

Food Group: Legumes and Legume 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 254 food items (arranged in alphabetical order) for food group, "Legumes and Legume 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.

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

1. [Bacon bits, meatless \(NDB#: 43212\)](#)
2. [Bacon, meatless \(NDB#: 16104\)](#)
3. [Baked beans, canned, no salt added \(NDB#: 43449\)](#)
4. [Bean beverage \(NDB#: 42182\)](#)
5. [Beans, adzuki, mature seed, cooked, boiled, with salt \(NDB#: 16302\)](#)
6. [Beans, adzuki, mature seeds, canned, sweetened \(NDB#: 16003\)](#)
7. [Beans, adzuki, mature seeds, cooked, boiled, without salt \(NDB#: 16002\)](#)
8. [Beans, adzuki, mature seeds, raw \(NDB#: 16001\)](#)
9. [Beans, adzuki, yokan, mature seeds \(NDB#: 16004\)](#)
10. [Beans, baked, canned, plain or vegetarian \(NDB#: 16006\)](#)
11. [Beans, baked, canned, with beef \(NDB#: 16007\)](#)
12. [Beans, baked, canned, with franks \(NDB#: 16008\)](#)
13. [Beans, baked, canned, with pork \(NDB#: 16009\)](#)
14. [Beans, baked, canned, with pork and sweet sauce \(NDB#: 16010\)](#)
15. [Beans, baked, canned, with pork and tomato sauce \(NDB#: 16011\)](#)
16. [Beans, baked, home prepared \(NDB#: 16005\)](#)
17. [Beans, black turtle soup, mature seeds, canned \(NDB#: 16018\)](#)
18. [Beans, black turtle soup, mature seeds, cooked, boiled, with salt \(NDB#: 16317\)](#)
19. [Beans, black turtle soup, mature seeds, cooked, boiled, without salt \(NDB#: 16017\)](#)
20. [Beans, black turtle soup, mature seeds, raw \(NDB#: 16016\)](#)
21. [Beans, black, mature seeds, cooked, boiled, with salt \(NDB#: 16315\)](#)

22. [Beans, black, mature seeds, cooked, boiled, without salt \(NDB#: 16015\)](#)
23. [Beans, black, mature seeds, raw \(NDB#: 16014\)](#)
24. [Beans, chili, barbecue, ranch style, cooked \(NDB#: 43112\)](#)
25. [Beans, cranberry \(roman\), mature seeds, canned \(NDB#: 16021\)](#)
26. [Beans, cranberry \(roman\), mature seeds, cooked, boiled, with salt \(NDB#: 16320\)](#)
27. [Beans, cranberry \(roman\), mature seeds, cooked, boiled, without salt \(NDB#: 16020\)](#)
28. [Beans, cranberry \(roman\), mature seeds, raw \(NDB#: 16019\)](#)
29. [Beans, french, mature seeds, cooked, boiled, with salt \(NDB#: 16323\)](#)
30. [Beans, french, mature seeds, cooked, boiled, without salt \(NDB#: 16023\)](#)
31. [Beans, french, mature seeds, raw \(NDB#: 16022\)](#)
32. [Beans, great northern, mature seeds, canned \(NDB#: 16026\)](#)
33. [Beans, great northern, mature seeds, cooked, boiled, with salt \(NDB#: 16325\)](#)
34. [Beans, great northern, mature seeds, cooked, boiled, without salt \(NDB#: 16025\)](#)
35. [Beans, great northern, mature seeds, raw \(NDB#: 16024\)](#)
36. [Beans, kidney, all types, mature seeds, canned \(NDB#: 16029\)](#)
37. [Beans, kidney, all types, mature seeds, cooked, boiled, with salt \(NDB#: 16328\)](#)
38. [Beans, kidney, all types, mature seeds, cooked, boiled, without salt \(NDB#: 16028\)](#)
39. [Beans, kidney, all types, mature seeds, raw \(NDB#: 16027\)](#)
40. [Beans, kidney, california red, mature seeds, cooked, boiled, with salt \(NDB#: 16331\)](#)
41. [Beans, kidney, california red, mature seeds, cooked, boiled, without salt \(NDB#: 16031\)](#)
42. [Beans, kidney, california red, mature seeds, raw \(NDB#: 16030\)](#)
43. [Beans, kidney, red, mature seeds, canned \(NDB#: 16034\)](#)
44. [Beans, kidney, red, mature seeds, cooked, boiled, with salt \(NDB#: 16333\)](#)
45. [Beans, kidney, red, mature seeds, cooked, boiled, without salt \(NDB#: 16033\)](#)
46. [Beans, kidney, red, mature seeds, raw \(NDB#: 16032\)](#)
47. [Beans, kidney, royal red, mature seeds, cooked, boiled with salt \(NDB#: 16336\)](#)
48. [Beans, kidney, royal red, mature seeds, cooked, boiled, without salt \(NDB#: 16036\)](#)
49. [Beans, kidney, royal red, mature seeds, raw \(NDB#: 16035\)](#)
50. [Beans, liquid from stewed kidney beans \(NDB#: 43125\)](#)
51. [Beans, navy, mature seeds, canned \(NDB#: 16039\)](#)
52. [Beans, navy, mature seeds, cooked, boiled, with salt \(NDB#: 16338\)](#)
53. [Beans, navy, mature seeds, cooked, boiled, without salt \(NDB#: 16038\)](#)
54. [Beans, navy, mature seeds, raw \(NDB#: 16037\)](#)
55. [Beans, pink, mature seeds, cooked, boiled, with salt \(NDB#: 16341\)](#)
56. [Beans, pink, mature seeds, cooked, boiled, without salt \(NDB#: 16041\)](#)
57. [Beans, pink, mature seeds, raw \(NDB#: 16040\)](#)
58. [Beans, pinto, mature seeds, canned \(NDB#: 16044\)](#)
59. [Beans, pinto, mature seeds, cooked, boiled, with salt \(NDB#: 16343\)](#)
60. [Beans, pinto, mature seeds, cooked, boiled, without salt \(NDB#: 16043\)](#)
61. [Beans, pinto, mature seeds, raw \(NDB#: 16042\)](#)
62. [Beans, small white, mature seeds, cooked, boiled, with salt \(NDB#: 16346\)](#)
63. [Beans, small white, mature seeds, cooked, boiled, without salt \(NDB#: 16046\)](#)
64. [Beans, small white, mature seeds, raw \(NDB#: 16045\)](#)
65. [Beans, white, mature seeds, canned \(NDB#: 16051\)](#)
66. [Beans, white, mature seeds, cooked, boiled, with salt \(NDB#: 16350\)](#)
67. [Beans, white, mature seeds, cooked, boiled, without salt \(NDB#: 16050\)](#)

68. [Beans, white, mature seeds, raw \(NDB#: 16049\)](#)
69. [Beans, winged, mature seeds, cooked, boiled, without salt \(NDB#: 16136\)](#)
70. [Beans, yellow, mature seeds, cooked, boiled, with salt \(NDB#: 16348\)](#)
71. [Beans, yellow, mature seeds, cooked, boiled, without salt \(NDB#: 16048\)](#)
72. [Beans, yellow, mature seeds, raw \(NDB#: 16047\)](#)
73. [Broadbeans \(fava beans\), mature seeds, canned \(NDB#: 16054\)](#)
74. [Broadbeans \(fava beans\), mature seeds, cooked, boiled, with salt \(NDB#: 16353\)](#)
75. [Broadbeans \(fava beans\), mature seeds, cooked, boiled, without salt \(NDB#: 16053\)](#)
76. [Broadbeans \(fava beans\), mature seeds, raw \(NDB#: 16052\)](#)
77. [CAMPBELL Soup Company, Campbell's Pork and Beans \(NDB#: 16201\)](#)
78. [CAMPBELL Soup Company, PACE, Salsa Refried Beans \(NDB#: 16203\)](#)
79. [CAMPBELL Soup Company, PACE, Spicy Jalapeno Refried Beans \(NDB#: 16204\)](#)
80. [CAMPBELL Soup Company, PACE, Traditional Refried Beans \(NDB#: 16202\)](#)
81. [CAMPBELL Soup Company, Campbell's Brown Sugar And Bacon Flavored Baked Beans \(NDB#: 16200\)](#)
82. [Carob flour \(NDB#: 16055\)](#)
83. [Chicken, meatless \(NDB#: 43128\)](#)
84. [Chicken, meatless, breaded, fried \(NDB#: 43410\)](#)
85. [Chickpea flour \(besan\) \(NDB#: 16157\)](#)
86. [Chickpeas \(garbanzo beans, bengal gram\), mature seeds, canned \(NDB#: 16058\)](#)
87. [Chickpeas \(garbanzo beans, bengal gram\), mature seeds, cooked, boiled, with salt \(NDB#: 16357\)](#)
88. [Chickpeas \(garbanzo beans, bengal gram\), mature seeds, cooked, boiled, without salt \(NDB#: 16057\)](#)
89. [Chickpeas \(garbanzo beans, bengal gram\), mature seeds, raw \(NDB#: 16056\)](#)
90. [Chili with beans, canned \(NDB#: 16059\)](#)
91. [Cowpeas, catjang, mature seeds, cooked, boiled, with salt \(NDB#: 16361\)](#)
92. [Cowpeas, catjang, mature seeds, cooked, boiled, without salt \(NDB#: 16061\)](#)
93. [Cowpeas, catjang, mature seeds, raw \(NDB#: 16060\)](#)
94. [Cowpeas, common \(blackeyes, crowder, southern\), mature seeds, canned with pork \(NDB#: 16065\)](#)
95. [Cowpeas, common \(blackeyes, crowder, southern\), mature seeds, canned, plain \(NDB#: 16064\)](#)
96. [Cowpeas, common \(blackeyes, crowder, southern\), mature seeds, cooked, boiled, with salt \(NDB#: 16363\)](#)
97. [Cowpeas, common \(blackeyes, crowder, southern\), mature seeds, cooked, boiled, without salt \(NDB#: 16063\)](#)
98. [Cowpeas, common \(blackeyes, crowder, southern\), mature seeds, raw \(NDB#: 16062\)](#)
99. [ENSURE FIBER WITH FOS, liquid \(NDB#: 16152\)](#)
100. [Falafel, home-prepared \(NDB#: 16138\)](#)
101. [Fish sticks, meatless \(NDB#: 43129\)](#)
102. [Frankfurter, meatless \(NDB#: 43130\)](#)
103. [GREEN GIANT, HARVEST BURGER, Original Flavor, All Vegetable Protein Patties, frozen \(NDB#: 22125\)](#)
104. [Hummus, commercial \(NDB#: 16158\)](#)
105. [Hummus, home prepared \(NDB#: 16137\)](#)
106. [Hyacinth beans, mature seeds, cooked, boiled, with salt \(NDB#: 16368\)](#)

107. [Hyacinth beans, mature seeds, cooked, boiled, without salt \(NDB#: 16068\)](#)
108. [Hyacinth beans, mature seeds, raw \(NDB#: 16067\)](#)
109. [Lentils, mature seeds, cooked, boiled, with salt \(NDB#: 16370\)](#)
110. [Lentils, mature seeds, cooked, boiled, without salt \(NDB#: 16070\)](#)
111. [Lentils, pink, raw \(NDB#: 16144\)](#)
112. [Lentils, raw \(NDB#: 16069\)](#)
113. [Lima beans, large, mature seeds, canned \(NDB#: 16073\)](#)
114. [Lima beans, large, mature seeds, cooked, boiled, with salt \(NDB#: 16372\)](#)
115. [Lima beans, large, mature seeds, cooked, boiled, without salt \(NDB#: 16072\)](#)
116. [Lima beans, large, mature seeds, raw \(NDB#: 16071\)](#)
117. [Lima beans, thin seeded \(baby\), mature seeds, cooked, boiled, with salt \(NDB#: 16375\)](#)
118. [Lima beans, thin seeded \(baby\), mature seeds, cooked, boiled, without salt \(NDB#: 16075\)](#)
119. [Lima beans, thin seeded \(baby\), mature seeds, raw \(NDB#: 16074\)](#)
120. [Luncheon slices, meatless \(NDB#: 43131\)](#)
121. [Lupins, mature seeds, cooked, boiled, with salt \(NDB#: 16377\)](#)
122. [Lupins, mature seeds, cooked, boiled, without salt \(NDB#: 16077\)](#)
123. [Lupins, mature seeds, raw \(NDB#: 16076\)](#)
124. [Meat extender \(NDB#: 16106\)](#)
125. [Meatballs, meatless \(NDB#: 43132\)](#)
126. [Miso \(NDB#: 16112\)](#)
127. [MORI-NU, Tofu, silken, extra firm \(NDB#: 16163\)](#)
128. [MORI-NU, Tofu, silken, firm \(NDB#: 16162\)](#)
129. [MORI-NU, Tofu, silken, lite extra firm \(NDB#: 16165\)](#)
130. [MORI-NU, Tofu, silken, soft \(NDB#: 16161\)](#)
131. [MOR-NU, Tofu, silken, lite firm \(NDB#: 16164\)](#)
132. [Mothbeans, mature seeds, cooked, boiled, with salt \(NDB#: 16379\)](#)
133. [Mothbeans, mature seeds, cooked, boiled, without salt \(NDB#: 16079\)](#)
134. [Mothbeans, mature seeds, raw \(NDB#: 16078\)](#)
135. [Mung beans, mature seeds, cooked, boiled, with salt \(NDB#: 16381\)](#)
136. [Mung beans, mature seeds, cooked, boiled, without salt \(NDB#: 16081\)](#)
137. [Mung beans, mature seeds, raw \(NDB#: 16080\)](#)
138. [Mungo beans, mature seeds, cooked, boiled, with salt \(NDB#: 16384\)](#)
139. [Mungo beans, mature seeds, cooked, boiled, without salt \(NDB#: 16084\)](#)
140. [Mungo beans, mature seeds, raw \(NDB#: 16083\)](#)
141. [Natto \(NDB#: 16113\)](#)
142. [Noodles, chinese, cellophane or long rice \(mung beans\), dehydrated \(NDB#: 16082\)](#)
143. [Papad \(NDB#: 42200\)](#)
144. [Peanut butter with omega-3, creamy \(NDB#: 16399\)](#)
145. [Peanut butter, chunk style, with salt \(NDB#: 16097\)](#)
146. [Peanut butter, chunk style, without salt \(NDB#: 16397\)](#)
147. [Peanut butter, chunky, vitamin and mineral fortified \(NDB#: 16156\)](#)
148. [Peanut butter, reduced sodium \(NDB#: 42291\)](#)
149. [Peanut butter, smooth style, with salt \(NDB#: 16098\)](#)
150. [Peanut butter, smooth style, without salt \(NDB#: 16398\)](#)
151. [Peanut butter, smooth, reduced fat \(NDB#: 16150\)](#)

152. [Peanut butter, smooth, vitamin and mineral fortified \(NDB#: 16155\)](#)
153. [Peanut flour, defatted \(NDB#: 16099\)](#)
154. [Peanut flour, low fat \(NDB#: 16100\)](#)
155. [Peanut spread, reduced sugar \(NDB#: 16149\)](#)
156. [Peanuts, all types, cooked, boiled, with salt \(NDB#: 16088\)](#)
157. [Peanuts, all types, dry-roasted, with salt \(NDB#: 16090\)](#)
158. [Peanuts, all types, dry-roasted, without salt \(NDB#: 16390\)](#)
159. [Peanuts, all types, oil-roasted, with salt \(NDB#: 16089\)](#)
160. [Peanuts, all types, oil-roasted, without salt \(NDB#: 16389\)](#)
161. [Peanuts, all types, raw \(NDB#: 16087\)](#)
162. [Peanuts, spanish, oil-roasted, with salt \(NDB#: 16092\)](#)
163. [Peanuts, spanish, oil-roasted, without salt \(NDB#: 16392\)](#)
164. [Peanuts, spanish, raw \(NDB#: 16091\)](#)
165. [Peanuts, valencia, oil-roasted, with salt \(NDB#: 16094\)](#)
166. [Peanuts, valencia, oil-roasted, without salt \(NDB#: 16394\)](#)
167. [Peanuts, valencia, raw \(NDB#: 16093\)](#)
168. [Peanuts, virginia, oil-roasted, with salt \(NDB#: 16096\)](#)
169. [Peanuts, virginia, oil-roasted, without salt \(NDB#: 16396\)](#)
170. [Peanuts, virginia, raw \(NDB#: 16095\)](#)
171. [Peas, split, mature seeds, cooked, boiled, with salt \(NDB#: 16386\)](#)
172. [Peas, split, mature seeds, cooked, boiled, without salt \(NDB#: 16086\)](#)
173. [Peas, split, mature seeds, raw \(NDB#: 16085\)](#)
174. [Pigeon peas \(red gram\), mature seeds, cooked, boiled, with salt \(NDB#: 16402\)](#)
175. [Pigeon peas \(red gram\), mature seeds, cooked, boiled, without salt \(NDB#: 16102\)](#)
176. [Pigeon peas \(red gram\), mature seeds, raw \(NDB#: 16101\)](#)
177. [Refried beans, canned \(includes USDA commodity\) \(NDB#: 16103\)](#)
178. [Sandwich spread, meatless \(NDB#: 43135\)](#)
179. [Sausage, meatless \(NDB#: 16107\)](#)
180. [Soy flour, defatted \(NDB#: 16117\)](#)
181. [Soy flour, defatted, crude protein basis \(N x 6.25\) \(NDB#: 16417\)](#)
182. [Soy flour, full-fat, raw \(NDB#: 16115\)](#)
183. [Soy flour, full-fat, raw, crude protein basis \(N x 6.25\) \(NDB#: 16415\)](#)
184. [Soy flour, full-fat, roasted \(NDB#: 16116\)](#)
185. [Soy flour, full-fat, roasted, crude protein basis \(N x 6.25\) \(NDB#: 16416\)](#)
186. [Soy flour, low-fat \(NDB#: 16118\)](#)
187. [Soy flour, low-fat, crude protein basis \(N x 6.25\) \(NDB#: 16418\)](#)
188. [Soy meal, defatted, raw \(NDB#: 16119\)](#)
189. [Soy meal, defatted, raw, crude protein basis \(N x 6.25\) \(NDB#: 16419\)](#)
190. [Soy protein concentrate, crude protein basis \(N x 6.25\), produced by acid wash \(NDB#: 16421\)](#)
191. [Soy protein concentrate, produced by acid wash \(NDB#: 16420\)](#)
192. [Soy protein concentrate, produced by alcohol extraction \(NDB#: 16121\)](#)
193. [Soy protein isolate \(NDB#: 16122\)](#)
194. [Soy protein isolate, potassium type \(NDB#: 16422\)](#)
195. [Soy protein isolate, potassium type, crude protein basis \(NDB#: 16423\)](#)
196. [Soy protein isolate, PROTEIN TECHNOLOGIES INTERNATIONAL, ProPlus \(NDB#: 16176\)](#)

197. [Soy protein isolate, PROTEIN TECHNOLOGIES INTERNATIONAL, SUPRO \(NDB#: 16175\)](#)
198. [Soy sauce made from hydrolyzed vegetable protein \(NDB#: 16125\)](#)
199. [Soy sauce made from soy \(tamari\) \(NDB#: 16124\)](#)
200. [Soy sauce made from soy and wheat \(shoyu\) \(NDB#: 16123\)](#)
201. [Soy sauce made from soy and wheat \(shoyu\), low sodium \(NDB#: 16424\)](#)
202. [Soybean, curd cheese \(NDB#: 43299\)](#)
203. [Soybeans, mature cooked, boiled, without salt \(NDB#: 16109\)](#)
204. [Soybeans, mature seeds, cooked, boiled, with salt \(NDB#: 16409\)](#)
205. [Soybeans, mature seeds, dry roasted \(NDB#: 16111\)](#)
206. [Soybeans, mature seeds, raw \(NDB#: 16108\)](#)
207. [Soybeans, mature seeds, roasted, no salt added \(NDB#: 16410\)](#)
208. [Soybeans, mature seeds, roasted, salted \(NDB#: 16110\)](#)
209. [Soymilk \(All flavors\), enhanced \(NDB#: 16223\)](#)
210. [Soymilk \(All flavors\), lowfat, with added calcium, vitamins A and D \(NDB#: 16229\)](#)
211. [Soymilk \(all flavors\), nonfat, with added calcium, vitamins A and D \(NDB#: 16230\)](#)
212. [Soymilk \(all flavors\), unsweetened, with added calcium, vitamins A and D \(NDB#: 16222\)](#)
213. [Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D \(NDB#: 16227\)](#)
214. [Soymilk, chocolate, unfortified \(NDB#: 16166\)](#)
215. [Soymilk, chocolate, with added calcium, vitamins A and D \(NDB#: 16168\)](#)
216. [Soymilk, original and vanilla, light, unsweetened, with added calcium, vitamins A and D \(NDB#: 16228\)](#)
217. [Soymilk, original and vanilla, light, with added calcium, vitamins A and D \(NDB#: 16225\)](#)
218. [Soymilk, original and vanilla, unfortified \(NDB#: 16120\)](#)
219. [Soymilk, original and vanilla, with added calcium, vitamins A and D \(NDB#: 16139\)](#)
220. [Tempeh \(NDB#: 16114\)](#)
221. [Tempeh, cooked \(NDB#: 16174\)](#)
222. [Tofu yogurt \(NDB#: 43476\)](#)
223. [Tofu, dried-frozen \(koyadofu\) \(NDB#: 16128\)](#)
224. [Tofu, dried-frozen \(koyadofu\), prepared with calcium sulfate \(NDB#: 16428\)](#)
225. [Tofu, extra firm, prepared with nigari \(NDB#: 16159\)](#)
226. [Tofu, firm, prepared with calcium sulfate and magnesium chloride \(nigari\) \(NDB#: 16126\)](#)
227. [Tofu, fried \(NDB#: 16129\)](#)
228. [Tofu, fried, prepared with calcium sulfate \(NDB#: 16429\)](#)
229. [Tofu, hard, prepared with nigari \(NDB#: 16160\)](#)
230. [Tofu, okara \(NDB#: 16130\)](#)
231. [Tofu, raw, firm, prepared with calcium sulfate \(NDB#: 16426\)](#)
232. [Tofu, raw, regular, prepared with calcium sulfate \(NDB#: 16427\)](#)
233. [Tofu, salted and fermented \(fuyu\) \(NDB#: 16132\)](#)
234. [Tofu, salted and fermented \(fuyu\), prepared with calcium sulfate \(NDB#: 16432\)](#)
235. [Tofu, soft, prepared with calcium sulfate and magnesium chloride \(nigari\) \(NDB#: 16127\)](#)
236. [USDA Commodity, Peanut Butter, smooth \(NDB#: 16167\)](#)
237. [Vegetarian fillets \(NDB#: 43134\)](#)

238. [Vegetarian meatloaf or patties \(NDB#: 43137\)](#)
239. [Vegetarian stew \(NDB#: 43136\)](#)
240. [Veggie burgers or soyburgers, unprepared \(NDB#: 16147\)](#)
241. [Vermicelli, made from soy \(NDB#: 43114\)](#)
242. [Vitasoy USA, Nasoya Lite Firm Tofu \(NDB#: 16210\)](#)
243. [Vitasoy USA, Organic Nasoya Extra Firm Tofu \(NDB#: 16212\)](#)
244. [Vitasoy USA, Organic Nasoya Firm Tofu \(NDB#: 16213\)](#)
245. [Vitasoy USA, Organic Nasoya Super Firm Cubed Tofu \(NDB#: 16211\)](#)
246. [Vitasoy USA, Vitasoy Light Vanilla Soymilk \(NDB#: 16219\)](#)
247. [Vitasoy USA, Vitasoy Organic Creamy Original Soymilk \(NDB#: 16215\)](#)
248. [Vitasoy USA, Vitasoy Organic Classic Original Soymilk \(NDB#: 16216\)](#)
249. [Winged beans, mature seeds, cooked, boiled, with salt \(NDB#: 16436\)](#)
250. [Winged beans, mature seeds, raw \(NDB#: 16135\)](#)
251. [WORTHINGTON FOODS, LOMA LINDA, BIG FRANKS, meatless franks, canned \(NDB#: 22126\)](#)
252. [Yardlong beans, mature seeds, cooked, boiled, without salt \(NDB#: 16134\)](#)
253. [Yardlong beans, mature seeds, raw \(NDB#: 16133\)](#)
254. [Yardlong beans, yardlong, mature seeds, cooked, boiled, with salt \(NDB#: 16434\)](#)

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