

USDA National Fluoride Database

Food Group	Food / Product	USDA Acceptable Level (0.7 parts per million) It's typically used to describe concentrations of chemicals dissolved in a solvent (typically water) or compounds in soil.	Amount over USDA Levels	Using Chem-B-Gone™	Removes Chlorine	Removes Mercury	Removes Bromine	Is an Antioxidant
Baby Foods:								
	Cereal, mixed, with applesauce and bananas, junior	1.00	0.30	0.00	YES	YES	YES	YES
	Cereal, oatmeal, with applesauce and bananas, junior	2.00	1.30	0.00	YES	YES	YES	YES
	Cereal, rice, with applesauce and bananas, strained	1.70	1.00	0.00	YES	YES	YES	YES
	Cereal, rice, with mixed fruit, junior	2.80	2.10	0.00	YES	YES	YES	YES
	Dessert, custard pudding, vanilla, junior	4.00	3.30	0.00	YES	YES	YES	YES
	Dessert, dutch apple, junior	1.00	0.30	0.00	YES	YES	YES	YES
	Dessert, fruit dessert, junior	2.00	1.30	0.00	YES	YES	YES	YES
	Dessert, peach cobbler, junior	1.60	0.90	0.00	YES	YES	YES	YES
	Dinner, chicken noodle, junior	10.80	10.10	0.00	YES	YES	YES	YES
	Dinner, macaroni and cheese, junior	5.40	4.70	0.00	YES	YES	YES	YES
	Dinner, spaghetti, tomato, meat, junior	2.00	1.30	0.00	YES	YES	YES	YES
	Dinner, turkey and rice, junior	8.90	8.20	0.00	YES	YES	YES	YES
	Dinner, vegetables and beef, junior	1.90	1.20	0.00	YES	YES	YES	YES
	Dinner, vegetables and ham, junior	0.20	-0.50	0.00	YES	YES	YES	YES
	Dinner, vegetables and turkey, junior	4.70	4.00	0.00	YES	YES	YES	YES
	Fruit, apple and blueberry, junior	0.90	0.20	0.00	YES	YES	YES	YES
	Fruit, applesauce, junior	1.00	0.30	0.00	YES	YES	YES	YES
	Fruit, applesauce, strained	0.59	-0.11	0.00	YES	YES	YES	YES
	Fruit, apricot with tapioca, junior	0.20	-0.50	0.00	YES	YES	YES	YES
	Fruit, bananas, pineapple with tapioca, junior	1.80	1.10	0.00	YES	YES	YES	YES
	Fruit, bananas with tapioca, junior	32.70	32.00	0.00	YES	YES	YES	YES
	Fruit, mango with tapioca, strained	12.00	11.30	0.00	YES	YES	YES	YES
	Fruit, peaches with sugar, strained	0.30	-0.40	0.00	YES	YES	YES	YES
	Fruit, peaches, junior	1.00	0.30	0.00	YES	YES	YES	YES
	Fruit, pears and pineapple, junior	1.00	0.30	0.00	YES	YES	YES	YES
	Fruit, pears, junior	0.10	-0.60	0.00	YES	YES	YES	YES
	Fruit, pears, strained	1.00	0.30	0.00	YES	YES	YES	YES
	Fruit, plums with tapioca, junior	19.90	19.20	0.00	YES	YES	YES	YES
	Fruit, prunes, without Vitamin C, strained	1.78	1.08	0.00	YES	YES	YES	YES
	Juice, apple	5.24	4.54	0.00	YES	YES	YES	YES
	Juice, apple and cherry	11.43	10.73	0.00	YES	YES	YES	YES
	Juice, apple and grape	26.67	25.97	0.00	YES	YES	YES	YES
	Juice, apple and peach	3.81	3.11	0.00	YES	YES	YES	YES
	Juice, apple and prune	12.00	11.30	0.00	YES	YES	YES	YES
	Juice, apple-cranberry	9.52	8.82	0.00	YES	YES	YES	YES
	Meat, beef, junior	0.20	-0.50	0.00	YES	YES	YES	YES
	Meat, ham, junior	1.08	0.38	0.00	YES	YES	YES	YES
	Meat, lamb, junior	5.33	4.63	0.00	YES	YES	YES	YES
	Meat, turkey, junior	21.34	20.64	0.00	YES	YES	YES	YES
	Vegetables and bacon, junior	3.10	2.40	0.00	YES	YES	YES	YES
	Vegetables, carrots, strained	0.69	-0.01	0.00	YES	YES	YES	YES
	Vegetables, carrots, junior	0.80	0.10	0.00	YES	YES	YES	YES
	Vegetables, corn, creamed, junior	31.80	31.10	0.00	YES	YES	YES	YES
	Vegetables, green beans, junior	3.80	3.10	0.00	YES	YES	YES	YES

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	Vegetables, green beans, strained	14.90	14.20	0.00	YES	YES	YES	YES
	Vegetables, peas, strained	22.96	22.26	0.00	YES	YES	YES	YES
	Vegetables, squash, junior	1.20	0.50	0.00	YES	YES	YES	YES
	Vegetables, squash, strained	0.50	-0.20	0.00	YES	YES	YES	YES
	Vegetables, sweetpotatoes, junior	1.00	0.30	0.00	YES	YES	YES	YES
	Vegetables, sweetpotatoes, strained	1.29	0.59	0.00	YES	YES	YES	YES
Baked Products:								
	Biscuits, refrigerated dough, baked	13.00	12.30	0.00	YES	YES	YES	YES
	Bread, all (white and whole wheat)	28.50	27.80	0.00	YES	YES	YES	YES
	Bread, rye	25.50	24.80	0.00	YES	YES	YES	YES
	Bread stuffing, prepared, baked	25.50	24.80	0.00	YES	YES	YES	YES
	Brownie, with nuts	33.30	32.60	0.00	YES	YES	YES	YES
	Cake, all	18.00	17.30	0.00	YES	YES	YES	YES
	Cookies, without raisins, all	5.00	4.30	0.00	YES	YES	YES	YES
	Cookies, oatmeal raisin	34.00	33.30	0.00	YES	YES	YES	YES
	Cornbread	6.00	5.30	0.00	YES	YES	YES	YES
	Crackers, all	9.10	8.40	0.00	YES	YES	YES	YES
	Doughnuts	18.30	17.60	0.00	YES	YES	YES	YES
	Éclair, chocolate	6.00	5.30	0.00	YES	YES	YES	YES
	Muffin, blueberry	20.00	19.30	0.00	YES	YES	YES	YES
	Pancakes, buttermilk, frozen	12.00	11.30	0.00	YES	YES	YES	YES
	Pie, apple, frozen, heated	6.50	5.80	0.00	YES	YES	YES	YES
	Pie, pumpkin, frozen, heated	18.00	17.30	0.00	YES	YES	YES	YES
	Rolls, hamburger and hot dog	23.29	22.59	0.00	YES	YES	YES	YES
	Snack type, cake roll	47.10	46.40	0.00	YES	YES	YES	YES
	Snack type, chocolate cup cake, cream filled	36.60	35.90	0.00	YES	YES	YES	YES
	Snack type, oatmeal cream pie	32.90	32.20	0.00	YES	YES	YES	YES
	Tortillas, flour	18.00	17.30	0.00	YES	YES	YES	YES
	Waffles, frozen	7.30	6.60	0.00	YES	YES	YES	YES
Beef Products:								
	Beef, cooked and raw	3.80	3.10	0.00	YES	YES	YES	YES
	Beef, liver, pan cooked with added fat	2.50	1.80	0.00	YES	YES	YES	YES
Beverages:								
	Alcoholic beverage, beer, light	6.94	6.24	0.00	YES	YES	YES	YES
	Alcoholic beverage, beer, regular	5.90	5.20	0.00	YES	YES	YES	YES
	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey), 80 proof	4.50	3.80	0.00	YES	YES	YES	YES
	Alcoholic beverage, wine, red	86.10	85.40	0.00	YES	YES	YES	YES
	Alcoholic beverage, wine, white	152.09	151.39	0.00	YES	YES	YES	YES
	Carbonated, cola, cherry flavor	9.59	8.89	0.00	YES	YES	YES	YES
	Carbonated, cola, COCA-COLA, all regions	4.83	4.13	0.00	YES	YES	YES	YES
	Carbonated, cola, COCA-COLA, Mid-West	8.69	7.99	0.00	YES	YES	YES	YES
	Carbonated, cola, COCA-COLA, Northeast	4.83	4.13	0.00	YES	YES	YES	YES
	Carbonated, cola, COCA-COLA, South	20.00	19.30	0.00	YES	YES	YES	YES
	Carbonated, cola, COCA-COLA, West	10.63	9.93	0.00	YES	YES	YES	YES
	Carbonated, cola, DIET COKE, all regions	1.00	0.30	0.00	YES	YES	YES	YES

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	Carbonated, cola, DIET COKE, Mid-West	10.00	9.30	0.00	YES	YES	YES	YES
	Carbonated, cola, DIET COKE, Northeast	1.00	0.30	0.00	YES	YES	YES	YES
	Carbonated, cola, DIET COKE, South	32.00	31.30	0.00	YES	YES	YES	YES
	Carbonated, cola, DIET COKE, West	8.00	7.30	0.00	YES	YES	YES	YES
	Carbonated, cola, DIET PEPSI, all regions	5.00	4.30	0.00	YES	YES	YES	YES
	Carbonated, cola, DIET PEPSI, Mid-West	7.00	6.30	0.00	YES	YES	YES	YES
	Carbonated, cola, DIET PEPSI, Northeast	7.00	6.30	0.00	YES	YES	YES	YES
	Carbonated, cola, DIET PEPSI, South	9.00	8.30	0.00	YES	YES	YES	YES
	Carbonated, cola, DIET PEPSI, West	5.00	4.30	0.00	YES	YES	YES	YES
	Carbonated, cola, fast food type, diet, without ice	67.00	66.30	0.00	YES	YES	YES	YES
	Carbonated, cola, fast food type, without ice	58.00	57.30	0.00	YES	YES	YES	YES
	Carbonated, cola, PEPSI, all regions	0.96	0.26	0.00	YES	YES	YES	YES
	Carbonated, cola, PEPSI, Mid-West	1.92	1.22	0.00	YES	YES	YES	YES
	Carbonated, cola, PEPSI, Northeast	4.81	4.11	0.00	YES	YES	YES	YES
	Carbonated, cola, PEPSI, South	4.81	4.11	0.00	YES	YES	YES	YES
	Carbonated, cola, PEPSI, West	0.96	0.26	0.00	YES	YES	YES	YES
	Carbonated, cola, PEPSI ONE, all regions	19.00	18.30	0.00	YES	YES	YES	YES
	Carbonated, cola, PEPSI ONE, Mid-West	22.00	21.30	0.00	YES	YES	YES	YES
	Carbonated, cola, PEPSI ONE, Northeast	2.00	1.30	0.00	YES	YES	YES	YES
	Carbonated, cola, PEPSI ONE, South	27.00	26.30	0.00	YES	YES	YES	YES
	Carbonated, cola, PEPSI ONE, West	5.00	4.30	0.00	YES	YES	YES	YES
	Carbonated, cream soda	18.00	17.30	0.00	YES	YES	YES	YES
	Carbonated, ginger ale	45.00	44.30	0.00	YES	YES	YES	YES
	Carbonated, grape soda	57.50	56.80	0.00	YES	YES	YES	YES
	Carbonated, lemon-lime, fast food type, without ice	59.00	58.30	0.00	YES	YES	YES	YES
	Carbonated, lemon-lime, SPRITE, all regions	3.85	3.15	0.00	YES	YES	YES	YES
	Carbonated, lemon-lime, SPRITE, Mid-West	6.73	6.03	0.00	YES	YES	YES	YES
	Carbonated, lemon-lime, SPRITE, Northeast	3.85	3.15	0.00	YES	YES	YES	YES
	Carbonated, lemon-lime, SPRITE, South	34.62	33.92	0.00	YES	YES	YES	YES
	Carbonated, lemon-lime, SPRITE, West	8.65	7.95	0.00	YES	YES	YES	YES
	Carbonated, lemon-lime, other brands	1.92	1.22	0.00	YES	YES	YES	YES
	Carbonated, lemon-lime, other brands, diet	3.00	2.30	0.00	YES	YES	YES	YES
	Carbonated, orange soda	56.60	55.90	0.00	YES	YES	YES	YES
	Carbonated, pepper type, DR. PEPPER	2.91	2.21	0.00	YES	YES	YES	YES
	Carbonated, root beer	5.75	5.05	0.00	YES	YES	YES	YES
	Carbonated, tonic water	48.00	47.30	0.00	YES	YES	YES	YES
	Carbonated, water, fruit-flavored	88.57	87.87	0.00	YES	YES	YES	YES
	Chocolate-flavor beverage, mix for milk, powder	2.25	1.55	0.00	YES	YES	YES	YES
	Chocolate-flavor beverage, YOO-HOO, ready-to-drink	42.00	41.30	0.00	YES	YES	YES	YES
	Cocoa mix, SWISS MISS, powder, prepared with water	3.45	2.75	0.00	YES	YES	YES	YES
	Coffee, brewed	81.00	80.30	0.00	YES	YES	YES	YES
	Coffee, brewed, decaffeinated	26.00	25.30	0.00	YES	YES	YES	YES
	Coffee, substitute, cereal grain beverage, prepared with water	75.00	74.30	0.00	YES	YES	YES	YES
	Cranberry juice cocktail, ready-to-drink and prepared concentrate, ready-to-drink	3.81	3.11	0.00	YES	YES	YES	YES

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	Cranberry-apple juice drink, ready-to-drink and prepared concentrate, ready-to-drink	5.71	5.01	0.00	YES	YES	YES	YES
	Cranberry-grape juice drink, ready-to-drink and prepared concentrate, ready-to-drink	9.52	8.82	0.00	YES	YES	YES	YES
	Cranberry-raspberry juice drink, ready-to-drink and prepared concentrate, ready-to-drink	5.71	5.01	0.00	YES	YES	YES	YES
	Cranberry juice cocktail and blends, light, ready-to-drink	13.33	12.63	0.00	YES	YES	YES	YES
	Fruit drink, CAPRI-SUN, ready-to-drink	12.40	11.70	0.00	YES	YES	YES	YES
	Fruit drink, HAWAIIAN PUNCH, ready-to-drink	3.81	3.11	0.00	YES	YES	YES	YES
	Fruit drink, HI-C, ready-to-drink	3.79	3.09	0.00	YES	YES	YES	YES
	Fruit drink, MINUTE MAID punch, ready-to-drink	7.62	6.92	0.00	YES	YES	YES	YES
	Fruit drink, other brands, ready-to-drink	10.48	9.78	0.00	YES	YES	YES	YES
	Fruit drink, punch, low calorie, ready-to-drink	9.00	8.30	0.00	YES	YES	YES	YES
	Fruit flavored drink, prepared from powder	1.80	1.10	0.00	YES	YES	YES	YES
	Fruit flavored drink, prepared from powder, sugar free	11.00	10.30	0.00	YES	YES	YES	YES
	Fruit flavored drink, KOOL-AID, ready-to-drink	2.86	2.16	0.00	YES	YES	YES	YES
	Fruit flavored drink, SUNNY DELIGHT, ready-to-drink	55.71	55.01	0.00	YES	YES	YES	YES
	Fruit juice drink, apple, ready-to-drink	58.00	57.30	0.00	YES	YES	YES	YES
	Fruit juice drink, blends (not cranberry), ready-to-drink	21.90	21.20	0.00	YES	YES	YES	YES
	Fruit juice drink, FIVE ALIVE, ready-to-drink	7.62	6.92	0.00	YES	YES	YES	YES
	Fruit juice drink, grape, ready-to-drink	8.57	7.87	0.00	YES	YES	YES	YES
	Fruit juice drink, orange, ready-to-drink	19.05	18.35	0.00	YES	YES	YES	YES
	Lemonade, ready-to-drink	2.86	2.16	0.00	YES	YES	YES	YES
	Orange-flavor drink, breakfast type, powder	9.00	8.30	0.00	YES	YES	YES	YES
	Tea, black, brewed, microwave, all	260.00	259.30	0.00	YES	YES	YES	YES
	Tea, black, brewed, microwave, Mid-West	272.00	271.30	0.00	YES	YES	YES	YES
	Tea, black, brewed, microwave, Northeast	264.00	263.30	0.00	YES	YES	YES	YES
	Tea, black, brewed, microwave, South	307.00	306.30	0.00	YES	YES	YES	YES
	Tea, black, brewed, microwave, West	260.00	259.30	0.00	YES	YES	YES	YES
	Tea, black, brewed, regular, all	257.00	256.30	0.00	YES	YES	YES	YES
	Tea, black, brewed, regular, Mid-West	312.00	311.30	0.00	YES	YES	YES	YES
	Tea, black, brewed, regular, Northeast	294.00	293.30	0.00	YES	YES	YES	YES
	Tea, black, brewed, regular, South	324.00	323.30	0.00	YES	YES	YES	YES
	Tea, black, brewed, regular, West	257.00	256.30	0.00	YES	YES	YES	YES
	Tea, black, decaffeinated, brewed, all	159.00	158.30	0.00	YES	YES	YES	YES
	Tea, black, decaffeinated, brewed, Mid-West	220.00	219.30	0.00	YES	YES	YES	YES
	Tea, black, decaffeinated, brewed, Northeast	237.00	236.30	0.00	YES	YES	YES	YES
	Tea, black, decaffeinated, brewed, South	217.00	216.30	0.00	YES	YES	YES	YES
	Tea, black, decaffeinated, brewed, West	159.00	158.30	0.00	YES	YES	YES	YES
	Tea, green, brewed	34.00	33.30	0.00	YES	YES	YES	YES
	Tea, green, decaffeinated, brewed	82.00	81.30	0.00	YES	YES	YES	YES
	Tea, herbal, chamomile, brewed	7.50	6.80	0.00	YES	YES	YES	YES
	Tea, herbal, peppermint, brewed	2.00	1.30	0.00	YES	YES	YES	YES
	Tea, iced, ARIZONA, ready-to-drink	83.60	82.90	0.00	YES	YES	YES	YES
	Tea, iced, COOL NESTEA Natural Lemon, ready-to-drink	61.54	60.84	0.00	YES	YES	YES	YES

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	Tea, iced, LIPTON BRISK Lemon, ready-to-drink	37.86	37.16	0.00	YES	YES	YES	YES
	Tea, instant, powder, unsweetened	2,235.00	2,234.30	0.00	YES	YES	YES	YES
	Tea, instant, powder, unsweetened, prepared with tap water	175.00	174.30	0.00	YES	YES	YES	YES
	Tea, instant, powder, with lemon and sugar	268.00	267.30	0.00	YES	YES	YES	YES
	Tea, instant, powder, with lemon and sugar, prepared with tap water	75.00	74.30	0.00	YES	YES	YES	YES
	Thirst quencher (sport drink), GATORADE, ready-to-drink	17.00	16.30	0.00	YES	YES	YES	YES
	Thirst quencher (sport drink), POWERADE, ready-to-drink	31.00	30.30	0.00	YES	YES	YES	YES
	V 8 SPLASH, juice drink, ready-to-drink	6.20	5.50	0.00	YES	YES	YES	YES
	Water, bottled, AQUAFINA	1.00	0.30	0.00	YES	YES	YES	YES
	Water, bottled, CALISTOGA	4.50	3.80	0.00	YES	YES	YES	YES
	Water, bottled, CRYSTAL GEYSER	12.00	11.30	0.00	YES	YES	YES	YES
	Water, bottled, DANNON	5.00	4.30	0.00	YES	YES	YES	YES
	Water, bottled, DANNON FLUORIDE TO GO	44.00	43.30	0.00	YES	YES	YES	YES
	Water, bottled, DASONI	2.00	1.30	0.00	YES	YES	YES	YES
	Water, bottled, EVIAN	7.00	6.30	0.00	YES	YES	YES	YES
	Water, bottled, NAYA	6.50	5.80	0.00	YES	YES	YES	YES
	Water, bottled, PERRIER	18.00	17.30	0.00	YES	YES	YES	YES
	Water, bottled, POLAND SPRINGS	5.00	4.30	0.00	YES	YES	YES	YES
	Water, bottled, PROPEL FITNESS WATER	1.00	0.30	0.00	YES	YES	YES	YES
	Water, bottled, SARATOGA	10.00	9.30	0.00	YES	YES	YES	YES
	Water, bottled, VERYFINE FRUIT2O Water	2.25	1.55	0.00	YES	YES	YES	YES
	Water, bottled, VOLVIC	18.00	17.30	0.00	YES	YES	YES	YES
	Water, bottled, store brand	7.20	6.50	0.00	YES	YES	YES	YES
	Water, frozen (ice), fast food type	5.60	4.90	0.00	YES	YES	YES	YES
	Waters, tap, all regions, all (includes municipal and well)	1.00	0.30	0.00	YES	YES	YES	YES
	Waters, tap, all regions, municipal \$	2.00	1.30	0.00	YES	YES	YES	YES
	Waters, tap, all regions, well	1.00	0.30	0.00	YES	YES	YES	YES
	Waters, tap, Mid-West, all (includes municipal and well)	4.00	3.30	0.00	YES	YES	YES	YES
	Waters, tap, Mid-West, municipal \$	4.00	3.30	0.00	YES	YES	YES	YES
	Waters, tap, Mid-West, well	5.00	4.30	0.00	YES	YES	YES	YES
	Waters, tap, Northeast, all (includes municipal and well)	2.00	1.30	0.00	YES	YES	YES	YES
	Waters, tap, Northeast, municipal \$	2.00	1.30	0.00	YES	YES	YES	YES
	Waters, tap, Northeast, well	4.00	3.30	0.00	YES	YES	YES	YES
	Waters, tap, South, all (includes municipal and well)	1.00	0.30	0.00	YES	YES	YES	YES
	Waters, tap, South, municipal \$	9.00	8.30	0.00	YES	YES	YES	YES
	Waters, tap, South, well	1.00	0.30	0.00	YES	YES	YES	YES
	Waters, tap, West, all (includes municipal and well)	3.00	2.30	0.00	YES	YES	YES	YES
	Waters, tap, West, municipal \$	3.00	2.30	0.00	YES	YES	YES	YES
	Waters, tap, West, well	5.00	4.30	0.00	YES	YES	YES	YES
Breakfast Cereals:								
	Corn flakes	7.60	6.90	0.00	YES	YES	YES	YES
	Farina, enriched, cooked	2.80	2.10	0.00	YES	YES	YES	YES
	Granola, with raisins	22.00	21.30	0.00	YES	YES	YES	YES
	Grits, cooked	4.90	4.20	0.00	YES	YES	YES	YES
	Oatmeal, cooked	4.00	3.30	0.00	YES	YES	YES	YES

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	Oatmeal, instant, flavored, prepared	15.70	15.00	0.00	YES	YES	YES	YES
	Oat rings	45.00	44.30	0.00	YES	YES	YES	YES
	Presweetened, ready-to-eat	7.60	6.90	0.00	YES	YES	YES	YES
	Raisin bran	34.20	33.50	0.00	YES	YES	YES	YES
	Rice, ready-to-eat	14.00	13.30	0.00	YES	YES	YES	YES
	Rice and corn, lightly sweetened, ready-to-eat	27.40	26.70	0.00	YES	YES	YES	YES
	Wheat, ready-to-eat	7.60	6.90	0.00	YES	YES	YES	YES
Cereal Grains and Pastas:								
	Macaroni and spaghetti, cooked	7.00	6.30	0.00	YES	YES	YES	YES
	Macaroni and spaghetti, uncooked	6.00	5.30	0.00	YES	YES	YES	YES
	Noodles, egg, cooked	3.00	2.30	0.00	YES	YES	YES	YES
	Rice, cooked	3.00	2.30	0.00	YES	YES	YES	YES
Dairy and Egg Products:								
	Butter	1.50	0.80	0.00	YES	YES	YES	YES
	Buttermilk	2.00	1.30	0.00	YES	YES	YES	YES
	Cheese, American, processed	19.00	18.30	0.00	YES	YES	YES	YES
	Cheese, cheddar	22.30	21.60	0.00	YES	YES	YES	YES
	Cheese, cottage	6.50	5.80	0.00	YES	YES	YES	YES
	Cream, fluid, half and half	3.00	2.30	0.00	YES	YES	YES	YES
	Cream substitute, powdered	66.00	65.30	0.00	YES	YES	YES	YES
	Egg, cooked	2.00	1.30	0.00	YES	YES	YES	YES
	Egg, raw	0.65	-0.05	0.00	YES	YES	YES	YES
	Milk, chocolate	4.50	3.80	0.00	YES	YES	YES	YES
	Milk, evaporated	4.35	3.65	0.00	YES	YES	YES	YES
	Milk, 1%	1.91	1.21	0.00	YES	YES	YES	YES
	Milk, 2%	2.76	2.06	0.00	YES	YES	YES	YES
	Milk, skim	2.99	2.29	0.00	YES	YES	YES	YES
	Yogurt, fruit, strawberry	4.60	3.90	0.00	YES	YES	YES	YES
	Yogurt, plain, low-fat	12.00	11.30	0.00	YES	YES	YES	YES
Fast Foods:								
	Chicken McNUGGETS, McDONALD'S	14.40	13.70	0.00	YES	YES	YES	YES
	Dessert, DAIRY QUEEN, BLIZZARD	9.50	8.80	0.00	YES	YES	YES	YES
	Dessert, WENDY'S, FROSTY	18.60	17.90	0.00	YES	YES	YES	YES
	French fries, McDONALD'S	37.80	37.10	0.00	YES	YES	YES	YES
	Hamburger on roll, quarter pound patty, with condiments	14.00	13.30	0.00	YES	YES	YES	YES
	Pizza	20.00	19.30	0.00	YES	YES	YES	YES
	Shake	7.00	6.30	0.00	YES	YES	YES	YES
	Steak and cheese sandwich	19.30	18.60	0.00	YES	YES	YES	YES
Fats and Oils:								
	Mayonnaise	4.60	3.90	0.00	YES	YES	YES	YES
	Margarine	1.90	1.20	0.00	YES	YES	YES	YES
	Margarine-like spread	4.70	4.00	0.00	YES	YES	YES	YES
	Salad dressing, mayonnaise type	3.20	2.50	0.00	YES	YES	YES	YES
	Salad dressings	16.00	15.30	0.00	YES	YES	YES	YES
	Vegetable oil, corn	0.50	-0.20	0.00	YES	YES	YES	YES

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Finfish and Shellfish Products:								
	Crab, canned	105.00	104.30	0.00	YES	YES	YES	YES
	Fish, cooked (includes broiled and fried)	15.20	14.50	0.00	YES	YES	YES	YES
	Fish sticks, baked	87.00	86.30	0.00	YES	YES	YES	YES
	Shrimp, canned	105.30	104.60	0.00	YES	YES	YES	YES
	Shrimp, fried	86.50	85.80	0.00	YES	YES	YES	YES
	Tuna, light, canned in water	9.00	8.30	0.00	YES	YES	YES	YES
	Tuna, canned in oil, drained	15.50	14.80	0.00	YES	YES	YES	YES
Fruits and Fruit Products:								
	Apple, raw, with peel	1.00	0.30	0.00	YES	YES	YES	YES
	Applesauce, sweetened	3.20	2.50	0.00	YES	YES	YES	YES
	Avocado, raw	1.00	0.30	0.00	YES	YES	YES	YES
	Bananas, raw	1.00	0.30	0.00	YES	YES	YES	YES
	Cantaloupe, raw	1.00	0.30	0.00	YES	YES	YES	YES
	Cherries, sweet, raw	1.00	0.30	0.00	YES	YES	YES	YES
	Cranberry sauce	1.00	0.30	0.00	YES	YES	YES	YES
	Fruit cocktail, canned	5.00	4.30	0.00	YES	YES	YES	YES
	Grapefruit, raw	0.00	-0.70	0.00	YES	YES	YES	YES
	Grapes, raw	1.30	0.60	0.00	YES	YES	YES	YES
	Juice, apple, DOLE, ready-to-drink	14.74	14.04	0.00	YES	YES	YES	YES
	Juice, apple, JUICY JUICE, ready-to-drink	8.60	7.90	0.00	YES	YES	YES	YES
	Juice, apple, MINUTE MAID, ready-to-drink	7.65	6.95	0.00	YES	YES	YES	YES
	Juice, apple, MOTT'S, ready-to-drink	7.65	6.95	0.00	YES	YES	YES	YES
	Juice, grapefruit	0.95	0.25	0.00	YES	YES	YES	YES
	Juice, grape, WELCH'S, ready-to-drink	49.72	49.02	0.00	YES	YES	YES	YES
	Juice, grape, white	138.62	137.92	0.00	YES	YES	YES	YES
	Juice, orange, frozen, concentrate	11.00	10.30	0.00	YES	YES	YES	YES
	Juice, orange, frozen, concentrate, prepared with tap water	28.60	27.90	0.00	YES	YES	YES	YES
	Juice, orange, DEAN, ready-to-drink	3.82	3.12	0.00	YES	YES	YES	YES
	Juice, orange, MINUTE MAID, ready-to-drink	2.88	2.18	0.00	YES	YES	YES	YES
	Juice, pineapple, canned	0.95	0.25	0.00	YES	YES	YES	YES
	Juice, prune	16.99	16.29	0.00	YES	YES	YES	YES
	Juice blend (apple and grape), JUICY JUICE grape, ready-to-drink	52.58	51.88	0.00	YES	YES	YES	YES
	Juice blend (apple, grape, and other juices), JUICY JUICE (berry, cherry, or punch), ready-to-drink	44.02	43.32	0.00	YES	YES	YES	YES
	Juice blend (apple and grape), MOTT'S grape, ready-to-drink	10.43	9.73	0.00	YES	YES	YES	YES
	Juice blend (apple, grape and pear), MINUTE MAID grape, ready-to-drink	9.51	8.81	0.00	YES	YES	YES	YES
	Nectar, fruit	4.76	4.06	0.00	YES	YES	YES	YES
	Peaches, canned	3.90	3.20	0.00	YES	YES	YES	YES
	Peaches, raw	0.50	-0.20	0.00	YES	YES	YES	YES
	Pears, raw	1.30	0.60	0.00	YES	YES	YES	YES
	Pears, canned	2.00	1.30	0.00	YES	YES	YES	YES
	Pineapple, canned	2.00	1.30	0.00	YES	YES	YES	YES
	Plums, dried (prunes), uncooked	0.60	-0.10	0.00	YES	YES	YES	YES

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	Plums, raw	0.60	-0.10	0.00	YES	YES	YES	YES
	Raisins	150.00	149.30	0.00	YES	YES	YES	YES
	Strawberries, raw	4.00	3.30	0.00	YES	YES	YES	YES
	Watermelon, raw	1.00	0.30	0.00	YES	YES	YES	YES
Lamb, Veal and Game:								
	Lamb chop, pan cooked with added fat	8.00	7.30	0.00	YES	YES	YES	YES
	Veal cutlet, breaded, pan cooked with added fat	6.00	5.30	0.00	YES	YES	YES	YES
	Veal, liver, pan cooked with added fat	2.30	1.60	0.00	YES	YES	YES	YES
Legumes and Legume Products:								
	Beans, baked, canned, with pork	41.00	40.30	0.00	YES	YES	YES	YES
	Beans, mature, boiled	2.00	1.30	0.00	YES	YES	YES	YES
	Cowpeas common (blackeyes), boiled	1.50	0.80	0.00	YES	YES	YES	YES
	Peanut butter, creamy	0.60	-0.10	0.00	YES	YES	YES	YES
	Peanuts, dry roasted, salted	0.60	-0.10	0.00	YES	YES	YES	YES
Meals, Entrees and Sidedishes:								
	Beef stew	46.80	46.10	0.00	YES	YES	YES	YES
	Casserole, beef, tomato and pasta	33.20	32.50	0.00	YES	YES	YES	YES
	Chicken potpie	47.60	46.90	0.00	YES	YES	YES	YES
	Chicken and noodle casserole, homemade	16.00	15.30	0.00	YES	YES	YES	YES
	Chili con carni, beef and beans, canned	22.00	21.30	0.00	YES	YES	YES	YES
	Frozen meal, fried chicken, mashed potatoes, cornbread, and/or vegetable	24.00	23.30	0.00	YES	YES	YES	YES
	Lasagna, homemade	9.00	8.30	0.00	YES	YES	YES	YES
	Lasagna, canned	29.50	28.80	0.00	YES	YES	YES	YES
	Macaroni and cheese, prepared from mix	11.00	10.30	0.00	YES	YES	YES	YES
	Mashed potato and gravy	42.00	41.30	0.00	YES	YES	YES	YES
	Meatloaf	17.95	17.25	0.00	YES	YES	YES	YES
	Spaghetti, with meat sauce	10.00	9.30	0.00	YES	YES	YES	YES
	Spaghetti, with sauce, no meat, canned	30.00	29.30	0.00	YES	YES	YES	YES
	Ravioli, CHEF BOYARDEE, beef, with meat sauce, canned	11.70	11.00	0.00	YES	YES	YES	YES
	Turkey, broccoli, cheese bake	24.00	23.30	0.00	YES	YES	YES	YES
Pork Products:								
	Bacon, cooked	15.20	14.50	0.00	YES	YES	YES	YES
	Ham, cured, baked	4.10	3.40	0.00	YES	YES	YES	YES
	Pork, chop, baked	19.10	18.40	0.00	YES	YES	YES	YES
	Pork, roast, cooked	41.80	41.10	0.00	YES	YES	YES	YES
Poultry Products:								
	Chicken, cooked (includes fried and roasted)	3.70	3.00	0.00	YES	YES	YES	YES
	Turkey, roast	10.50	9.80	0.00	YES	YES	YES	YES
Sausages and luncheon meats:								
	Bologna, OSCAR MEYER	25.00	24.30	0.00	YES	YES	YES	YES
	Ham and cheese loaf	34.30	33.60	0.00	YES	YES	YES	YES
	Hot dogs, beef	25.80	25.10	0.00	YES	YES	YES	YES
	Sausage, pork	10.60	9.90	0.00	YES	YES	YES	YES
	Sausage (includes salami, not hard)	31.00	30.30	0.00	YES	YES	YES	YES

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Snacks:								
	Chips, corn and tortilla	43.00	42.30	0.00	YES	YES	YES	YES
	Popcorn, oil popped	4.00	3.30	0.00	YES	YES	YES	YES
	Potato chip	30.10	29.40	0.00	YES	YES	YES	YES
	Potato chip, baked	60.30	59.60	0.00	YES	YES	YES	YES
Soups, Sauces, and Gravies:								
	Sauce, cheese	15.00	14.30	0.00	YES	YES	YES	YES
	Sauce, pizza, canned	5.00	4.30	0.00	YES	YES	YES	YES
	Sauce, spaghetti, canned	4.55	3.85	0.00	YES	YES	YES	YES
	Sauce, tartar	15.00	14.30	0.00	YES	YES	YES	YES
	Sauce, white	1.80	1.10	0.00	YES	YES	YES	YES
	Gravy, beef	48.00	47.30	0.00	YES	YES	YES	YES
	Gravy, brown, prepared from mix	10.00	9.30	0.00	YES	YES	YES	YES
	Soup, beef bouillon, canned, reconstituted	14.60	13.90	0.00	YES	YES	YES	YES
	Soup, chicken broth	30.00	29.30	0.00	YES	YES	YES	YES
	Soup, chicken noodle, canned, reconstituted	13.65	12.95	0.00	YES	YES	YES	YES
	Soup, clam chowder	15.00	14.30	0.00	YES	YES	YES	YES
	Soup, corn chowder	85.00	84.30	0.00	YES	YES	YES	YES
	Soup, minestrone	45.00	44.30	0.00	YES	YES	YES	YES
	Soup, pea	36.50	35.80	0.00	YES	YES	YES	YES
	Soup, tomato, canned reconstituted, with milk	3.60	2.90	0.00	YES	YES	YES	YES
	Soup, vegetable beef, canned, reconstituted	11.80	11.10	0.00	YES	YES	YES	YES
Spices and Herbs:								
	Mustard, prepared	0.75	0.05	0.00	YES	YES	YES	YES
Sweets:								
	Candies, caramels	14.00	13.30	0.00	YES	YES	YES	YES
	Candies, milk chocolate	2.00	1.30	0.00	YES	YES	YES	YES
	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	14.70	14.00	0.00	YES	YES	YES	YES
	Candies, REESE'S Peanut Butter Cups	6.90	6.20	0.00	YES	YES	YES	YES
	Candies, M&M MARS, SNICKERS Bar	26.60	25.90	0.00	YES	YES	YES	YES
	Gum	2.30	1.60	0.00	YES	YES	YES	YES
	Frozen novelties, ice type, regular, all flavors	56.53	55.83	0.00	YES	YES	YES	YES
	Frozen novelties, ice type, sugar free, all flavors	85.60	84.90	0.00	YES	YES	YES	YES
	Frozen novelties, juice type	48.00	47.30	0.00	YES	YES	YES	YES
	Frozen novelties, ice cream sandwich	16.30	15.60	0.00	YES	YES	YES	YES
	Frozen yogurts, chocolate	20.20	19.50	0.00	YES	YES	YES	YES
	Frozen yogurts, vanilla	15.00	14.30	0.00	YES	YES	YES	YES
	Gelatin desserts, strawberry, prepared	17.90	17.20	0.00	YES	YES	YES	YES
	Jam, strawberry	9.60	8.90	0.00	YES	YES	YES	YES
	Jellies	64.00	63.30	0.00	YES	YES	YES	YES
	Ice creams, chocolate	19.04	18.34	0.00	YES	YES	YES	YES
	Ice creams, vanilla	14.03	13.33	0.00	YES	YES	YES	YES
	Bread pudding	39.00	38.30	0.00	YES	YES	YES	YES
	Pudding, instant, prepared with whole milk	4.00	3.30	0.00	YES	YES	YES	YES
	Sugar, granulated	1.00	0.30	0.00	YES	YES	YES	YES

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	Syrup, pancake	28.00	27.30	0.00	YES	YES	YES	YES
Vegetables and Vegetable Products:								
	Asparagus, cooked	4.00	3.30	0.00	YES	YES	YES	YES
	Beans, snap (includes cooked, canned, frozen)	3.85	3.15	0.00	YES	YES	YES	YES
	Beets, canned	26.00	25.30	0.00	YES	YES	YES	YES
	Broccoli, boiled	4.00	3.30	0.00	YES	YES	YES	YES
	Carrots, cooked	25.00	24.30	0.00	YES	YES	YES	YES
	Carrot, juice	3.00	2.30	0.00	YES	YES	YES	YES
	Carrots, raw	2.00	1.30	0.00	YES	YES	YES	YES
	Catsup	4.50	3.80	0.00	YES	YES	YES	YES
	Coleslaw	8.00	7.30	0.00	YES	YES	YES	YES
	Collard greens, boiled	13.00	12.30	0.00	YES	YES	YES	YES
	Corn, frozen, kernels cut off cob, unprepared	0.90	0.20	0.00	YES	YES	YES	YES
	Corn, canned	9.00	8.30	0.00	YES	YES	YES	YES
	Corn, cream style, canned	14.00	13.30	0.00	YES	YES	YES	YES
	Cucumber, raw	0.70	0.00	0.00	YES	YES	YES	YES
	Lima beans, immature seeds, frozen, boiled	3.50	2.80	0.00	YES	YES	YES	YES
	Mixed vegetables, canned	23.55	22.85	0.00	YES	YES	YES	YES
	Mushrooms, canned	5.00	4.30	0.00	YES	YES	YES	YES
	Onion rings, breaded, fried, frozen, heated	24.00	23.30	0.00	YES	YES	YES	YES
	Onions, raw	1.00	0.30	0.00	YES	YES	YES	YES
	Peas, green (includes cooked and canned)	8.00	7.30	0.00	YES	YES	YES	YES
	Pickles, cucumber, dill	3.50	2.80	0.00	YES	YES	YES	YES
	Potatoes, boiled	26.00	25.30	0.00	YES	YES	YES	YES
	Potatoes, french fried, frozen, heated	6.00	5.30	0.00	YES	YES	YES	YES
	Potatoes, hashed brown	25.00	24.30	0.00	YES	YES	YES	YES
	Potatoes, mashed	8.80	8.10	0.00	YES	YES	YES	YES
	Potatoes, puffs, frozen, prepared	6.20	5.50	0.00	YES	YES	YES	YES
	Potatoes, scalloped	3.85	3.15	0.00	YES	YES	YES	YES
	Spinach, cooked	20.00	19.30	0.00	YES	YES	YES	YES
	Squash, cooked (includes summer and winter)	1.90	1.20	0.00	YES	YES	YES	YES
	Sweet potatoes	7.00	6.30	0.00	YES	YES	YES	YES
	Sweet potatoes, candied, home prepared	4.00	3.30	0.00	YES	YES	YES	YES
	Tomatoes, canned	3.30	2.60	0.00	YES	YES	YES	YES
	Tomato juice, canned	3.80	3.10	0.00	YES	YES	YES	YES
	Tomato sauce, canned	24.00	23.30	0.00	YES	YES	YES	YES
	Tossed salad	3.00	2.30	0.00	YES	YES	YES	YES

**mcg/100g = ppm * 100 (beverages corrected for specific gravity)

\$ Municipal water is not well water.

* Cooked in deionized water.

Cooked/brewed/prepared in tap water.

% Unprepared.