0.013

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
23311	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	0.013
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	114.0	4.0 oz	0.013
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	114.0	4.0 oz	0.013
20042	Rice, brown, parboiled, dry, UNCLE BEN'S	48.0	0.25 cup	0.012
43274	Cheese, cream, low fat	15.0	1.0 tbsp	0.012
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	0.012
20651	Rice, brown, parboiled, cooked, UNCLE BENS	155.0	1.0 cup	0.012
01210	Egg Mix, USDA Commodity	8.6	1.0 tbsp	0.012
02011	Spices, cloves, ground	2.1	1.0 tsp	0.012
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	33.0	3.0 tablespoon (1 NLEA serving)	0.012
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1.0 oz	0.012
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	28.35	1.0 oz	0.012
10102	Pork, fresh, variety meats and by-products, feet, raw	28.35	1.0 oz	0.012
11540	Tomato juice, canned, with salt added	243.0	1.0 cup	0.012
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	0.012
01049	Cream, fluid, half and half	30.2	1.0 fl oz	0.012
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30.0	1.25 cup (1 NLEA serving)	0.012
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.012
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.012
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.012
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.012
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	85.0	3.0 oz	0.012
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.012
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.012
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.012
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	0.012
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.012
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.012
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	85.0	3.0 oz	0.012
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	85.0	3.0 oz	0.012
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.012
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.012
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	85.0	3.0 oz	0.012

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.012
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.012
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	0.012
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	0.012
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	0.012
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	27.0	0.75 cup (1 NLEA serving)	0.012
05705	Turkey, whole, meat only, with added solution, roasted	28.0	3.0 oz	0.012
11842	Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	65.0	10.0 strips	0.012
28285	Bread, chapati or roti, whole wheat, commercially prepared, frozen	43.0	1.0 piece	0.012
13326	Beef, variety meats and by-products, liver, cooked, braised	68.0	1.0 slice	0.012
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	105.0	1.0 piece	0.012
06119	Gravy, chicken, canned or bottled, ready-to-serve	57.0	0.25 cup	0.011
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	0.011
18960	Crackers, snack, GOYA CRACKERS	30.0	1.0 serving (1 NLEA serving - about 4 crackers)	0.011
28348	Rolls, dinner, sweet	30.0	1.0 roll	0.011
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	28.35	1.0 oz	0.011
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.011
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.011
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.011
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)	0.011
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	85.0	3.0 oz	0.011
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.011
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.011
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	0.011
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.011
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)	0.011
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	85.0	3.0 oz	0.011
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	0.011
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.011
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.011

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.011
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.011
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	85.0	3.0 oz	0.011
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.011
01002	Butter, whipped, with salt	3.8	1.0 pat (1" sq, 1/3" high)	0.011
04638	Salad dressing, ranch dressing, fat-free	14.0	1.0 tablespoon	0.011
15140	Crustaceans, crab, blue, cooked, moist heat	118.0	1.0 cup, flaked and pieces	0.011
02028	Spices, paprika	2.3	1.0 tsp	0.010
05174	Turkey, gizzard, all classes, cooked, simmered	45.0	1.0 gizzard cooked	0.010
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	114.0	4.0 oz	0.010
05219	Turkey, breast, from whole bird, meat only, raw	114.0	4.0 oz	0.010
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	114.0	4.0 oz	0.010
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	0.010
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.010
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	85.0	3.0 oz	0.010
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.010
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	0.010
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.010
31034	Peppers, hot pickled, canned	34.0	0.25 cup drained	0.010
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	0.010
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.010
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.010
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.010
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.010
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.010
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.010
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.010
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.010
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.010
10130	Canadian bacon, unprepared	85.0	3.0 oz	0.010
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	0.010
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.010
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.010



NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
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	0.010
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.010
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz ( 1 serving )	0.010
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.010
13322	Beef, variety meats and by-products, heart, cooked, simmered	85.0	3.0 oz	0.010
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	28.0	0.75 cup (1 NLEA serving)	0.010
05176	Turkey, heart, all classes, cooked, simmered	20.0	1.0 heart	0.010
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.010
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	244.0	1.0 cup	0.010
19904	Chocolate, dark, 70-85% cacao solids	28.35	1.0 oz	0.010
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	30.0	0.75 cup ( 1 NLEA serving)	0.010
22998	Rice and vermicelli mix, chicken flavor, unprepared	56.0	0.333 cup	0.010
01225	Dulce de Leche	19.0	1.0 tbsp	0.010
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	85.0	3.0 oz	0.009
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.009
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	85.0	3.0 oz	0.009
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.009
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.009
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.009
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.009
15070	Fish, rockfish, Pacific, mixed species, raw	85.0	3.0 oz	0.009
15036	Fish, halibut, Atlantic and Pacific, raw	85.0	3.0 oz	0.009
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.009
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.009
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.009
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.009
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	0.009
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	85.0	3.0 oz	0.009
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.009
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.009
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.009
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.009

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
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	0.009
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.009
02029	Spices, parsley, dried	0.5	1.0 tsp	0.009
01255	Egg, whole, raw, frozen, salted, pasteurized	28.0	1.0 oz	0.009
09079	Cranberries, dried, sweetened	40.0	0.25 cup	0.009
27056	Sauce, barbecue, BULL'S-EYE, original	16.0	1.0 tbsp	0.009
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	114.0	4.0 oz	0.009
05363	Ruffed Grouse, breast meat, skinless, raw	113.0	4.0 oz	0.009
19193	Puddings, rice, ready-to-eat	113.0	1.0 serving 4 oz pudding cup	0.009
01171	Egg, whole, raw, frozen, pasteurized	28.0	1.0 oz	0.009
27002	Soup, wonton, Chinese restaurant	223.0	1.0 cup	0.009
35140	Bread, kneel down (Navajo)	28.35	1.0 oz	0.009
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	145.0	1.0 slice	0.009
16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	0.009
16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	0.009
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	33.0	2.0 tablespoon	0.009
19120	Candies, milk chocolate	7.0	1.0 bar, miniature	0.009
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	28.35	1.0 oz	0.009
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.008
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.008
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	0.008
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.008
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.008
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	85.0	3.0 oz	0.008
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.008
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	0.008
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.008
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	85.0	3.0 oz	0.008
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.008
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.008

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.008
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	85.0	3.0 oz	0.008
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.008
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.008
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.008
21141	BURGER KING, Vanilla Shake	24.8	1.0 fl oz	0.008
06999	Gravy, CAMPBELL'S, chicken	56.0	0.25 cup	0.008
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	16.0	1.0 wing without skin, bone and breading	0.008
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	0.008
12563	Nuts, almonds, dry roasted, with salt added	138.0	1.0 cup whole kernels	0.008
19301	Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	28.35	1.0 oz	0.008
01259	Cheese spread, American or Cheddar cheese base, reduced fat	21.0	1.0 piece	0.008
01056	Cream, sour, cultured	12.0	1.0 tbsp	0.008
07081	Turkey breast, sliced, prepackaged	16.0	1.0 slice	0.008
12540	Seeds, sunflower seed butter, with salt added	16.0	1.0 tbsp	0.008
12040	Seeds, sunflower seed butter, without salt	16.0	1.0 tbsp	0.008
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	114.0	4.0 oz	0.008
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	114.0	4.0 oz	0.008
10098	Pork, fresh, variety meats and by-products, chitterlings, raw	28.35	1.0 oz	0.008
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.008
17202	Veal, variety meats and by-products, liver, raw	28.35	1.0 oz	0.008
10132	Pork, cured, feet, pickled	28.35	1.0 oz	0.008
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	0.008
14632	Beverages, Meal supplement drink, canned, peanut flavor	158.0	1.0 cup	0.008
19383	Candies, toffee, prepared-from-recipe	12.0	1.0 piece	0.008
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.008
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	0.008
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	0.008
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.008
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	0.008
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.008
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	85.0	3.0 oz	0.008
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.008
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.008

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13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.008
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.008
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	0.008
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.008
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.008
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.008
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	0.008
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	0.008
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	0.008
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.008
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.008
05227	Turkey, wing, from whole bird, meat only, raw	85.0	3.0 oz	0.008
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.008
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.008
05185	Turkey from whole, light meat, raw	85.0	1.0 serving	0.008
02033	Spices, poppy seed	2.8	1.0 tsp	0.008
19138	Candies, truffles, prepared-from-recipe	12.0	1.0 piece	0.007
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	28.35	1.0 oz spiral slice	0.007
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	0.007
18160	Cookies, chocolate chip, commercially prepared, soft-type	14.2	1.0 cookie	0.007
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	0.007
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	0.007
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	141.0	1.0 steak	0.007
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	0.007
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.007
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.007
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.007
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.007
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.007
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85.0	3.0 oz	0.007
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.007

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10060	Pork, fresh, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.007
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.007
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.007
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.007
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.007
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.007
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.007
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.007
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.007
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.007
23640	Beef, variety meats and by-products, tripe, cooked, simmered	85.0	1.0 serving	0.007
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.007
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.007
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.007
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.007
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.007
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	0.007
04631	Margarine-like, vegetable oil spread, fat-free, tub	14.6	1.0 tbsp	0.007
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.0	1.25 cup (1 NLEA serving)	0.007
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.007
18962	Crackers, cream, LA MODERNA RIKIS CREAM CRACKERS	32.0	10.0 crackers (1 NLEA serving)	0.006
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	40.0	1.0 serving 6 pieces	0.006
02027	Spices, oregano, dried	1.0	1.0 tsp, leaves	0.006
19379	Candies, fudge, chocolate marshmallow, prepared-from-recipe	20.0	1.0 piece	0.006
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	0.006
10119	Pork, fresh, variety meats and by-products, stomach, raw	28.35	1.0 oz	0.006
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.006
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.006
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.006
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.006
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.006
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.006
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.006

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.006
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.006
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.006
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)	0.006
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)	0.006
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.006
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.006
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.006
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.006
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.006
13325	Beef, variety meats and by-products, liver, raw	85.0	3.0 oz	0.006
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.006
05024	Chicken, gizzard, all classes, cooked, simmered	145.0	1.0 cup chopped or dice	0.006
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	114.0	4.0 oz	0.006
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	7.9	1.0 cup	0.005
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	27.0	0.75 cup (1 NLEA serving)	0.005
05712	Turkey, retail parts, wing, meat only, raw	28.0	3.0 oz	0.005
05028	Chicken, liver, all classes, cooked, simmered	44.0	1.0 liver	0.005
05661	Chicken, liver, all classes, cooked, pan-fried	44.0	1.0 liver	0.005
15152	Crustaceans, shrimp, mixed species, canned	128.0	1.0 cup	0.005
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.005
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.005
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.005
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.005
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	0.005
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)	0.005
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	0.005
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.005
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.005
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.005
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.005
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.005

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.005
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.005
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.005
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.005
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.005
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)	0.005
02015	Spices, curry powder	2.0	1.0 tsp	0.005
09228	Papaya, canned, heavy syrup, drained	39.0	1.0 piece	0.005
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	0.005
04642	Oil, industrial, mid-oleic, sunflower	13.6	1.0 tablespoon	0.005
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	44.0	1.0 medallion	0.005
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	0.005
27059	Sauce, peanut, made from peanut butter, water, soy sauce	18.0	1.0 tbsp	0.005
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	0.005
28337	Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	35.0	1.0 slice	0.005
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.005
14631	Beverages, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	7.8	1.0 tbsp	0.005
01285	Yogurt, Greek, strawberry, nonfat	150.0	1.0 container (5.3 oz)	0.005
18963	Garlic bread, frozen	43.0	1.0 slice presliced	0.004
12061	Nuts, almonds	143.0	1.0 cup, whole	0.004
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	0.004
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.004
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.004
23095	Beef, chuck for stew, separable lean and fat, choice, raw	85.0	3.0 oz	0.004
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.004
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.004
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.004
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.004
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.004
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.004
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.004
05167	Turkey, whole, meat only, raw	85.0	3.0 oz	0.004

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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)	0.004
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	53.0	1.0 strip	0.004
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	0.004
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	41.0	1.0 medallion	0.004
02021	Spices, ginger, ground	1.8	1.0 tsp	0.004
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	40.0	1.0 medallion	0.004
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	11.0	1.0 tbsp	0.004
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	28.35	1.0 oz	0.004
06150	Sauce, barbecue	17.0	1.0 tbsp	0.004
02030	Spices, pepper, black	2.3	1.0 tsp, ground	0.003
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	28.35	1.0 oz spiral slice	0.003
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	0.003
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.003
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	85.0	3.0 oz	0.003
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.003
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.003
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.003
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.003
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.003
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.003
06307	Sauce, barbecue, KRAFT, original	16.0	1.0 tbsp	0.003
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	30.0	1.0 medallion	0.003
21417	POPEYES, Mild Chicken Strips, analyzed 2006	54.0	1.0 strip	0.003
13321	Beef, variety meats and by-products, heart, raw	28.35	1.0 oz	0.003
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	34.0	1.0 medallion	0.003
01281	Yogurt, Greek, nonfat, strawberry, CHOBANI	150.0	5.3 oz	0.003
28344	Crackers, gluten-free, multigrain and vegetable, made with corn starch and white rice flour	10.7	3.0 crackers	0.003
21343	McDONALD'S, Low Fat Caramel Sauce	21.0	0.8 oz	0.003
05027	Chicken, liver, all classes, raw	44.0	1.0 liver	0.003



NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
04047	Oil, coconut	13.6	1.0 tbsp	0.003
35232	Wocas, dried seeds, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	0.003
05023	Chicken, gizzard, all classes, raw	28.35	1.0 oz	0.003
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.003
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.003
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.003
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.003
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.003
15073	Fish, roughy, orange, raw	85.0	3.0 oz	0.003
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.003
23094	Beef, chuck for stew, separable lean and fat, select, raw	85.0	3.0 oz	0.003
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.003
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.003
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	84.0	1.0 serving	0.003
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	0.002
17377	Lamb, New Zealand, imported, testes, raw	113.0	4.0 oz	0.002
02003	Spices, basil, dried	0.7	1.0 tsp, leaves	0.002
13341	Beef, variety meats and by-products, tripe, raw	28.35	1.0 oz	0.002
13323	Beef, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.002
07028	Ham, sliced, pre-packaged, deli meat (96%fat free, water added)	13.0	1.0 slice	0.002
19382	Candies, taffy, prepared-from-recipe	15.0	1.0 piece	0.002
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	12.0	1.0 slice	0.002
03189	Babyfood, cereal, oatmeal, dry fortified	3.2	1.0 tbsp	0.002
06985	Gravy, HEINZ Home Style, savory beef	57.0	1.0 serving 1/4 cup 2 oz	0.002
35235	Wocas, tuber, cooked, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	0.002
15270	Crustaceans, shrimp, raw (not previously frozen)	85.0	3.0 oz	0.002
15033	Fish, haddock, raw	85.0	3.0 oz	0.002
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	0.002
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.002
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.002
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.002
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.002
01256	Yogurt, Greek, plain, nonfat	170.0	1.0 container	0.002

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
27055	Sauce, barbecue, SWEET BABY RAY'S, original	18.0	1.0 tbsp	0.002
07043	Roast beef, deli style, prepackaged, sliced	9.3	1.0 slice oval	0.002
10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	0.002
01286	Yogurt, Greek, vanilla, nonfat	150.0	1.0 container (5.3 oz)	0.002
01280	Yogurt, Greek, nonfat, strawberry, DANNON OIKOS	150.0	5.3 oz	0.002
01275	Yogurt, Greek, nonfat, vanilla, CHOBANI	150.0	5.3 oz	0.002
11292	Onions, young green, tops only	6.0	1.0 tbsp	0.001
31033	Ginger root, pickled, canned, with artificial sweetener	25.0	2.0 tablespoon	0.001
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	17.0	1.0 tbsp	0.001
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	0.001
01186	Cheese, cream, fat free	18.0	1.0 tbsp	0.001
19076	Candies, caramels, chocolate-flavor roll	6.6	1.0 piece	0.001
15172	Mollusks, scallop, mixed species, raw	30.0	1.0 unit 2 large or 5 small	0.001
09524	Lemon juice from concentrate, bottled, REAL LEMON	15.0	1.0 tbsp	0.001
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.001
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.001
15271	Crustaceans, shrimp, cooked (not previously frozen)	85.0	3.0 oz	0.001
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.001
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.001
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	77.0	1.0 fillet	0.001
03194	Babyfood, cereal, Rice, dry, fortified	2.5	1.0 tbsp	0.001
15121	Fish, tuna, light, canned in water, drained solids	28.35	1.0 oz	0.001
19183	Puddings, chocolate, ready-to-eat	28.35	1.0 oz	0.001
15127	Fish, tuna, fresh, yellowfin, raw	28.35	1.0 oz, boneless	0.001
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	52.0	0.333 cup	0.001
02020	Spices, garlic powder	3.1	1.0 tsp	0.000
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	6.0	1.0 medium	0.000
02026	Spices, onion powder	2.4	1.0 tsp	0.000
02010	Spices, cinnamon, ground	2.6	1.0 tsp	0.000
02043	Spices, turmeric, ground	3.0	1.0 tsp	0.000
13318	Beef, variety meats and by-products, brain, raw	28.35	1.0 oz	0.000
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	0.000
04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	13.6	1.0 tbsp	0.000
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.000
15267	Fish, pollock, Alaska, cooked (not previously frozen)	85.0	3.0 oz	0.000

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12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	0.000
14210	Beverages, coffee, brewed, espresso, restaurant-prepared	29.6	1.0 fl oz	0.000
17219	Veal, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	0.000
19201	Puddings, vanilla, ready-to-eat	28.35	1.0 oz	0.000
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	0.000
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.000
21324	McDONALD'S, Baked Apple Pie	77.0	2.7 oz	0.000
01258	Egg, white, dried, stabilized, glucose reduced	107.0	1.0 cup, sifted	0.000
06611	Soup, SWANSON, beef broth, lower sodium	213.0	1.0 cup	0.000
13320	Beef, variety meats and by-products, brain, cooked, simmered	85.0	3.0 oz	0.000
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.000
15268	Fish, cod, Pacific, raw (not previously frozen)	85.0	3.0 oz	0.000
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	121.0	1.0 cup sliced	0.000
06984	Soup, SWANSON Chicken Broth 99% Fat Free	227.0	1.0 serving 1 cup 8 oz	0.000
01278	Yogurt, Greek, nonfat, vanilla, DANNON OIKOS	150.0	5.3 oz	0.000
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	0.000
36023	APPLEBEE'S, chicken tenders platter	209.0	1.0 serving	0.000
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.000
19218	Puddings, tapioca, ready-to-eat	28.35	1.0 oz	0.000
14202	Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated	29.6	1.0 fl oz	0.000
15232	Fish, roughy, orange, cooked, dry heat	85.0	3.0 oz	0.000
21337	McDONALD'S, Peanuts (for Sundaes)	7.0	0.3 oz	0.000
01172	Egg, white, raw, frozen, pasteurized	28.0	1.0 oz	0.000
11240	Mushrooms, morel, raw	66.0	1.0 cup	0.000
06615	Soup, SWANSON, vegetable broth	220.0	1.0 cup	0.000
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.000
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	85.0	3.0 oz	0.000
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.000
15269	Fish, cod, Pacific, cooked (not previously frozen)	85.0	3.0 oz	0.000
15266	Fish, pollock, Alaska, raw (not previously frozen)	85.0	3.0 oz	0.000
06188	Soup, beef broth, less/reduced sodium, ready to serve	219.0	1.0 cup	0.000
19234	Puddings, tapioca, ready-to-eat, fat free	112.0	1.0 container refrigerated 4 oz	0.000
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	250.0	1.0 cup	0.000
04667	Shortening, industrial, soy (partially hydrogenated ) for baking and confections	12.8	1.0 tbsp	0.000
14209	Beverages, coffee, brewed, prepared with tap water	29.6	1.0 fl oz	0.000

NDB_No	Description	Weight(g)	Measure	18:3 n-3 c,c,c (ALA)(g) Per Measure
17218	Veal, variety meats and by-products, thymus, raw	28.35	1.0 oz	0.000
06700	Soup, vegetable broth, ready to serve	221.0	1.0 cup	0.000
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	0.000
04664	Oil, industrial, soy (partially hydrogenated ), palm, principal uses icings and fillings	13.6	1.0 tbsp	0.000
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	0.000
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.000
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.000
17358	Lamb, New Zealand, imported, brains, raw	113.0	4.0 oz	0.000