

Food Group: Nut and Seed 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 128 food items (arranged in alphabetical order) for food group, "Nut and Seed 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. [Nuts, acorn flour, full fat \(NDB#: 12060\)](#)
2. [Nuts, acorns, dried \(NDB#: 12059\)](#)
3. [Nuts, acorns, raw \(NDB#: 12058\)](#)
4. [Nuts, almond butter, plain, with salt added \(NDB#: 12695\)](#)
5. [Nuts, almond butter, plain, without salt added \(NDB#: 12195\)](#)
6. [Nuts, almond paste \(NDB#: 12071\)](#)
7. [Nuts, almonds \(NDB#: 12061\)](#)
8. [Nuts, almonds, blanched \(NDB#: 12062\)](#)
9. [Nuts, almonds, dry roasted, with salt added \(NDB#: 12563\)](#)
10. [Nuts, almonds, dry roasted, without salt added \(NDB#: 12063\)](#)
11. [Nuts, almonds, honey roasted, unblanched \(NDB#: 12206\)](#)
12. [Nuts, almonds, oil roasted, with salt added \(NDB#: 12565\)](#)
13. [Nuts, almonds, oil roasted, without salt added \(NDB#: 12065\)](#)
14. [Nuts, beechnuts, dried \(NDB#: 12077\)](#)
15. [Nuts, brazilnuts, dried, unblanched \(NDB#: 12078\)](#)
16. [Nuts, butternuts, dried \(NDB#: 12084\)](#)
17. [Nuts, cashew butter, plain, with salt added \(NDB#: 12588\)](#)
18. [Nuts, cashew butter, plain, without salt added \(NDB#: 12088\)](#)
19. [Nuts, cashew nuts, dry roasted, with salt added \(NDB#: 12585\)](#)
20. [Nuts, cashew nuts, dry roasted, without salt added \(NDB#: 12085\)](#)
21. [Nuts, cashew nuts, oil roasted, with salt added \(NDB#: 12586\)](#)
22. [Nuts, cashew nuts, oil roasted, without salt added \(NDB#: 12086\)](#)

23. [Nuts, cashew nuts, raw \(NDB#: 12087\)](#)
24. [Nuts, chestnuts, chinese, boiled and steamed \(NDB#: 12095\)](#)
25. [Nuts, chestnuts, chinese, dried \(NDB#: 12094\)](#)
26. [Nuts, chestnuts, chinese, raw \(NDB#: 12093\)](#)
27. [Nuts, chestnuts, chinese, roasted \(NDB#: 12096\)](#)
28. [Nuts, chestnuts, european, boiled and steamed \(NDB#: 12101\)](#)
29. [Nuts, chestnuts, european, dried, peeled \(NDB#: 12100\)](#)
30. [Nuts, chestnuts, european, dried, unpeeled \(NDB#: 12099\)](#)
31. [Nuts, chestnuts, european, raw, peeled \(NDB#: 12098\)](#)
32. [Nuts, chestnuts, european, raw, unpeeled \(NDB#: 12097\)](#)
33. [Nuts, chestnuts, european, roasted \(NDB#: 12167\)](#)
34. [Nuts, chestnuts, japanese, boiled and steamed \(NDB#: 12203\)](#)
35. [Nuts, chestnuts, japanese, dried \(NDB#: 12175\)](#)
36. [Nuts, chestnuts, japanese, raw \(NDB#: 12202\)](#)
37. [Nuts, chestnuts, japanese, roasted \(NDB#: 12204\)](#)
38. [Nuts, coconut cream, canned, sweetened \(NDB#: 12116\)](#)
39. [Nuts, coconut cream, raw \(liquid expressed from grated meat\) \(NDB#: 12115\)](#)
40. [Nuts, coconut meat, dried \(desiccated\), creamed \(NDB#: 12177\)](#)
41. [Nuts, coconut meat, dried \(desiccated\), not sweetened \(NDB#: 12108\)](#)
42. [Nuts, coconut meat, dried \(desiccated\), sweetened, flaked, canned \(NDB#: 12110\)](#)
43. [Nuts, coconut meat, dried \(desiccated\), sweetened, flaked, packaged \(NDB#: 12109\)](#)
44. [Nuts, coconut meat, dried \(desiccated\), sweetened, shredded \(NDB#: 12179\)](#)
45. [Nuts, coconut meat, dried \(desiccated\), toasted \(NDB#: 12114\)](#)
46. [Nuts, coconut meat, raw \(NDB#: 12104\)](#)
47. [Nuts, coconut milk, canned \(liquid expressed from grated meat and water\) \(NDB#: 12118\)](#)
48. [Nuts, coconut milk, frozen \(liquid expressed from grated meat and water\) \(NDB#: 12176\)](#)
49. [Nuts, coconut milk, raw \(liquid expressed from grated meat and water\) \(NDB#: 12117\)](#)
50. [Nuts, coconut water \(liquid from coconuts\) \(NDB#: 12119\)](#)
51. [Nuts, formulated, wheat-based, all flavors except macadamia, without salt \(NDB#: 12200\)](#)
52. [Nuts, formulated, wheat-based, flavored, macadamia flavored, without salt \(NDB#: 12199\)](#)
53. [Nuts, formulated, wheat-based, unflavored, with salt added \(NDB#: 12140\)](#)
54. [Nuts, ginkgo nuts, canned \(NDB#: 12129\)](#)
55. [Nuts, ginkgo nuts, dried \(NDB#: 12128\)](#)
56. [Nuts, ginkgo nuts, raw \(NDB#: 12127\)](#)
57. [Nuts, hazelnuts or filberts \(NDB#: 12120\)](#)
58. [Nuts, hazelnuts or filberts, blanched \(NDB#: 12121\)](#)
59. [Nuts, hazelnuts or filberts, dry roasted, without salt added \(NDB#: 12122\)](#)
60. [Nuts, hickorynuts, dried \(NDB#: 12130\)](#)
61. [Nuts, macadamia nuts, dry roasted, with salt added \(NDB#: 12632\)](#)
62. [Nuts, macadamia nuts, dry roasted, without salt added \(NDB#: 12132\)](#)
63. [Nuts, macadamia nuts, raw \(NDB#: 12131\)](#)
64. [Nuts, mixed nuts, dry roasted, with peanuts, with salt added \(NDB#: 12635\)](#)
65. [Nuts, mixed nuts, dry roasted, with peanuts, without salt added \(NDB#: 12135\)](#)
66. [Nuts, mixed nuts, oil roasted, with peanuts, without salt added \(NDB#: 12137\)](#)
67. [Nuts, mixed nuts, oil roasted, without peanuts, without salt added \(NDB#: 12138\)](#)
68. [Nuts, mixed nuts, with peanuts, oil roasted, with salt added \(NDB#: 12637\)](#)
69. [Nuts, mixed nuts, without peanuts, oil roasted, with salt added \(NDB#: 12638\)](#)
70. [Nuts, pecans \(NDB#: 12142\)](#)

71. [Nuts, pecans, dry roasted, with salt added \(NDB#: 12643\)](#)
72. [Nuts, pecans, dry roasted, without salt added \(NDB#: 12143\)](#)
73. [Nuts, pecans, oil roasted, with salt added \(NDB#: 12644\)](#)
74. [Nuts, pecans, oil roasted, without salt added \(NDB#: 12144\)](#)
75. [Nuts, pilinuts-canarytree, dried \(NDB#: 12145\)](#)
76. [Nuts, pine nuts, dried \(NDB#: 12147\)](#)
77. [Nuts, pine nuts, pinyon, dried \(NDB#: 12149\)](#)
78. [Nuts, pistachio nuts, dry roasted, with salt added \(NDB#: 12652\)](#)
79. [Nuts, pistachio nuts, dry roasted, without salt added \(NDB#: 12152\)](#)
80. [Nuts, pistachio nuts, raw \(NDB#: 12151\)](#)
81. [Nuts, walnuts, black, dried \(NDB#: 12154\)](#)
82. [Nuts, walnuts, english \(NDB#: 12155\)](#)
83. [Seeds, breadfruit seeds, boiled \(NDB#: 12003\)](#)
84. [Seeds, breadfruit seeds, raw \(NDB#: 12001\)](#)
85. [Seeds, breadfruit seeds, roasted \(NDB#: 12158\)](#)
86. [Seeds, breadnuttree seeds, dried \(NDB#: 12005\)](#)
87. [Seeds, breadnuttree seeds, raw \(NDB#: 12004\)](#)
88. [Seeds, chia seeds, dried \(NDB#: 12006\)](#)
89. [Seeds, cottonseed flour, low fat \(glandless\) \(NDB#: 12008\)](#)
90. [Seeds, cottonseed flour, partially defatted \(glandless\) \(NDB#: 12007\)](#)
91. [Seeds, cottonseed kernels, roasted \(glandless\) \(NDB#: 12160\)](#)
92. [Seeds, cottonseed meal, partially defatted \(glandless\) \(NDB#: 12011\)](#)
93. [Seeds, flaxseed \(NDB#: 12220\)](#)
94. [Seeds, lotus seeds, dried \(NDB#: 12013\)](#)
95. [Seeds, lotus seeds, raw \(NDB#: 12205\)](#)
96. [Seeds, pumpkin and squash seed kernels, dried \(NDB#: 12014\)](#)
97. [Seeds, pumpkin and squash seed kernels, roasted, with salt added \(NDB#: 12516\)](#)
98. [Seeds, pumpkin and squash seed kernels, roasted, without salt \(NDB#: 12016\)](#)
99. [Seeds, pumpkin and squash seeds, whole, roasted, with salt added \(NDB#: 12663\)](#)
100. [Seeds, pumpkin and squash seeds, whole, roasted, without salt \(NDB#: 12163\)](#)
101. [Seeds, safflower seed kernels, dried \(NDB#: 12021\)](#)
102. [Seeds, safflower seed meal, partially defatted \(NDB#: 12022\)](#)
103. [Seeds, sesame butter, paste \(NDB#: 12169\)](#)
104. [Seeds, sesame butter, tahini, from raw and stone ground kernels \(NDB#: 12198\)](#)
105. [Seeds, sesame butter, tahini, from roasted and toasted kernels \(most common type\) \(NDB#: 12166\)](#)
106. [Seeds, sesame butter, tahini, from unroasted kernels \(non-chemically removed seed coat\) \(NDB#: 12171\)](#)
107. [Seeds, sesame butter, tahini, type of kernels unspecified \(NDB#: 12698\)](#)
108. [Seeds, sesame flour, high-fat \(NDB#: 12170\)](#)
109. [Seeds, sesame flour, low-fat \(NDB#: 12033\)](#)
110. [Seeds, sesame flour, partially defatted \(NDB#: 12032\)](#)
111. [Seeds, sesame meal, partially defatted \(NDB#: 12034\)](#)
112. [Seeds, sesame seed kernels, dried \(decorticated\) \(NDB#: 12201\)](#)
113. [Seeds, sesame seed kernels, toasted, with salt added \(decorticated\) \(NDB#: 12529\)](#)
114. [Seeds, sesame seed kernels, toasted, without salt added \(decorticated\) \(NDB#: 12029\)](#)
115. [Seeds, sesame seeds, whole, dried \(NDB#: 12023\)](#)
116. [Seeds, sesame seeds, whole, roasted and toasted \(NDB#: 12024\)](#)

117. [Seeds, sisymbrium sp. seeds, whole, dried \(NDB#: 12193\)](#)
118. [Seeds, sunflower seed butter, with salt added \(NDB#: 12540\)](#)
119. [Seeds, sunflower seed butter, without salt \(NDB#: 12040\)](#)
120. [Seeds, sunflower seed flour, partially defatted \(NDB#: 12041\)](#)
121. [Seeds, sunflower seed kernels, dried \(NDB#: 12036\)](#)
122. [Seeds, sunflower seed kernels, dry roasted, with salt added \(NDB#: 12537\)](#)
123. [Seeds, sunflower seed kernels, dry roasted, without salt \(NDB#: 12037\)](#)
124. [Seeds, sunflower seed kernels, oil roasted, with salt added \(NDB#: 12538\)](#)
125. [Seeds, sunflower seed kernels, oil roasted, without salt \(NDB#: 12038\)](#)
126. [Seeds, sunflower seed kernels, toasted, with salt added \(NDB#: 12539\)](#)
127. [Seeds, sunflower seed kernels, toasted, without salt \(NDB#: 12039\)](#)
128. [Seeds, watermelon seed kernels, dried \(NDB#: 12174\)](#)

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