

USDA-NCC Carotenoid Database for U. S. Foods - 1998

(Units= $\mu\text{g}/100\text{g}$ edible portion for Mean, SEM, Min, and Max; #S = is the total number of means/individual values)

NDB	Desc	Carot	Mean	SEM	#S	Min	Max	CC	Ref. No.
09003	Apples, raw, with skin	a_car	30		1			c	10
09357	Apricots, canned, heavy syrup, drained	a_car	0		1			c	22
		b_car	6,640	4,226	4	1,520	19,270	b	22,30,33,39
		b_cryp	0		1			c	22
		lut + zea	0		1			c	22
		lyc	65		1			c	22
09021	Apricots, raw	a_car	0		2	0	0	c	2,22
		b_car	2,554		2	615	6,433	c	2,22
		b_cryp	0		1			c	22
		lut + zea	0		1			c	22
		lyc	5		1			c	22
11697	Arrowroot, raw	a_car	0		1			c	43
		b_car	11		1			c	43
		b_cryp	0		1			c	43
11011	Asparagus, raw	a_car	12		2	0	17	c	2,5
		b_car	493		2	317	581	c	2,5
09037	Avocados, raw, all commercial varieties	a_car	28		2	28	28	c	17
		b_car	53		2	52	53	c	17
		b_cryp	36		2	22	50	c	17
03104	Babyfood, vegetables, squash, strained	a_car	308	308	3	0	923	b	21
		b_car	1,110	295	3	670	1,670	b	21
		b_cryp	7	4	3	0	13	b	21
		lut + zea	3,527	1,850	3	586	6,943	b	21
		lyc	0		2	0	0	b	21
11024	Balsam-pear (bitter gourd), pods, raw	a_car	185		2	150	220	c	34
		b_car	190		2	150	230	c	34
09040	Bananas, raw	a_car	5	5	4	0	15	b	8,9,32
		b_car	21	14	4	0	70	b	8,9,32
		b_cryp	0		1			c	9
		lut + zea	0	0	3	0	0	b	8,9
		lyc	0	0	3	0	0	b	8,9

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NDB	Desc	Carot	Mean	SEM	#S	Min	Max	CC	Ref. No.
20130	Barley flour or meal	a_car	0		1			c	43
		b_car	0		1			c	43
		b_cryp	0		1			c	43
20131	Barley malt flour	a_car	0		1			c	43
		b_car	23		1			c	43
		b_cryp	0		1			c	43
16006	Beans, baked, canned, plain or vegetarian	a_car	147		1			c	10
		b_car	408		1			c	10
11973	Beans, fava, in pod, raw	a_car	0		1			c	42
		b_car	196		1			c	42
		b_cryp	9		1			c	42
16042	Beans, pinto, mature seeds, raw	b_car	26		1			c	11
11053	Beans, snap, green, cooked, boiled, drained, without salt	a_car	92		2	85	100	c	23
		b_car	552		2	535	570	c	23
		b_cryp	0		2	0	0	c	23
		lut + zea	700		2	660	740	c	23
		lyc	0		2	0	0	c	23
11056	Beans, snap, green, canned, regular pack, drained solids	a_car	0		1			c	9
		b_car	443		1			c	9
		b_cryp	0		1			c	9
		lut + zea	660		1			c	9
		lyc	0		1			c	9
11060	Beans, snap, green, frozen, all styles, unprepared	b_car	292		1			c	47
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	a_car	32		1			c	45
		b_car	167		1			c	45
11052	Beans, snap, green, raw	a_car	68	8	4	44	90	b	2,6,23
		b_car	377	40	5	252	510	b	2,6,23,47
		b_cryp	0		2	0	0	c	23
		lut + zea	640		2	590	690	c	23
		lyc	0		2	0	0	c	23

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NDB	Desc	Carot	Mean	SEM	#S	Min	Max	CC	Ref. No.
22502	Beef stew with vegetables (including potatoes and carrots), canned	a_car	700		1			c	9
		b_car	1,780		1			c	9
		b_cryp	0		1			c	9
		lut + zea	60		1			c	9
		lyc	302		1			c	9
13325	Beef, variety meats and by-products, liver, raw	b_car	621		1			c	14
11087	Beet greens, cooked, boiled, drained, without salt	b_car	2,560		1			c	39
11086	Beet greens, raw	a_car	5	3	3	0	14	c	2,5,6
		b_car	3,405	939	4	2,181	5,028	b	2,5,6,39
09054	Blueberries, frozen, unsweetened	a_car	2		1			c	3
09050	Blueberries, raw	a_car	0		1			c	2
		b_car	35		1			c	32
11969	Broccoli, chinese, cooked	a_car	29		1			c	42
		b_car	968		1			c	42
		b_cryp	0		1			c	42
11091	Broccoli, cooked, boiled, drained, without salt	a_car	0		2	0	0	c	9,23
		b_car	1,042	259	4	568	2,605	b	9,11,23,39
		b_cryp	0		2	0	0	c	9,23
		lut + zea	2,226		2	1,707	3,265	c	9,23
		lyc	0		2	0	0	c	9,23
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	b_car	1,000		1			c	1
		lut + zea	830		1			c	1
11092	Broccoli, frozen, chopped, unprepared	b_car	950		1			c	39
11090	Broccoli, raw	a_car	1	1	4	0	2	b	2,5,19,23
		b_car	779	194	8	398	2,330	a	2,5,6,11,19,23,39,47
		b_cryp	0		2	0	0	c	19,23
		lut + zea	2,445		2	2,060	2,830	c	19,23
		lyc	0		2	0	0	c	19,23
xxxxx	Broccoli, stalk, frozen, unprepared	b_car	270		1			c	39

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11099	Brussels sprouts, cooked, boiled, drained, without salt	a_car	0		1			c	19
		b_car	465		2	450	480	c	19,39
		b_cryp	0		1			c	19
		lut + zea	1,290		1			c	19
		lyc	0		1			c	19
11100	Brussels sprouts, frozen, unprepared	b_car	370		1			c	39
11098	Brussels sprouts, raw	a_car	6		2	0	11	c	6,19
		b_car	450	57	3	340	530	c	6,19,39
		b_cryp	0		1			c	19
		lut + zea	1,590		1			c	19
		lyc	0		1			c	19
04601	Butter, light, stick, with salt	b_car	1,164		1			c	44
01001	Butter, with salt	a_car	0		1			c	9
		b_car	158		1			c	9
		b_cryp	0		1			c	9
		lut + zea	0		1			c	9
		lyc	0		1			c	9
11970	Cabbage, napa, cooked	a_car	49		1			c	42
		b_car	133		1			c	42
		b_cryp	0		1			c	42
11110	Cabbage, cooked, boiled, drained, without salt	b_car	90		1			c	11
11109	Cabbage, raw	a_car	0		1			c	19
		b_car	65		2	58	80	c	11,19
		b_cryp	0		1			c	19
		lut + zea	310		1			c	19
		lyc	0		1			c	19
18451	Cake, pound, commercially prepared, fat-free	b_car	277		1			c	44
19117	Candies, halvah, plain	a_car	0		1			c	42
		b_car	0		1			c	42
		b_cryp	0		1			c	42

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02054	Capers, canned, drained	a_car	0		1			c	42
		b_car	83		1			c	42
		b_cryp	0		1			c	42
xxxxx	Carrots, A-plus cultivar, cooked	a_car	15,000		1			c	20
		b_car	25,650		1			c	20
		lyc	0		1			c	20
xxxxx	Carrots A-plus cultivar, raw	a_car	10,650		1			c	20
		b_car	18,250		1			c	20
		b_cryp	0		1			c	20
		lut + zea	0		1			c	20
		lyc	0		1			c	20
xxxxx	Carrots, baby, experimental coating, raw	a_car	2,740		1			c	18
		b_car	4,730		1			c	18
11960	Carrots, baby, raw	a_car	4,425		2	3,690	4,793	c	9,18
		b_car	7,275		2	5,720	8,052	c	9,18
		b_cryp	0		1			c	9
		lut + zea	358		1			c	9
		lyc	0		1			c	9
11125	Carrots, cooked, boiled, drained, without salt	a_car	4,109	708	4	2,200	5,200	b	3,8,39
		b_car	8,015	1,047	4	5,200	10,775	b	3,8,39
11128	Carrots, canned, regular pack, drained solids	a_car	3,470	664	3	2,520	4,280	b	9,20,39
		b_car	5,776	852	5	3,322	7,487	a	9,20,29,33,39
		b_cryp	0		2	0	0	c	9,20
		lut + zea	0		2	0	0	c	9,20
		lyc	0		2	0	0	c	9,20
11683	Carrot, dehydrated	a_car	38,000	4,188	3	31,150	45,600	c	49
		b_car	68,917	9,110	3	50,750	79,200	c	49
11131	Carrots, frozen, cooked, boiled, drained, without salt	a_car	5,542	1,843	3	3,260	7,800	b	1,8,39
		b_car	12,272	2,538	3	7,830	15,300	b	1,8,39
11130	Carrots, frozen, unprepared	a_car	5,542	1,843	3	3,260	7,800	b	1,8,39
		b_car	12,272	2,538	3	7,830	15,300	b	1,8,39

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11124	Carrots, raw	a_car	4,649	832	12	2,600	9,710	a	2,3,5,6,8, 18,36,39, 40
		b_car	8,836	831	15	3,577	14,700	a	2,3,5,6,8, 18,27,29, 33,36,39, 40
11134	Cassava, raw	a_car	0		1			c	43
		b_car	8		1			c	43
		b_cryp	0		1			c	43
11935	Catsup	a_car	0		2	0	0	b	9,41
		b_car	730	284	3	370	1,481	b	9,11,41
		b_cryp	0		2	0	0	b	9,41
		lut + zea	0		2	0	0	b	9,41
		lyc	17,008		2	16,785	17,230	b	9,41
11144	Celery, cooked, boiled, drained, without salt	a_car	0		1			c	9
		b_car	210		1			c	9
		b_cryp	0		1			c	9
		lut + zea	250		1			c	9
		lyc	0		1			c	9
11143	Celery, raw	a_car	0		1			c	9
		b_car	150		1			c	9
		b_cryp	0		1			c	9
		lut + zea	232		1			c	9
		lyc	0		1			c	9
11147	Chard, swiss, raw	a_car	49		2	32	58	c	2,6
		b_car	3,954		2	2,725	4,568	c	2,6
11149	Chayote, fruit, raw	a_car	0		1			c	43
		b_car	0		1			c	43
		b_cryp	0		1			c	43
01009	Cheese, cheddar	a_car	0		1			c	9
		b_car	85		1			c	9
		b_cryp	0		1			c	9
		lut + zea	0		1			c	9
		lyc	0		1			c	9

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01168	Cheese, low fat, cheddar or colby	b_car	307		1			c	44
01186	Cheese, cream, fat free	a_car	0		1			c	43
		b_car	0		1			c	43
		b_cryp	0		1			c	43
09070	Cherries, sweet, raw	b_car	28		1			c	32
22503	Chicken pot pie, with carrots, potatoes, and peas, frozen	a_car	242		1			c	9
		b_car	1,048		1			c	9
		b_cryp	27		1			c	9
		lut + zea	105		1			c	9
		lyc	0		1			c	9
11157	Chrysanthemum, garland, raw	a_car	0		1			c	43
		b_car	1,320		1			c	43
		b_cryp	24		1			c	43
11971	Cilantro, raw	a_car	72		1			c	42
		b_car	3,440		1			c	42
		b_cryp	404		1			c	42
11997	Citronella, raw	a_car	0		1			c	42
		b_car	3		1			c	42
		b_cryp	0		1			c	42
11162	Collards, cooked, boiled, drained, without salt	a_car	90		2	0	180	c	9,42
		b_car	4,418	717	4	2,900	5,427	b	8,9,39,42
		b_cryp	20		2	0	39	c	9,42
		lut + zea	8,091		2	6,500	8,887	c	8,9
		lyc	0		1			c	9
11163	Collards, frozen, chopped, unprepared	b_car	5,510		1			c	39
11161	Collards, raw	a_car	238		1			c	42
		b_car	3,323		2	2,284	5,400	c	39,42
		b_cryp	80		1			c	42
18456	Cookies, oatmeal, commercially prepared, fat free	b_car	133		1			c	44
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	lut + zea	1,800		1			c	8

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11172	Corn, sweet, yellow, canned, whole kernel, drained solids	a_car	33		1			c	9
		b_car	30	15	3	8	44	b	9,25
		b_cryp	0		1			c	9
		lut + zea	884	219	3	520	1,197	b	8,9
		lyc	0		1			c	9
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	b_car	14		1			c	25
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	a_car	18		1			c	45
		b_car	50		1			c	45
		b_cryp	119		1			c	45
20022	Cornmeal, degermed, enriched, yellow	a_car	63		1			c	9
		b_car	97		1			c	9
		b_cryp	0		1			c	9
		lut + zea	1,355		1			c	9
		lyc	0		1			c	9
11206	Cucumber, peeled, raw	a_car	8		1			c	11
		b_car	31		1			c	11
11205	Cucumber, with peel, raw	b_car	138		1			c	11
09422	Durian, raw or frozen	a_car	6		1			c	43
		b_car	23		1			c	43
		b_cryp	0		1			c	43
01123	Egg, whole, raw, fresh	a_car	0		1			c	9
		b_car	0		1			c	9
		b_cryp	0		1			c	9
		lut + zea	55		1			c	9
		lyc	0		1			c	9
xxxxx	Endive, ckd	b_car	960		1			c	39
11213	Endive, raw	b_car	960		1			c	39
19095	Frozen desserts, ice cream, vanilla	a_car	0		1			c	9
		b_car	19		1			c	9
		b_cryp	0		1			c	9
		lut + zea	0		1			c	9
		lyc	0		1			c	9

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09351	Fruit cocktail, canned, heavy syrup, drained	a_car	0		1			c	9
		b_car	138		1			c	9
		b_cryp	52		1			c	9
		lut + zea	112		1			c	9
		lyc	0		1			c	9
11975	Grape leaves, canned	a_car	629		1			c	42
		b_car	2,838		1			c	42
		b_cryp	0		1			c	42
11974	Grape leaves, raw	a_car	0		1			c	42
		b_car	16,194		1			c	42
		b_cryp	4		1			c	42
09112	Grapefruit, raw, pink and red, all areas	a_car	5	4	4	0	14	b	2,5,9,22
		b_car	603	152	11	248	2,343	a	2,5,9,22,30,35
		b_cryp	12	9	4	0	30	b	9,22,30
		lut + zea	13		2	0	20	c	9,22
		lyc	1,462	477	7	160	3,362	a	9,22,35
09116	Grapefruit, raw, white, all areas	a_car	8		1			c	5
		b_car	14		1			c	5
09132	Grapes, red or green (european types, varieties, such as, Thompson seedless), raw	b_car	39		1			c	10
06119	Gravy, chicken, canned	b_car	386		1			c	11
22511	Green peppers stuffed with beef and rice with tomato sauce, frozen entree, cooked	a_car	0		1			c	9
		b_car	192		1			c	9
		b_cryp	0		1			c	9
		lut + zea	75		1			c	9
		lyc	3,092		1			c	9
xxxxx	Greens, fiddlehead ferns, home-canned, drained	a_car	270		1			c	4
		b_car	1,640		1			c	4
xxxxx	Greens, fiddlehead ferns, home-frozen, unprepared	a_car	280		1			c	4
		b_car	1,870		1			c	4
11995	Greens, fiddlehead ferns, raw	a_car	331		1			c	3
		b_car	2,040		2	2,030	2,050	c	3,4

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02055	Horseradish, prepared	a_car	0		1			c	42
		b_car	0		1			c	42
		b_cryp	0		1			c	42
16137	Hummus, home-prepared	a_car	0		1			c	43
		b_car	10		1			c	43
		b_cryp	15		1			c	43
11234	Kale, cooked, boiled, drained, without salt	a_car	0		2	0	0	c	9,19
		b_car	6,202	2,272	3	3,745	12,600	b	9,19,39
		b_cryp	0		2	0	0	c	9,19
		lut + zea	15,798		2	10,902	25,590	c	9,19
		lyc	0		2	0	0	c	9,19
11233	Kale, raw	a_car	0		1			c	19
		b_car	9,226	2,885	3	4,720	14,600	c	19,33,39
		b_cryp	0		1			c	19
		lut + zea	39,550		1			c	19
		lyc	0		1			c	19
09149	Kumquats, raw	b_car	0		1			c	17
22504	Lasagna with meat and tomato sauce, frozen entree, cooked	a_car	0		1			c	9
		b_car	170		1			c	9
		b_cryp	0		1			c	9
		lut + zea	97		1			c	9
		lyc	7,750		1			c	9
16144	Lentils, pink, raw	a_car	0		1			c	42
		b_car	35		1			c	42
		b_cryp	0		1			c	42
11251	Lettuce, cos or romaine, raw	a_car	0		1			c	9
		b_car	1,272		2	1,200	1,345	c	8,9
		b_cryp	0		1			c	9
		lut + zea	2,635		1			c	9
		lyc	0		1			c	9

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NDB	Desc	Carot	Mean	SEM	#S	Min	Max	CC	Ref. No.
11252	Lettuce, iceberg (includes crisphead types), raw	a_car	2		2	0	4	c	2,9
		b_car	192	69	3	114	330	b	2,9,11
		b_cryp	0		1			c	9
		lut + zea	352		1			c	9
		lyc	0		1			c	9
11255	Lotus root, cooked, boiled, drained, without salt	a_car	0		1			c	42
		b_car	3		1			c	42
		b_cryp	0		1			c	42
09424	Mangos, canned, drained	b_car	13,120		1			c	30
		b_cryp	1,550		1			c	30
09176	Mangos, raw	a_car	17		1			c	17
		b_car	445		2	395	495	c	17
		b_cryp	11		1			c	17
09177	Mangosteen, canned, syrup pack	a_car	1		1			c	42
		b_car	16		1			c	42
		b_cryp	9		1			c	42
04625	Margarine-like spread, 0% fat	a-car	0		1			c	9
		b_car	170		1			c	9
		b_cryp	0		1			c	9
		lut + zea	0		1			c	9
		lyc	0		1			c	9
04614	Margarine-like spread, stick/tub, composite, 60% fat, with salt	a_car	0		1			c	9
		b_car	721		1			c	9
		b_cryp	0		1			c	9
		lut + zea	0		1			c	9
		lyc	0		1			c	9
04132	Margarine, regular, unspecified oils, with salt added	a_car	0		1			c	9
		b_car	485	64	3	400	610	b	9,24
		b_cryp	0		1			c	9
		lut + zea	0		1			c	9
		lyc	0		1			c	9

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NDB	Desc	Carot	Mean	SEM	#S	Min	Max	CC	Ref. No.
22501	Meatloaf with mashed potatoes and tomato based gravy, low fat frozen entree, cooked	a_car	0		1			c	9
		b_car	110		1			c	9
		b_cryp	0		1			c	9
		lut + zea	0		1			c	9
		lyc	930		1			c	9
09180	Melon, canary, raw	b_car	53		1			c	17
09182	Melon, crenshaw, raw	a_car	15		1			c	17
		b_car	450		1			c	17
		b_cryp	14		1			c	17
09426	Melon, pepino, raw	a_car	0		1			c	17
		b_cryp	0		1			c	17
09181	Melons, cantaloupe, raw	a_car	27	12	3	9	61	b	2,6,9
		b_car	1,595	88	5	1,377	1,847	a	2,6,9,28,30
		b_cryp	0		1			c	9
		lut + zea	40		1			c	9
		lyc	0		1			c	9
01107	Milk, human, mature, fluid	a_car	0		1			c	12
		b_car	1		1			c	12
		lut + zea	1		1			c	12
		lyc	3		1			c	12
01077	Milk, whole, fluid, 3.3% fat	a_car	0		1			c	9
		b_car	8		1			c	9
		b_cryp	0		1			c	9
		lut + zea	0		1			c	9
		lyc	0		1			c	9
11999	Mushrooms, black, dried	a_car	0		1			c	43
		b_car	0		1			c	43
		b_cryp	0		1			c	43
11989	Mushrooms, straw, canned, drained solids	a_car	0		1			c	43
		b_car	0		1			c	43
		b_cryp	0		1			c	43

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NDB	Desc	Carot	Mean	SEM	#S	Min	Max	CC	Ref. No.
09191	Nectarines, raw	a_car	0		2	0	0	c	2,5
		b_car	101		2	100	103	c	5,11
		b_cryp	59		1			c	11
11279	Okra, cooked, boiled, drained, without salt	a_car	0		1			c	9
		b_car	170		1			c	9
		b_cryp	0		1			c	9
		lut + zea	390		1			c	9
		lyc	0		1			c	9
11278	Okra, raw	a_car	28		1			c	2
		b_car	432		1			c	2
09195	Olives, pickled, canned or bottled, green	a_car	0		1			c	43
		b_car	207		1			c	43
		b_cryp	4		1			c	43
11291	Onions, spring (includes tops and bulb), raw	a_car	6		1			c	6
		b_car	391		1			c	6
09199	Orange, blood, raw	a_car	0		1			c	17
		b_car	120		1			c	17
		b_cryp	69		1			c	17
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volumes water	a_car	2		2	0	7	b	9,37
		b_car	24	7	3	9	39	b	9,30,37
		b_cryp	99	71	3	24	231	b	9,30,37
		lut + zea	138		1			c	9
		lyc	0		1			c	9
09206	Orange juice, raw	a_car	2	1	3	1	3	b	38
		b_car	4	1	3	3	5	b	38
		b_cryp	15	1	3	14	16	b	38
		lut + zea	36	5	3	28	44	b	38
xxxxx	Orange juice, raw, hybrid varieties	a_car	8	1	3	7	9	b	38
		b_car	39	15	3	14	67	b	38
		b_cryp	324	150	3	25	489	b	38
		lut + zea	105	4	3	100	113	b	38

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NDB	Desc	Carot	Mean	SEM	#S	Min	Max	CC	Ref. No.
09200	Oranges, raw, all commercial varieties	a_car	16		2	14	20	b	2,9
		b_car	51		2	40	59	b	2,9
		b_cryp	122		1			c	9
		lut + zea	187		1			b	9
		lyc	0		1			b	9
18465	Papad urad, dahl, cooked	a_car	3		1			c	42
		b_car	7		1			c	42
		b_cryp	0		1			c	42
09226	Papayas, raw	a_car	0		1			c	9
		b_car	276	245	3	62	910	b	9,30,31
		b_cryp	761	225	3	517	1,264	b	9,30,31
		lut + zea	75		1			c	9
		lyc	0		1			c	9
09230	Passion-fruit, yellow, raw	a_car	35		1			c	17
		b_car	525		1			c	17
		b_cryp	46		1			c	17
22505	Pasta in tomato sauce with cheese, canned	a_car	0		1			c	9
		b_car	127		1			c	9
		b_cryp	0		1			c	9
		lut + zea	0		1			c	9
		lyc	3,162		1			c	9
22508	Pasta with chicken and vegetables (includes carrots, peas, onions and mushrooms) with oriental sauce, low calorie frozen entree, cooked	a_car	365		1			c	9
		b_car	620		1			c	9
		b_cryp	0		1			c	9
		lut + zea	312		1			c	9
		lyc	0		1			c	9
22510	Pasta with shrimp and vegetables (includes broccoli, red peppers, yellow zucchini and onions) in lemon pepper sauce, low fat frozen entree, cooked	a_car	0		1			c	9
		b_car	148		1			c	9
		b_cryp	0		1			c	9
		lut + zea	177		1			c	9
		lyc	0		1			c	9

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NDB	Desc	Carot	Mean	SEM	#S	Min	Max	CC	Ref. No.
09370	Peaches, canned, heavy syrup, drained	a_car	0		1			c	22
		b_car	334	123	4	60	625	b	22,30,33
		b_cryp	141	78	3	47	295	b	22,30
		lut + zea	33		1			c	22
		lyc	0		1			c	22
09236	Peaches, raw	a_car	1	1	3	0	3	b	2,9,22
		b_car	97	13	3	76	112	a	9,11,22
		b_cryp	24		2	12	30	b	9,22
		lut + zea	57		2	10	80	b	9,22
		lyc	0		2	0	0	b	9,22
09374	Pears, canned, heavy syrup, drained	b_car	4		1			c	33
09252	Pears, raw	a_car	6		1			c	11
		b_car	27		1			c	11
11308	Peas, green, canned, regular pack, drained solids	a_car	0		1			c	9
		b_car	320		1			c	9
		b_cryp	0		1			c	9
		lut + zea	1,350		1			c	9
		lyc	0		1			c	9
11312	Peas, green, frozen, unprepared	a_car	33		1			c	10
		b_car	320		1			c	10
11304	Peas, green, raw	a_car	19		2	16	26	c	2,6
		b_car	485		2	340	557	c	2,6
11976	Pepper, banana, raw	a_car	39		1			c	42
		b_car	184		1			c	42
		b_cryp	0		1			c	42
11977	Pepper, serrano, raw	a_car	18		1			c	42
		b_car	534		1			c	42
		b_cryp	40		1			c	42
11333	Peppers, sweet, green, raw	a_car	22	10	3	0	34	b	2,5,6
		b_car	198	43	3	81	276	b	2,5,6
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	a_car	62		1			c	39
		b_car	2,220		1			c	39

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NDB	Desc	Carot	Mean	SEM	#S	Min	Max	CC	Ref. No.
11821	Peppers, sweet, red, raw	a_car	59		1			c	39
		b_car	2,379	310	3	1,940	2,978	c	13,30,39
		b_cryp	2,205		1			c	30
11951	Peppers, sweet, yellow, raw	b_car	120		1			c	30
09264	Persimmons, japanese, dried	a_car	18		1			c	17
		b_car	374		1			c	17
		b_cryp	156		1			c	17
09263	Persimmons, japanese, raw	b_car	253		2	240	266	c	30,31
		b_cryp	1,447		2	1,234	1,660	c	30,31
		lut + zea	834		1			c	31
		lyc	158		1			c	31
xxxxx	Persimmons, japanese, raw, with skin	a_car	75		2	60	90	c	15
		b_car	349		2	158	540	c	15
		b_cryp	94		2	60	128	c	15
09354	Pineapple, canned, juice pack, drained	b_car	30		1			c	30
22507	Pizza, supreme with sausage and pepperoni, mushrooms, peppers, onions, cheese and sauce, thin crust, frozen	a_car	0		1			c	9
		b_car	170		1			c	9
		b_cryp	0		1			c	9
		lut + zea	20		1			c	9
		lyc	2,071		1			c	9
22506	Pizza with pepperoni, cheese and sauce, thin crust, frozen	a_car	0		2	0	0	b	9
		b_car	264		2	162	332	b	9
		b_cryp	0		2	0	0	b	9
		lut + zea	15		2	0	25	b	9
		lyc	4,449		2	3,075	5,365	b	9
09279	Plums, raw	b_car	98		1			c	11
		b_cryp	16		1			c	11
11352	Potatoes, raw, flesh and skin	b_car	6		1			c	3
09287	Prickly pears, raw	a_car	0		2	0	0	c	17,42
		b_car	24		2	0	49	c	17,42
		b_cryp	3		2	0	6	c	17,42

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NDB	Desc	Carot	Mean	SEM	#S	Min	Max	CC	Ref. No.
09425	Pummelos, pink, raw	a_car	14		1			c	17
		b_car	320		1			c	17
		b_cryp	103		1			c	17
09295	Pummelo, raw	a_car	0		1			c	17
		b_car	0		1			c	17
		b_cryp	10		1			c	17
11424	Pumpkin, canned, without salt	a_car	4,795		2	2,170	7,420	c	20,39
		b_car	6,940		2	3,060	10,820	c	20,39
		b_cryp	0		1			c	20
		lut + zea	0		1			c	20
		lyc	0		1			c	20
09301	Rambutan, canned, syrup pack	a_car	0		1			c	42
		b_car	2		1			c	42
		b_cryp	0		1			c	42
09302	Raspberries, raw	a_car	12		2	0	25	c	2,17
		b_car	8		2	2	14	c	17,32
		b_cryp	0		1			c	17
06175	Sauce, hoisin, ready-to-serve	a_car	0		1			c	42
		b_car	12		1			c	42
		b_cryp	0		1			c	42
06137	Sauce, mole, canned	a_car	0		1			c	42
		b_car	9		1			c	42
		b_cryp	0		1			c	42
06136	Sauce, mole, prepared from recipe	a_car	199		1			c	42
		b_car	1,282		1			c	42
		b_cryp	828		1			c	42
06176	Sauce, oyster, ready-to-serve	a_car	0		1			c	42
		b_car	13		1			c	42
		b_cryp	0		1			c	42

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NDB	Desc	Carot	Mean	SEM	#S	Min	Max	CC	Ref. No.
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	a_car	0		1			c	41
		b_car	440		1			c	41
		b_cryp	0		1			c	41
		lut + zea	160		1			c	41
		lyc	15,990		1			c	41
06151	Sauce, plum, ready-to-serve	a_car	0		1			c	43
		b_car	26		1			c	43
		b_cryp	0		1			c	43
06168	Sauce, ready-to-serve, pepper or hot	b_car	558		1			c	45
06164	Sauce, ready-to-serve, salsa	b_car	398		1			c	45
12038	Seeds, sunflower seed kernels, oil roasted, without salt	a_car	0		1			c	43
		b_car	0		1			c	43
		b_cryp	0		1			c	43
06019	Soup, chicken noodle, canned, condensed, commercial	a_car	151		1			c	10
		b_car	391		1			c	10
06040	Soup, minestrone, canned, condensed, commercial	a_car	210		1			c	41
		b_car	920		1			c	41
		b_cryp	0		1			c	41
		lut + zea	150		1			c	41
		lyc	1,480		1			c	41
06159	Soup, tomato, canned, condensed, commercial	a_car	0		1			c	41
		b_car	235		2	230	242	b	11,41
		b_cryp	0		1			c	41
		lut + zea	90		1			c	41
		lyc	10,920		1			c	41
06071	Soup, vegetable beef, canned, condensed, commercial	a_car	489	53	3	394	580	b	9,10,41
		b_car	1,618	68	3	1,510	1,775	b	9,10,41
		b_cryp	0		2	0	0	b	9,41
		lut + zea	92		2	73	110	b	9,41
		lyc	364		2	310	418	b	9,41

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NDB	Desc	Carot	Mean	SEM	#S	Min	Max	CC	Ref. No.
06068	Soup, vegetarian vegetable, canned, condensed, commercial	a_car	410		1			c	41
		b_car	1,500		1			c	41
		b_cryp	0		1			c	41
		lut + zea	160		1			c	41
		lyc	1,930		1			c	41
02066	Spearmint, dried	a_car	0		1			c	43
		b_car	8,847		1			c	43
		b_cryp	650		1			c	43
02065	Spearmint, fresh	a_car	0		2	0	0	c	43
		b_car	2,133		2	2,011	2,255	c	43
		b_cryp	0		2	0	0	c	43
02049	Spices, thyme, fresh	b_car	2,851		1			c	45
11458	Spinach, cooked, boiled, drained, without salt	a_car	0		2	0	0	c	9,23
		b_car	5,242	898	4	4,130	9,480	a	8,9,23,39
		b_cryp	0		2	0	0	c	9,23
		lut + zea	7,043	1,097	3	5,300	9,665	a	8,9,23
		lyc	0		2	0	0	c	9,23
11461	Spinach, canned, drained solids	b_car	4,820		1			c	39
11463	Spinach, frozen, chopped or leaf, unprepared	b_car	4,940		1			c	39
11457	Spinach, raw	a_car	0	0	5	0	0	a	2,5,9,19,23
		b_car	5,597	561	8	3,970	8,900	a	2,5,9,19,23 33,39,40
		b_cryp	0	0	3	0	0	b	9,19,23
		lut + zea	11,938	1,462	3	9,500	15,940	b	9,19,23
		lyc	0	0	3	0	0	b	9,19,23
22512	Spinach souffle, frozen, cooked	a_car	0		1			c	9
		b_car	1,300		1			c	9
		b_cryp	0		1			c	9
		lut + zea	2,727		1			c	9
		lyc	0		1			c	9

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NDB	Desc	Carot	Mean	SEM	#S	Min	Max	CC	Ref. No.
11467	Squash, summer, crookneck and straightneck, raw	a_car	0		1			c	9
		b_car	90		1			c	9
		b_cryp	0		1			c	9
		lut + zea	290		1			c	9
		lyc	0		1			c	9
11477	Squash, summer, zucchini, includes skin, raw	a_car	0		1			c	9
		b_car	410		1			c	9
		b_cryp	0		1			c	9
		lut + zea	2,125		1			c	9
		lyc	0		1			c	9
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	a_car	0		1			c	21
		b_car	490		1			c	21
		b_cryp	0		1			c	21
		lut + zea	66		1			c	21
		lyc	0		1			c	21
11482	Squash, winter, acorn, raw	a_car	0		1			c	21
		b_car	220		1			c	21
		b_cryp	0		1			c	21
		lut + zea	38		1			c	21
		lyc	0		1			c	21
11494	Squash, winter, buttercup, raw	a_car	24		1			c	6
		b_car	710		1			c	6
11486	Squash, winter, butternut, cooked, baked, without salt	a_car	1,130		1			c	39
		b_car	4,570		1			c	39
11485	Squash, winter, butternut, raw	a_car	834		2	732	935	c	39,40
		b_car	4,226	2,126	3	1,360	8,378	c	33,39,40
11489	Squash, winter, hubbard, raw	b_car	820		2	820	820	c	39,40
09316	Strawberries, raw	a_car	5		1			c	2
11508	Sweetpotato, cooked, baked in skin, without salt	a_car	0		1			c	20
		b_car	9,488	1,823	4	7,119	15,160	b	7,20,39,46
		b_cryp	0		1			c	20
		lut + zea	0		1			c	20
		lyc	0		1			c	20

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NDB	Desc	Carot	Mean	SEM	#S	Min	Max	CC	Ref. No.
11512	Sweetpotato, canned, vacuum pack	a_car	0		1			c	20
		b_car	8,314	2,566	4	5,465	16,000	b	7,20,33,39
		b_cryp	0		1			c	20
		lut + zea	0		1			c	20
		lyc	0		1			c	20
11516	Sweetpotato, frozen, unprepared	b_car	6,220		1			c	39
11507	Sweetpotato, raw	a_car	0		2	0	0	c	5,20
		b_car	9,180	1,272	6	5,029	16,000	a	2,5,7,20,33,39
		b_cryp	0		1			c	20
		lut + zea	0		1			c	20
		lyc	0		1			c	20
09322	Tamarinds, raw	a_car	0		1			c	43
		b_car	8		1			c	43
		b_cryp	0		1			c	43
09224	Tangerine juice, frozen concentrate, sweetened, undiluted	b_car	277	107	3	160	490	b	30
		b_cryp	2,767	614	3	2,108	3,994	b	30
09221	Tangerine juice, raw	a_car	9		2	3	14	b	37,38
		b_car	21		2	4	38	b	37,38
		b_cryp	115		2	15	214	b	37,38
		lut + zea	166		1			c	38
09218	Tangerines, (mandarin oranges), raw	a_car	14		1			c	9
		b_car	71		2	68	73	c	9,32
		b_cryp	485		1			c	9
		lut + zea	243		1			c	9
		lyc	0		1			c	9
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	a_car	0		1			c	42
		b_car	0		1			c	42
		b_cryp	0		1			c	42

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NDB	Desc	Carot	Mean	SEM	#S	Min	Max	CC	Ref. No.
11886	Tomato juice, canned, without salt added	a_car	0		1			c	41
		b_car	428		2	270	900	b	8,41
		b_cryp	0		1			c	41
		lut + zea	60		1			c	41
		lyc	9,318	1,269	5	5,000	11,600	a	1,8,41
11887	Tomato products, canned, paste, with salt added	a_car	29	35	3	0	200	b	8,9,41
		b_car	1,242	206	3	910	1,700	b	8,9,41
		b_cryp	0		2	0	0	b	9,41
		lut + zea	170		2	0	340	b	9,41
		lyc	29,330	10,860	5	5,400	55,450	a	8,9,41
11888	Tomato products, canned, puree, with salt added	a_car	0		1			c	41
		b_car	410		1			c	41
		b_cryp	0		1			c	41
		lut + zea	90		1			c	41
		lyc	16,670		1			c	41
11549	Tomato products, canned, sauce	a_car	0		2	0	0	b	9,41
		b_car	410		2	370	450	b	9,41
		b_cryp	0		2	0	0	b	9,41
		lut + zea	1		2	0	2	b	9,41
		lyc	15,916	1,829	3	7,300	17,980	b	8,9,41
11530	Tomatoes, red, ripe, cooked, boiled, without salt	a_car	0		1			c	23
		b_car	300		1			c	23
		b_cryp	0		1			c	23
		lut + zea	150		1			c	23
		lyc	4,400		1			c	23
11531	Tomatoes, red, ripe, canned, whole, regular pack	a_car	0		2	0	0	b	9,41
		b_car	186	43	3	70	230	b	9,10,41
		b_cryp	0		2	0	0	b	9,41
		lut + zea	40		2	0	80	b	9,41
		lyc	9,708		2	9,270	10,145	b	9,41

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NDB	Desc	Carot	Mean	SEM	#S	Min	Max	CC	Ref. No.
11529	Tomatoes, red, ripe, raw, year round average	a_car	112		2	0	223	c	6,23
		b_car	393	71	7	115	700	a	6,8,11,23,30,48
		b_cryp	0		1			c	23
		lut + zea	130		1			c	23
		lyc	3,025	596	5	879	4,200	a	8,23,48
11569	Turnip greens, cooked, boiled, drained, without salt	a_car	0		1			c	9
		b_car	4,575		1			c	9
		b_cryp	0		1			c	9
		lut + zea	8,440		1			c	9
		lyc	0		1			c	9
11996	Vegetable combination with butter sauce (broccoli, cauliflower and baby carrot)	a_car	333		1			c	9
		b_car	450		1			c	9
		b_cryp	0		1			c	9
		lut + zea	142		1			c	9
		lyc	0		1			c	9
22509	Vegetables (includes white potatoes, sweet potatoes, rutabagas, green beans, and onions) with beef and sauce, low fat frozen entree, cooked	a_car	0		1			c	9
		b_car	352		1			c	9
		b_cryp	0		1			c	9
		lut + zea	70		1			c	9
		lyc	285		1			c	9
11578	Vegetable juice cocktail, canned	a_car	210		1			c	41
		b_car	830		1			c	41
		b_cryp	0		1			c	41
		lut + zea	80		1			c	41
		lyc	9,660		1			c	41
11990	Wasabi, root, raw	a_car	0		1			c	43
		b_car	14		1			c	43
		b_cryp	0		1			c	43

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NDB	Desc	Carot	Mean	SEM	#S	Min	Max	CC	Ref. No.
09326	Watermelon, raw	a_car	0		1			c	9
		b_car	295		2	287	310	c	9,30
		b_cryp	103		2	0	310	c	9,30
		lut + zea	17		1			c	9
		lyc	4,868		1			c	9
11991	Yautia (tannier), raw	a_car	0		1			c	43
		b_car	3		1			c	43
		b_cryp	0		1			c	43