

Food Group: Dairy and Egg Products

Here you can find links to MedRat NutriArchives (one of the world's largest collections of food composition Web pages!) food composition Web pages, based on USDA National Nutrient Database for Standard Reference, Release 20 (SR20). There are 221 food items (arranged in alphabetical order) for food group, "Dairy and Egg Products", in SR20. However, there are 7519 food items in all food groups included in SR20. **NDB#** is the 5-digit Nutrient Databank number that uniquely identifies a food item.

Other Groups

- [\[Baby Foods\]](#) [\[Baked Products\]](#) [\[Beef Products\]](#) [\[Beverages\]](#) [\[Breakfast Cereals\]](#)
- [\[Cereal Grains and Pasta\]](#) [\[Dairy & Egg Products\]](#) [\[Ethnic Foods\]](#) [\[Fast Foods\]](#)
- [\[Fats & Oils\]](#) [\[Finfish & Shellfish Products\]](#) [\[Fruits and Fruit Juices\]](#)
- [\[Lamb, Veal, and Game Products\]](#) [\[Legumes and Legume Products\]](#)
- [\[Meals, Entrees, and Sidedishes\]](#) [\[Nut and Seed Products\]](#)
- [\[Pork Products\]](#) [\[Poultry Products\]](#) [\[Sausages & Luncheon Meats\]](#)
- [\[Snacks\]](#) [\[Soups, Sauces, and Gravies\]](#) [\[Spices & Herbs\]](#)
- [\[Sweets\]](#) [\[Vegetables & Vegetable Products\]](#)

Based on USDA National Nutrient Database for Standard Reference, Release 20 (SR20)

1. [Beverage, instant breakfast powder, chocolate, not reconstituted \(NDB#: 43205\)](#)
2. [Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted \(NDB#: 43260\)](#)
3. [Beverage, milkshake mix, dry, not chocolate \(NDB#: 43078\)](#)
4. [Butter oil, anhydrous \(NDB#: 01003\)](#)
5. [Butter, salted \(NDB#: 01001\)](#)
6. [Butter, whipped, with salt \(NDB#: 01002\)](#)
7. [Butter, without salt \(NDB#: 01145\)](#)
8. [Cheese fondue \(NDB#: 01163\)](#)
9. [Cheese food, cold pack, american \(NDB#: 01045\)](#)
10. [Cheese food, imitation \(NDB#: 44048\)](#)
11. [Cheese food, pasteurized process, american, with di sodium phosphate \(NDB#: 01149\)](#)
12. [Cheese food, pasteurized process, american, without di sodium phosphate \(NDB#: 01046\)](#)
13. [Cheese food, pasteurized process, swiss \(NDB#: 01047\)](#)
14. [Cheese product, pasteurized process, cheddar or american, reduced fat \(NDB#: 42258\)](#)
15. [Cheese sauce, prepared from recipe \(NDB#: 01164\)](#)
16. [Cheese spread, cream cheese base \(NDB#: 43276\)](#)
17. [Cheese spread, pasteurized process, american, with di sodium phosphate \(NDB#: 01150\)](#)
18. [Cheese spread, pasteurized process, american, without di sodium phosphate \(NDB#: 01048\)](#)
19. [Cheese substitute, mozzarella \(NDB#: 01161\)](#)
20. [Cheese, american cheddar, imitation \(NDB#: 43278\)](#)
21. [Cheese, blue \(NDB#: 01004\)](#)
22. [Cheese, brick \(NDB#: 01005\)](#)
23. [Cheese, brie \(NDB#: 01006\)](#)
24. [Cheese, camembert \(NDB#: 01007\)](#)

25. [Cheese, caraway \(NDB#: 01008\)](#)
26. [Cheese, cheddar \(NDB#: 01009\)](#)
27. [Cheese, cheshire \(NDB#: 01010\)](#)
28. [Cheese, colby \(NDB#: 01011\)](#)
29. [Cheese, cottage, creamed, large or small curd \(NDB#: 01012\)](#)
30. [Cheese, cottage, creamed, with fruit \(NDB#: 01013\)](#)
31. [Cheese, cottage, lowfat, 1% milkfat \(NDB#: 01016\)](#)
32. [Cheese, cottage, lowfat, 1% milkfat, lactose reduced \(NDB#: 42235\)](#)
33. [Cheese, cottage, lowfat, 1% milkfat, no sodium added \(NDB#: 43352\)](#)
34. [Cheese, cottage, lowfat, 1% milkfat, with vegetables \(NDB#: 43396\)](#)
35. [Cheese, cottage, lowfat, 2% milkfat \(NDB#: 01015\)](#)
36. [Cheese, cottage, nonfat, uncreamed, dry, large or small curd \(NDB#: 01014\)](#)
37. [Cheese, cottage, with vegetables \(NDB#: 43273\)](#)
38. [Cheese, cream \(NDB#: 01017\)](#)
39. [Cheese, cream, fat free \(NDB#: 01186\)](#)
40. [Cheese, cream, low fat \(NDB#: 43274\)](#)
41. [Cheese, edam \(NDB#: 01018\)](#)
42. [Cheese, feta \(NDB#: 01019\)](#)
43. [Cheese, fontina \(NDB#: 01020\)](#)
44. [Cheese, gjetost \(NDB#: 01021\)](#)
45. [Cheese, goat, hard type \(NDB#: 01156\)](#)
46. [Cheese, goat, semisoft type \(NDB#: 01157\)](#)
47. [Cheese, goat, soft type \(NDB#: 01159\)](#)
48. [Cheese, gouda \(NDB#: 01022\)](#)
49. [Cheese, gruyere \(NDB#: 01023\)](#)
50. [Cheese, limburg \(NDB#: 01024\)](#)
51. [Cheese, low fat, cheddar or colby \(NDB#: 01168\)](#)
52. [Cheese, low-sodium, cheddar or colby \(NDB#: 01169\)](#)
53. [Cheese, Mexican, blend, reduced fat \(NDB#: 01209\)](#)
54. [Cheese, mexican, queso anejo \(NDB#: 01165\)](#)
55. [Cheese, mexican, queso asadero \(NDB#: 01166\)](#)
56. [Cheese, mexican, queso chihuahua \(NDB#: 01167\)](#)
57. [Cheese, monterey \(NDB#: 01025\)](#)
58. [Cheese, monterey, low fat \(NDB#: 42155\)](#)
59. [Cheese, mozzarella, low sodium \(NDB#: 43597\)](#)
60. [Cheese, mozzarella, nonfat \(NDB#: 42304\)](#)
61. [Cheese, mozzarella, part skim milk \(NDB#: 01028\)](#)
62. [Cheese, mozzarella, part skim milk, low moisture \(NDB#: 01029\)](#)
63. [Cheese, mozzarella, whole milk \(NDB#: 01026\)](#)
64. [Cheese, mozzarella, whole milk, low moisture \(NDB#: 01027\)](#)
65. [Cheese, muenster \(NDB#: 01030\)](#)
66. [Cheese, muenster, low fat \(NDB#: 42303\)](#)
67. [Cheese, neufchatel \(NDB#: 01031\)](#)
68. [Cheese, parmesan, dry grated, reduced fat \(NDB#: 01204\)](#)
69. [Cheese, parmesan, grated \(NDB#: 01032\)](#)
70. [Cheese, parmesan, hard \(NDB#: 01033\)](#)
71. [Cheese, parmesan, low sodium \(NDB#: 43340\)](#)
72. [Cheese, parmesan, shredded \(NDB#: 01146\)](#)
73. [Cheese, pasteurized process, american, low fat \(NDB#: 43275\)](#)
74. [Cheese, pasteurized process, american, with di sodium phosphate \(NDB#: 01042\)](#)

75. [Cheese, pasteurized process, american, without di sodium phosphate \(NDB#: 01147\)](#)
76. [Cheese, pasteurized process, cheddar or american, fat-free \(NDB#: 42205\)](#)
77. [Cheese, pasteurized process, cheddar or american, low sodium \(NDB#: 43398\)](#)
78. [Cheese, pasteurized process, pimento \(NDB#: 01043\)](#)
79. [Cheese, pasteurized process, swiss, low fat \(NDB#: 43379\)](#)
80. [Cheese, pasteurized process, swiss, with di sodium phosphate \(NDB#: 01044\)](#)
81. [Cheese, pasteurized process, swiss, without di sodium phosphate \(NDB#: 01148\)](#)
82. [Cheese, port de salut \(NDB#: 01034\)](#)
83. [Cheese, provolone \(NDB#: 01035\)](#)
84. [Cheese, provolone, reduced fat \(NDB#: 01208\)](#)
85. [Cheese, ricotta, part skim milk \(NDB#: 01037\)](#)
86. [Cheese, ricotta, whole milk \(NDB#: 01036\)](#)
87. [Cheese, romano \(NDB#: 01038\)](#)
88. [Cheese, roquefort \(NDB#: 01039\)](#)
89. [Cheese, swiss \(NDB#: 01040\)](#)
90. [Cheese, swiss, low fat \(NDB#: 43589\)](#)
91. [Cheese, swiss, low sodium \(NDB#: 43405\)](#)
92. [Cheese, tilsit \(NDB#: 01041\)](#)
93. [Cream substitute, flavored, liquid \(NDB#: 01205\)](#)
94. [Cream substitute, flavored, powdered \(NDB#: 01206\)](#)
95. [Cream substitute, liquid, light \(NDB#: 42141\)](#)
96. [Cream substitute, liquid, with hydrogenated vegetable oil and soy protein \(NDB#: 01067\)](#)
97. [Cream substitute, liquid, with lauric acid oil and sodium caseinate \(NDB#: 01068\)](#)
98. [Cream substitute, powdered \(NDB#: 01069\)](#)
99. [Cream substitute, powdered, light \(NDB#: 42136\)](#)
100. [Cream, fluid, half and half \(NDB#: 01049\)](#)
101. [Cream, fluid, heavy whipping \(NDB#: 01053\)](#)
102. [Cream, fluid, light \(coffee cream or table cream\) \(NDB#: 01050\)](#)
103. [Cream, fluid, light whipping \(NDB#: 01052\)](#)
104. [Cream, half and half, fat free \(NDB#: 01199\)](#)
105. [Cream, sour, cultured \(NDB#: 01056\)](#)
106. [Cream, sour, reduced fat, cultured \(NDB#: 01055\)](#)
107. [Cream, whipped, cream topping, pressurized \(NDB#: 01054\)](#)
108. [Dessert topping, powdered \(NDB#: 01070\)](#)
109. [Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk \(NDB#: 01071\)](#)
110. [Dessert topping, pressurized \(NDB#: 01072\)](#)
111. [Dessert topping, semi solid, frozen \(NDB#: 01073\)](#)
112. [Egg substitute, frozen \(NDB#: 01142\)](#)
113. [Egg substitute, liquid \(NDB#: 01143\)](#)
114. [Egg substitute, powder \(NDB#: 01144\)](#)
115. [Egg, duck, whole, fresh, raw \(NDB#: 01138\)](#)
116. [Egg, goose, whole, fresh, raw \(NDB#: 01139\)](#)
117. [Egg, quail, whole, fresh, raw \(NDB#: 01140\)](#)
118. [Egg, turkey, whole, fresh, raw \(NDB#: 01141\)](#)
119. [Egg, white, dried \(NDB#: 01173\)](#)
120. [Egg, white, dried, flakes, glucose reduced \(NDB#: 01135\)](#)
121. [Egg, white, dried, powder, glucose reduced \(NDB#: 01136\)](#)
122. [Egg, white, raw, fresh \(NDB#: 01124\)](#)
123. [Egg, white, raw, frozen \(NDB#: 01172\)](#)
124. [Egg, whole, cooked, fried \(NDB#: 01128\)](#)

125. [Egg, whole, cooked, hard-boiled \(NDB#: 01129\)](#)
126. [Egg, whole, cooked, omelet \(NDB#: 01130\)](#)
127. [Egg, whole, cooked, poached \(NDB#: 01131\)](#)
128. [Egg, whole, cooked, scrambled \(NDB#: 01132\)](#)
129. [Egg, whole, dried \(NDB#: 01133\)](#)
130. [Egg, whole, dried, stabilized, glucose reduced \(NDB#: 01134\)](#)
131. [Egg, whole, raw, fresh \(NDB#: 01123\)](#)
132. [Egg, whole, raw, frozen \(NDB#: 01171\)](#)
133. [Egg, yolk, dried \(NDB#: 01137\)](#)
134. [Egg, yolk, raw, fresh \(NDB#: 01125\)](#)
135. [Egg, yolk, raw, frozen \(NDB#: 01126\)](#)
136. [Egg, yolk, raw, frozen, salted \(NDB#: 01160\)](#)
137. [Egg, yolk, raw, frozen, sugared \(NDB#: 01127\)](#)
138. [Eggnog \(NDB#: 01057\)](#)
139. [Eggs, scrambled, frozen mixture \(NDB#: 43285\)](#)
140. [Ensure plus, liquid nutrition \(NDB#: 43528\)](#)
141. [Imitation cheese, american or cheddar, low cholesterol \(NDB#: 42117\)](#)
142. [KRAFT BREAKSTONE'S FREE Fat Free Sour Cream \(NDB#: 01194\)](#)
143. [KRAFT BREAKSTONE'S Reduced Fat Sour Cream \(NDB#: 01193\)](#)
144. [KRAFT BREYERS LIGHT N' LIVELY Lowfat Strawberry Yogurt \(1% Milkfat\) \(NDB#: 01196\)](#)
145. [KRAFT BREYERS LIGHT Nonfat Strawberry Yogurt \(with Aspartame and Fructose Sweeteners\) \(NDB#: 01198\)](#)
146. [KRAFT BREYERS Lowfat Strawberry Yogurt \(1% Milkfat\) \(NDB#: 01195\)](#)
147. [KRAFT BREYERS Smooth & Creamy Lowfat Strawberry Yogurt \(1% Milkfat\) \(NDB#: 01197\)](#)
148. [KRAFT CHEEZ WHIZ LIGHT Pasteurized Process Cheese Product \(NDB#: 01189\)](#)
149. [KRAFT CHEEZ WHIZ Pasteurized Process Cheese Sauce \(NDB#: 01188\)](#)
150. [KRAFT FREE Singles American Nonfat Pasteurized Process Cheese Product \(NDB#: 01190\)](#)
151. [KRAFT VELVEETA LIGHT Reduced Fat Pasteurized Process Cheese Product \(NDB#: 01192\)](#)
152. [KRAFT VELVEETA Pasteurized Process Cheese Spread \(NDB#: 01191\)](#)
153. [Milk shakes, thick chocolate \(NDB#: 01110\)](#)
154. [Milk shakes, thick vanilla \(NDB#: 01111\)](#)
155. [Milk substitutes, fluid with hydrogenated vegetable oils \(NDB#: 01075\)](#)
156. [Milk substitutes, fluid, with lauric acid oil \(NDB#: 01076\)](#)
157. [Milk, buttermilk, dried \(NDB#: 01094\)](#)
158. [Milk, buttermilk, fluid, cultured, lowfat \(NDB#: 01088\)](#)
159. [Milk, buttermilk, fluid, cultured, reduced fat \(NDB#: 42189\)](#)
160. [Milk, canned, condensed, sweetened \(NDB#: 01095\)](#)
161. [Milk, canned, evaporated, nonfat \(NDB#: 01097\)](#)
162. [Milk, canned, evaporated, with added vitamin A \(NDB#: 01153\)](#)
163. [Milk, canned, evaporated, without added vitamin A \(NDB#: 01096\)](#)
164. [Milk, chocolate beverage, hot cocoa, homemade \(NDB#: 01105\)](#)
165. [Milk, chocolate, fluid, commercial, lowfat \(NDB#: 01104\)](#)
166. [Milk, chocolate, fluid, commercial, reduced fat \(NDB#: 01103\)](#)
167. [Milk, chocolate, fluid, commercial, reduced fat, with added calcium \(NDB#: 01202\)](#)
168. [Milk, chocolate, fluid, commercial, whole \(NDB#: 01102\)](#)
169. [Milk, dry, nonfat, calcium reduced \(NDB#: 01093\)](#)
170. [Milk, dry, nonfat, instant, with added vitamin A \(NDB#: 01092\)](#)
171. [Milk, dry, nonfat, instant, without added vitamin A \(NDB#: 01155\)](#)
172. [Milk, dry, nonfat, regular, with added vitamin A \(NDB#: 01154\)](#)
173. [Milk, dry, nonfat, regular, without added vitamin A \(NDB#: 01091\)](#)

174. [Milk, dry, whole \(NDB#: 01090\)](#)
175. [Milk, filled, fluid, with blend of hydrogenated vegetable oils \(NDB#: 01059\)](#)
176. [Milk, filled, fluid, with lauric acid oil \(NDB#: 01060\)](#)
177. [Milk, fluid, nonfat, calcium fortified \(fat free or skim\) \(NDB#: 42290\)](#)
178. [Milk, goat, fluid \(NDB#: 01106\)](#)
179. [Milk, human, mature, fluid \(NDB#: 01107\)](#)
180. [Milk, imitation, non-soy \(NDB#: 43543\)](#)
181. [Milk, indian buffalo, fluid \(NDB#: 01108\)](#)
182. [Milk, low sodium, fluid \(NDB#: 01089\)](#)
183. [Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A \(NDB#: 01084\)](#)
184. [Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids and vitamin A \(NDB#: 01083\)](#)
185. [Milk, lowfat, fluid, 1% milkfat, with added vitamin A \(NDB#: 01082\)](#)
186. [Milk, nonfat, fluid, protein fortified, with added vitamin A \(fat free and skim\) \(NDB#: 01087\)](#)
187. [Milk, nonfat, fluid, with added nonfat milk solids and vitamin A \(fat free or skim\) \(NDB#: 01086\)](#)
188. [Milk, nonfat, fluid, with added vitamin A \(fat free or skim\) \(NDB#: 01085\)](#)
189. [Milk, nonfat, fluid, without added vitamin A \(fat free or skim\) \(NDB#: 01151\)](#)
190. [Milk, producer, fluid, 3.7% milkfat \(NDB#: 01078\)](#)
191. [Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A \(NDB#: 01081\)](#)
192. [Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A \(NDB#: 01080\)](#)
193. [Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A \(NDB#: 01152\)](#)
194. [Milk, reduced fat, fluid, 2% milkfat, with added vitamin A \(NDB#: 01079\)](#)
195. [Milk, sheep, fluid \(NDB#: 01109\)](#)
196. [Milk, whole, 3.25% milkfat \(NDB#: 01077\)](#)
197. [Parmesan cheese topping, fat free \(NDB#: 01185\)](#)
198. [Reddi Wip Fat Free Whipped Topping \(NDB#: 01200\)](#)
199. [Sour cream, fat free \(NDB#: 01180\)](#)
200. [Sour cream, imitation, cultured \(NDB#: 01074\)](#)
201. [Sour cream, light \(NDB#: 01179\)](#)
202. [Sour cream, reduced fat \(NDB#: 01178\)](#)
203. [Sour dressing, non-butterfat, cultured, filled cream-type \(NDB#: 01058\)](#)
204. [USDA Commodity, cheese, cheddar, reduced fat \(NDB#: 01182\)](#)
205. [Whey, acid, dried \(NDB#: 01113\)](#)
206. [Whey, acid, fluid \(NDB#: 01112\)](#)
207. [Whey, sweet, dried \(NDB#: 01115\)](#)
208. [Whey, sweet, fluid \(NDB#: 01114\)](#)
209. [Whipped cream substitute, dietetic, made from powdered mix \(NDB#: 43268\)](#)
210. [Whipped topping, frozen, low fat \(NDB#: 42135\)](#)
211. [Yogurt, chocolate, nonfat milk \(NDB#: 01187\)](#)
212. [Yogurt, fruit variety, nonfat \(NDB#: 43261\)](#)
213. [Yogurt, fruit, low fat, 10 grams protein per 8 ounce \(NDB#: 01121\)](#)
214. [Yogurt, fruit, low fat, 11 grams protein per 8 ounce \(NDB#: 01122\)](#)
215. [Yogurt, fruit, low fat, 9 grams protein per 8 ounce \(NDB#: 01120\)](#)
216. [Yogurt, fruit, lowfat, with low calorie sweetener \(NDB#: 01203\)](#)
217. [Yogurt, plain, low fat, 12 grams protein per 8 ounce \(NDB#: 01117\)](#)
218. [Yogurt, plain, skim milk, 13 grams protein per 8 ounce \(NDB#: 01118\)](#)
219. [Yogurt, plain, whole milk, 8 grams protein per 8 ounce \(NDB#: 01116\)](#)
220. [Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener \(NDB#: 01184\)](#)
221. [Yogurt, vanilla, low fat, 11 grams protein per 8 ounce \(NDB#: 01119\)](#)

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- [\[Fats & Oils\]](#) [\[Finfish & Shellfish Products\]](#) [\[Fruits and Fruit Juices\]](#)
- [\[Lamb, Veal, and Game Products\]](#) [\[Legumes and Legume Products\]](#)
- [\[Meals, Entrees, and Sidedishes\]](#) [\[Nut and Seed Products\]](#)
- [\[Pork Products\]](#) [\[Poultry Products\]](#) [\[Sausages & Luncheon Meats\]](#)
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- [\[Sweets\]](#) [\[Vegetables & Vegetable Products\]](#)

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