

**USDA National Fluoride Database**

Food Group	Food / Product	Mean ppm	Mean mcg/100g**	Num datapts	USDA Value (0.7)	Amount Excess Level	Source Code	NDB No.	No. of Studies	References
<b>Baby Foods:</b>										
	<b>Cereal, mixed, with applesauce and bananas, junior</b>	<b>0.01</b>	<b>1.10</b>	<b>3.00</b>	<b>1.00</b>	<b>0.30</b>	1.00	03188	1.00	Levy 1992-2003
	<b>Cereal, oatmeal, with applesauce and bananas, junior</b>	<b>0.08</b>	<b>8.05</b>	<b>2.00</b>	<b>2.00</b>	<b>1.30</b>	1.00	03192	1.00	Levy 1992-2003
	<b>Cereal, rice, with applesauce and bananas, strained</b>	<b>0.16</b>	<b>16.10</b>	<b>2.00</b>	<b>1.70</b>	<b>1.00</b>	1.00	03195	1.00	Levy 1992-2003
	<b>Cereal, rice, with mixed fruit, junior</b>	<b>0.03</b>	<b>2.80</b>	<b>1.00</b>	<b>2.80</b>	<b>2.10</b>	1.00	03210	1.00	Levy 1992-2003
	<b>Dessert, custard pudding, vanilla, junior</b>	<b>0.04</b>	<b>4.20</b>	<b>2.00</b>	<b>4.00</b>	<b>3.30</b>	1.00	03246	1.00	Levy 1992-2003
	<b>Dessert, dutch apple, junior</b>	<b>0.02</b>	<b>1.57</b>	<b>3.00</b>	<b>1.00</b>	<b>0.30</b>	1.00	03221	1.00	Levy 1992-2003
	<b>Dessert, fruit dessert, junior</b>	<b>0.18</b>	<b>17.82</b>	<b>5.00</b>	<b>2.00</b>	<b>1.30</b>	1.00	03236	1.00	Levy 1992-2003
	<b>Dessert, peach cobbler, junior</b>	<b>0.08</b>	<b>8.38</b>	<b>4.00</b>	<b>1.60</b>	<b>0.90</b>	1.00	03228	1.00	Levy 1992-2003
	<b>Dinner, chicken noodle, junior</b>	<b>0.29</b>	<b>28.52</b>	<b>5.00</b>	<b>10.80</b>	<b>10.10</b>	1.00	03069	1.00	Levy 1992-2003
	<b>Dinner, macaroni and cheese, junior</b>	<b>0.06</b>	<b>6.25</b>	<b>2.00</b>	<b>5.40</b>	<b>4.70</b>	1.00	03090	1.00	Levy 1992-2003
	<b>Dinner, spaghetti, tomato, meat, junior</b>	<b>0.02</b>	<b>2.00</b>	<b>1.00</b>	<b>2.00</b>	<b>1.30</b>	1.00	03050	1.00	Levy 1992-2003
	<b>Dinner, turkey and rice, junior</b>	<b>0.20</b>	<b>19.70</b>	<b>4.00</b>	<b>8.90</b>	<b>8.20</b>	1.00	03083	1.00	Levy 1992-2003
	<b>Dinner, vegetables and beef, junior</b>	<b>0.21</b>	<b>21.45</b>	<b>4.00</b>	<b>1.90</b>	<b>1.20</b>	1.00	03054	1.00	Levy 1992-2003
	<b>Dinner, vegetables and ham, junior</b>	<b>0.14</b>	<b>13.75</b>	<b>4.00</b>	<b>0.20</b>	<b>-0.50</b>	1.00	03062	1.00	Levy 1992-2003
	<b>Dinner, vegetables and turkey, junior</b>	<b>0.08</b>	<b>7.77</b>	<b>3.00</b>	<b>4.70</b>	<b>4.00</b>	1.00	03085	1.00	Levy 1992-2003
	<b>Fruit, apple and blueberry, junior</b>	<b>0.01</b>	<b>1.35</b>	<b>2.00</b>	<b>0.90</b>	<b>0.20</b>	1.00	03165	1.00	Levy 1992-2003
	<b>Fruit, applesauce, junior</b>	<b>0.02</b>	<b>2.40</b>	<b>3.00</b>	<b>1.00</b>	<b>0.30</b>	1.00	03117	1.00	Levy 1992-2003
	Fruit, applesauce, strained	0.01	0.70	2.00	0.59	-0.11	1.00	03116	1.00	Levy 1992-2003
	Fruit, apricot with tapioca, junior	0.00	0.20	1.00	0.20	-0.50	1.00	03128	1.00	Levy 1992-2003
	<b>Fruit, bananas, pineapple with tapioca, junior</b>	<b>0.16</b>	<b>15.60</b>	<b>2.00</b>	<b>1.80</b>	<b>1.10</b>	1.00	03156	1.00	Levy 1992-2003
	<b>Fruit, bananas with tapioca, junior</b>	<b>0.36</b>	<b>36.20</b>	<b>2.00</b>	<b>32.70</b>	<b>32.00</b>	1.00	03280	1.00	Levy 1992-2003
	<b>Fruit, mango with tapioca, strained</b>	<b>0.12</b>	<b>12.00</b>	<b>1.00</b>	<b>12.00</b>	<b>11.30</b>	1.00	03140	1.00	Levy 1992-2003
	Fruit, peaches with sugar, strained	0.00	0.40	2.00	0.30	-0.40	1.00	03130	1.00	Levy 1992-2003
	<b>Fruit, peaches, junior</b>	<b>0.03</b>	<b>2.54</b>	<b>4.00</b>	<b>1.00</b>	<b>0.30</b>	1.00	03131	1.00	Levy 1992-2003
	<b>Fruit, pears and pineapple, junior</b>	<b>0.01</b>	<b>1.25</b>	<b>2.00</b>	<b>1.00</b>	<b>0.30</b>	1.00	03159	1.00	Levy 1992-2003
	Fruit, pears, junior	0.09	8.65	4.00	0.10	-0.60	1.00	03133	1.00	Levy 1992-2003
	<b>Fruit, pears, strained</b>	<b>0.01</b>	<b>1.20</b>	<b>2.00</b>	<b>1.00</b>	<b>0.30</b>	1.00	03132	1.00	Levy 1992-2003
	<b>Fruit, plums with tapioca, junior</b>	<b>0.34</b>	<b>34.40</b>	<b>2.00</b>	<b>19.90</b>	<b>19.20</b>	1.00	03135	1.00	Levy 1992-2003
	<b>Fruit, prunes, without Vitamin C, strained</b>	<b>0.02</b>	<b>2.04</b>	<b>2.00</b>	<b>1.78</b>	<b>1.08</b>	1.00	03139	1.00	Levy 1992-2003
	<b>Juice, apple</b>	<b>0.13</b>	<b>11.59</b>	<b>6.00</b>	<b>5.24</b>	<b>4.54</b>	1.00	03166	1.00	Levy 1992-2003
	<b>Juice, apple and cherry</b>	<b>0.70</b>	<b>66.67</b>	<b>8.00</b>	<b>11.43</b>	<b>10.73</b>	1.00	03268	1.00	Levy 1992-2003
	<b>Juice, apple and grape</b>	<b>0.47</b>	<b>44.88</b>	<b>4.00</b>	<b>26.67</b>	<b>25.97</b>	1.00	03265	1.00	Levy 1992-2003
	<b>Juice, apple and peach</b>	<b>0.20</b>	<b>19.05</b>	<b>8.00</b>	<b>3.81</b>	<b>3.11</b>	1.00	03168	1.00	Levy 1992-2003
	<b>Juice, apple and prune</b>	<b>0.14</b>	<b>13.00</b>	<b>2.00</b>	<b>12.00</b>	<b>11.30</b>	1.00	03171	1.00	Levy 1992-2003
	<b>Juice, apple-cranberry</b>	<b>0.10</b>	<b>9.52</b>	<b>1.00</b>	<b>9.52</b>	<b>8.82</b>	1.00	03169	1.00	Levy 1992-2003
	Meat, beef, junior	0.02	2.10	3.00	0.20	-0.50	1.00	03003	1.00	Levy 1992-2003
	<b>Meat, ham, junior</b>	<b>0.03</b>	<b>3.24</b>	<b>2.00</b>	<b>1.08</b>	<b>0.38</b>	1.00	03009	1.00	Levy 1992-2003
	<b>Meat, lamb, junior</b>	<b>0.10</b>	<b>9.82</b>	<b>2.00</b>	<b>5.33</b>	<b>4.63</b>	1.00	03011	1.00	Levy 1992-2003
	<b>Meat, turkey, junior</b>	<b>0.44</b>	<b>43.57</b>	<b>2.00</b>	<b>21.34</b>	<b>20.64</b>	1.00	03016	1.00	Levy 1992-2003
	<b>Vegetables and bacon, junior</b>	<b>0.03</b>	<b>3.10</b>	<b>1.00</b>	<b>3.10</b>	<b>2.40</b>	1.00	03060	1.00	Levy 1992-2003
	Vegetables, carrots, strained	0.01	0.80	2.00	0.69	-0.01	1.00	03099	1.00	Levy 1992-2003
	<b>Vegetables, carrots, junior</b>	<b>0.12</b>	<b>11.58</b>	<b>5.00</b>	<b>0.80</b>	<b>0.10</b>	1.00	03100	1.00	Levy 1992-2003
	<b>Vegetables, corn, creamed, junior</b>	<b>0.32</b>	<b>31.85</b>	<b>2.00</b>	<b>31.80</b>	<b>31.10</b>	1.00	03120	1.00	Levy 1992-2003
	<b>Vegetables, green beans, junior</b>	<b>0.12</b>	<b>11.98</b>	<b>5.00</b>	<b>3.80</b>	<b>3.10</b>	1.00	03092	1.00	Levy 1992-2003
	<b>Vegetables, green beans, strained</b>	<b>0.16</b>	<b>15.59</b>	<b>2.00</b>	<b>14.90</b>	<b>14.20</b>	1.00	03091	1.00	Levy 1992-2003
	<b>Vegetables, peas, strained</b>	<b>0.25</b>	<b>25.48</b>	<b>2.00</b>	<b>22.96</b>	<b>22.26</b>	1.00	03121	1.00	Levy 1992-2003
	<b>Vegetables, squash, junior</b>	<b>0.05</b>	<b>4.63</b>	<b>4.00</b>	<b>1.20</b>	<b>0.50</b>	1.00	03105	1.00	Levy 1992-2003
	Vegetables, squash, strained	0.01	0.70	2.00	0.50	-0.20	1.00	03104	1.00	Levy 1992-2003

**USDA National Fluoride Database**

Food Group	Food / Product	Mean ppm	Mean mcg/100g **	Num datapt s	USDA Value (0.7)	Amount Excess Level	Source Code	NDB No.	No. of Studies	References
	<b>Vegetables, sweetpotatoes, junior</b>	<b>0.10</b>	<b>10.02</b>	<b>5.00</b>	<b>1.00</b>	<b>0.30</b>	1.00	03109	1.00	Levy 1992-2003
	<b>Vegetables, sweetpotatoes, strained</b>	<b>0.01</b>	<b>1.30</b>	<b>2.00</b>	<b>1.29</b>	<b>0.59</b>	1.00	03108	1.00	Levy 1992-2003
<b>Baked Products:</b>										
	<b>Biscuits, refrigerated dough, baked</b>	<b>0.26</b>	<b>26.00</b>	<b>9.00</b>	<b>13.00</b>	<b>12.30</b>	1.00	18013 18015	1.00	Ophaug 1983-1987
	<b>Bread, all (white and whole wheat)</b>	<b>0.49</b>	<b>48.94</b>	<b>44.00</b>	<b>28.50</b>	<b>27.80</b>	1.00	18069 18075	5.00	Featherstone 1988 Jackson 2002 Kingman 1984 Ophaug 1983- 1987 Taves 1983
	<b>Bread, rye</b>	<b>0.51</b>	<b>51.00</b>	<b>9.00</b>	<b>25.50</b>	<b>24.80</b>	1.00	18060	1.00	Ophaug 1983-1987
	<b>Bread stuffing, prepared, baked</b>	<b>0.51</b>	<b>51.30</b>	<b>2.00</b>	<b>25.50</b>	<b>24.80</b>	1.00	18082	1.00	Taves 1983
	<b>Brownie, with nuts</b>	<b>0.38</b>	<b>38.20</b>	<b>2.00</b>	<b>33.30</b>	<b>32.60</b>	1.00	97500	1.00	Jackson 2002
	<b>Cake, all</b>	<b>0.22</b>	<b>21.75</b>	<b>29.00</b>	<b>18.00</b>	<b>17.30</b>	1.00	97501	2.00	Ophaug 1983-1987 Taves 1983
	<b>Cookies, without raisins, all</b>	<b>0.17</b>	<b>17.10</b>	<b>46.00</b>	<b>5.00</b>	<b>4.30</b>	1.00	97502	6.00	Adair 1991 Featherstone 1988 Jackson 2002 Kingman 1984 Ophaug 1983-1987 Taves 1983
	<b>Cookies, oatmeal raisin</b>	<b>0.69</b>	<b>69.00</b>	<b>2.00</b>	<b>34.00</b>	<b>33.30</b>	1.00	18184	1.00	Kingman 1984
	<b>Cornbread</b>	<b>0.11</b>	<b>11.00</b>	<b>9.00</b>	<b>6.00</b>	<b>5.30</b>	1.00	18023	1.00	Ophaug 1983-1987
	<b>Crackers, all</b>	<b>0.24</b>	<b>23.75</b>	<b>27.00</b>	<b>9.10</b>	<b>8.40</b>	1.00	97503	4.00	Featherstone 1988 Kingman 1984 Ophaug 1983-1987 Taves 1983
	<b>Doughnuts</b>	<b>0.26</b>	<b>26.12</b>	<b>15.00</b>	<b>18.30</b>	<b>17.60</b>	1.00	97504	3.00	Jackson 2002 Kingman 1984 Ophaug 1983-1987
	<b>Éclair, chocolate</b>	<b>0.13</b>	<b>13.30</b>	<b>2.00</b>	<b>6.00</b>	<b>5.30</b>	1.00	18257	1.00	Taves 1983
	<b>Muffin, blueberry</b>	<b>0.39</b>	<b>39.00</b>	<b>9.00</b>	<b>20.00</b>	<b>19.30</b>	1.00	18274	1.00	Ophaug 1983-1987
	<b>Pancakes, buttermilk, frozen</b>	<b>0.20</b>	<b>20.36</b>	<b>1.00</b>	<b>12.00</b>	<b>11.30</b>	1.00	18288	1.00	NFNAP
	<b>Pie, apple, frozen, heated</b>	<b>0.13</b>	<b>13.00</b>	<b>9.00</b>	<b>6.50</b>	<b>5.80</b>	1.00	18301	1.00	Ophaug 1983-1987
	<b>Pie, pumpkin, frozen, heated</b>	<b>0.32</b>	<b>32.00</b>	<b>9.00</b>	<b>18.00</b>	<b>17.30</b>	1.00	18326	1.00	Ophaug 1983-1987
	<b>Rolls, hamburger and hot dog</b>	<b>0.25</b>	<b>25.41</b>	<b>3.00</b>	<b>23.29</b>	<b>22.59</b>	1.00	18350	1.00	NFNAP
	<b>Snack type, cake roll</b>	<b>0.49</b>	<b>49.00</b>	<b>2.00</b>	<b>47.10</b>	<b>46.40</b>	1.00	97505	1.00	Jackson 2002
	<b>Snack type, chocolate cup cake, cream filled</b>	<b>0.38</b>	<b>38.20</b>	<b>2.00</b>	<b>36.60</b>	<b>35.90</b>	1.00	97506	1.00	Jackson 2002
	<b>Snack type, oatmeal cream pie</b>	<b>0.41</b>	<b>40.60</b>	<b>2.00</b>	<b>32.90</b>	<b>32.20</b>	1.00	97507	1.00	Jackson 2002
	<b>Tortillas, flour</b>	<b>0.33</b>	<b>32.72</b>	<b>1.00</b>	<b>18.00</b>	<b>17.30</b>	1.00	18364	1.00	NFNAP
	<b>Waffles, frozen</b>	<b>0.18</b>	<b>18.08</b>	<b>5.00</b>	<b>7.30</b>	<b>6.60</b>	1.00	18365 18932	1.00	Jackson 2002
<b>Beef Products:</b>										
	<b>Beef, cooked and raw</b>	<b>0.22</b>	<b>22.43</b>	<b>57.00</b>	<b>3.80</b>	<b>3.10</b>	1.00	97508	4.00	Featherstone 1988 Kingman 1984 Ophaug 1983-1987
	<b>Beef, liver, pan cooked with added fat</b>	<b>0.05</b>	<b>5.00</b>	<b>9.00</b>	<b>2.50</b>	<b>1.80</b>	1.00	13327	1.00	Ophaug 1983-1987
<b>Beverages:</b>										
	<b>Alcoholic beverage, beer, light</b>	<b>0.45</b>	<b>45.34</b>	<b>142.00</b>	<b>6.94</b>	<b>6.24</b>	1.00	14006	1.00	NFNAP

**USDA National Fluoride Database**

Food Group	Food / Product	Mean ppm	Mean mcg/100g **	Num datapts	USDA Value (0.7)	Amount Excess Level	Source Code	NDB No.	No. of Studies	References
	Alcoholic beverage, beer, regular	0.45	44.15	102.00	5.90	5.20	1.00	14003	1.00	NFNAP
	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey), 80 proof	0.08	9.00	9.00	4.50	3.80	1.00	14037 14050	1.00	Ophaug 1983-1987
	Alcoholic beverage, wine, red	1.05	104.62	14.00	86.10	85.40	1.00	14096	1.00	NFNAP
	Alcoholic beverage, wine, white	2.02	202.02	17.00	152.09	151.39	1.00	14106	1.00	NFNAP
	Carbonated, cola, cherry flavor	0.43	40.83	4.00	9.59	8.89	1.00	97624	1.00	UMN-Ulowa 2004-2005
	Carbonated, cola, COCA-COLA, all regions	0.51	49.02	72.00	4.83	4.13	1.00	97516	1.00	NFNAP
	Carbonated, cola, COCA-COLA, Mid-West	0.48	46.14	16.00	8.69	7.99	1.00	97517	1.00	NFNAP
	Carbonated, cola, COCA-COLA, Northeast	0.55	53.00	14.00	4.83	4.13	1.00	97518	1.00	NFNAP
	Carbonated, cola, COCA-COLA, South	0.59	57.00	26.00	20.00	19.30	1.00	97519	1.00	NFNAP
	Carbonated, cola, COCA-COLA, West	0.37	35.75	16.00	10.63	9.93	1.00	97520	1.00	NFNAP
	Carbonated, cola, DIET COKE, all regions	0.60	59.97	36.00	1.00	0.30	1.00	97526	1.00	NFNAP
	Carbonated, cola, DIET COKE, Mid-West	0.69	68.75	8.00	10.00	9.30	1.00	97527	1.00	NFNAP
	Carbonated, cola, DIET COKE, Northeast	0.58	57.57	7.00	1.00	0.30	1.00	97528	1.00	NFNAP
	Carbonated, cola, DIET COKE, South	0.72	72.38	13.00	32.00	31.30	1.00	97529	1.00	NFNAP
	Carbonated, cola, DIET COKE, West	0.33	33.13	8.00	8.00	7.30	1.00	97530	1.00	NFNAP
	Carbonated, cola, DIET PEPSI, all regions	0.48	48.00	70.00	5.00	4.30	1.00	97521	1.00	NFNAP
	Carbonated, cola, DIET PEPSI, Mid-West	0.46	45.81	16.00	7.00	6.30	1.00	97522	1.00	NFNAP
	Carbonated, cola, DIET PEPSI, Northeast	0.46	45.93	14.00	7.00	6.30	1.00	97523	1.00	NFNAP
	Carbonated, cola, DIET PEPSI, South	0.66	65.96	24.00	9.00	8.30	1.00	97524	1.00	NFNAP
	Carbonated, cola, DIET PEPSI, West	0.25	25.06	16.00	5.00	4.30	1.00	97525	1.00	NFNAP
	Carbonated, cola, fast food type, diet, without ice	0.78	78.00	2.00	67.00	66.30	1.00	97509	1.00	NFNAP
	Carbonated, cola, fast food type, without ice	0.74	73.50	2.00	58.00	57.30	1.00	97510	1.00	NFNAP
	Carbonated, cola, PEPSI, all regions	0.33	31.85	70.00	0.96	0.26	1.00	97511	1.00	NFNAP
	Carbonated, cola, PEPSI, Mid-West	0.37	36.42	16.00	1.92	1.22	1.00	97512	1.00	NFNAP
	Carbonated, cola, PEPSI, Northeast	0.28	26.51	14.00	4.81	4.11	1.00	97513	1.00	NFNAP
	Carbonated, cola, PEPSI, South	0.47	44.63	24.00	4.81	4.11	1.00	97514	1.00	NFNAP
	Carbonated, cola, PEPSI, West	0.14	12.80	16.00	0.96	0.26	1.00	97515	1.00	NFNAP
	Carbonated, cola, PEPSI ONE, all regions	0.40	39.88	34.00	19.00	18.30	1.00	97531	1.00	NFNAP
	Carbonated, cola, PEPSI ONE, Mid-West	0.47	47.38	8.00	22.00	21.30	1.00	97532	1.00	NFNAP
	Carbonated, cola, PEPSI ONE, Northeast	0.31	30.71	7.00	2.00	1.30	1.00	97533	1.00	NFNAP
	Carbonated, cola, PEPSI ONE, South	0.56	56.36	11.00	27.00	26.30	1.00	97534	1.00	NFNAP
	Carbonated, cola, PEPSI ONE, West	0.18	17.75	8.00	5.00	4.30	1.00	97535	1.00	NFNAP
	Carbonated, cream soda	0.37	35.47	1.00	18.00	17.30	1.00	14130	1.00	UMN-Ulowa 2004-2005
	Carbonated, ginger ale	0.70	68.76	8.00	45.00	44.30	1.00	14136	3.00	Jackson 2002 1976 Taves 1983
	Carbonated, grape soda	0.91	86.28	14.00	57.50	56.80	1.00	14142	3.00	Jackson 2002 1976 Stannard 1991
	Carbonated, lemon-lime, fast food type, without ice	0.67	64.12	2.00	59.00	58.30	1.00	97536	1.00	NFNAP
	Carbonated, lemon-lime, SPRITE, all regions	0.50	47.62	36.00	3.85	3.15	1.00	14145	1.00	NFNAP
	Carbonated, lemon-lime, SPRITE, Mid-West	0.49	46.63	8.00	6.73	6.03	1.00	97537	1.00	NFNAP
	Carbonated, lemon-lime, SPRITE, Northeast	0.50	48.08	7.00	3.85	3.15	1.00	97538	1.00	NFNAP
	Carbonated, lemon-lime, SPRITE, South	0.61	59.32	13.00	34.62	33.92	1.00	97539	1.00	NFNAP
	Carbonated, lemon-lime, SPRITE, West	0.30	29.21	8.00	8.65	7.95	1.00	97540	1.00	NFNAP

**USDA National Fluoride Database**

Food Group	Food / Product	Mean ppm	Mean mcg/100g **	Num datapts	USDA Value (0.7)	Amount Excess Level	Source Code	NDB No.	No. of Studies	References
	<b>Carbonated, lemon-lime, other brands</b>	<b>0.43</b>	<b>41.64</b>	<b>25.00</b>	<b>1.92</b>	<b>1.22</b>	1.00	14144	4.00	Featherstone 1988 Jackson 2002 Schultz 1976 UMN-Ulowa 2004-2005
	<b>Carbonated, lemon-lime, other brands, diet</b>	<b>0.15</b>	<b>15.34</b>	<b>5.00</b>	<b>3.00</b>	<b>2.30</b>	1.00	97625	1.00	UMN-Ulowa 2004-2005
	<b>Carbonated, orange soda</b>	<b>0.84</b>	<b>80.59</b>	<b>31.00</b>	<b>56.60</b>	<b>55.90</b>	1.00	14150	4.00	Featherstone 1988 Heilman 1999 Jackson 2002 Schultz 1976
	<b>Carbonated, pepper type, DR. PEPPER</b>	<b>0.37</b>	<b>35.79</b>	<b>54.00</b>	<b>2.91</b>	<b>2.21</b>	1.00	14153	3.00	Heilman 1999 Schultz 1976 UMN- Ulowa 2004-2005
	<b>Carbonated, root beer</b>	<b>0.73</b>	<b>70.52</b>	<b>13.00</b>	<b>5.75</b>	<b>5.05</b>	1.00	14157	4.00	Jackson 2002 Shannon 1977 Schultz 1976 UMN-Ulowa 2004-2005
	<b>Carbonated, tonic water</b>	<b>0.84</b>	<b>82.50</b>	<b>2.00</b>	<b>48.00</b>	<b>47.30</b>	1.00	14155	1.00	Shannon 1977
	<b>Carbonated, water, fruit-flavored</b>	<b>1.05</b>	<b>104.52</b>	<b>8.00</b>	<b>88.57</b>	<b>87.87</b>	1.00	97541	1.00	Levy 1992-2003
	<b>Chocolate-flavor beverage, mix for milk, powder</b>	<b>0.05</b>	<b>4.50</b>	<b>2.00</b>	<b>2.25</b>	<b>1.55</b>	1.00	14175	1.00	Kingman 1984
	<b>Chocolate-flavor beverage, YOO-HOO, ready-to-drink</b>	<b>0.87</b>	<b>83.73</b>	<b>1.00</b>	<b>42.00</b>	<b>41.30</b>	1.00	97626	1.00	Schultz 1976
	<b>Cocoa mix, SWISS MISS, powder, prepared with water</b>	<b>0.56</b>	<b>48.28</b>	<b>2.00</b>	<b>3.45</b>	<b>2.75</b>	1.00	14194	1.00	UMN-Ulowa 2004-2005 #
	<b>Coffee, brewed</b>	<b>0.91</b>	<b>90.67</b>	<b>3.00</b>	<b>81.00</b>	<b>80.30</b>	1.00	14209	1.00	NFNAP #
	<b>Coffee, brewed, decaffeinated</b>	<b>0.52</b>	<b>52.40</b>	<b>5.00</b>	<b>26.00</b>	<b>25.30</b>	1.00	14201	1.00	UMN-Ulowa 2004-2005 #
	<b>Coffee, substitute, cereal grain beverage, prepared with water</b>	<b>1.25</b>	<b>125.00</b>	<b>1.00</b>	<b>75.00</b>	<b>74.30</b>	1.00	14237	1.00	UMN-Ulowa 2004-2005 #
	<b>Cranberry juice cocktail, ready-to-drink and prepared concentrate, ready-to-drink</b>	<b>0.71</b>	<b>67.27</b>	<b>79.00</b>	<b>3.81</b>	<b>3.11</b>	1.00	14242 14431	5.00	Kiritsy 1996 Levy 1992-2003 Stannard 1991 Taves 1983 UMN-Ulowa 2004-2005
	<b>Cranberry-apple juice drink, ready-to-drink and prepared concentrate, ready-to-drink</b>	<b>0.87</b>	<b>82.71</b>	<b>18.00</b>	<b>5.71</b>	<b>5.01</b>	1.00	14238	2.00	Levy 1992-2003 Stannard 1991
	<b>Cranberry-grape juice drink, ready-to-drink and prepared concentrate, ready-to-drink</b>	<b>0.68</b>	<b>65.05</b>	<b>10.00</b>	<b>9.52</b>	<b>8.82</b>	1.00	14241	2.00	Levy 1992-2003 UMN-Ulowa 2004-2005
	<b>Cranberry-raspberry juice drink, ready-to-drink and prepared concentrate, ready-to-drink</b>	<b>0.73</b>	<b>69.08</b>	<b>18.00</b>	<b>5.71</b>	<b>5.01</b>	1.00	97627	3.00	Levy 1992-2003 Stannard 1991 UMN-Ulowa 2004-2005
	<b>Cranberry juice cocktail and blends, light, ready-to-drink</b>	<b>0.71</b>	<b>70.13</b>	<b>11.00</b>	<b>13.33</b>	<b>12.63</b>	1.00	14243	1.00	Levy 1992-2003
	<b>Fruit drink, CAPRI-SUN, ready-to-drink</b>	<b>0.74</b>	<b>70.95</b>	<b>129.00</b>	<b>12.40</b>	<b>11.70</b>	1.00	14272	1.00	NFNAP
	<b>Fruit drink, HAWAIIAN PUNCH, ready-to-drink</b>	<b>0.46</b>	<b>44.32</b>	<b>15.00</b>	<b>3.81</b>	<b>3.11</b>	1.00	97543	1.00	Levy 1992-2003
	<b>Fruit drink, HI-C, ready-to-drink</b>	<b>0.23</b>	<b>22.39</b>	<b>58.00</b>	<b>3.79</b>	<b>3.09</b>	1.00	97544	1.00	NFNAP
	<b>Fruit drink, MINUTE MAID punch, ready-to-drink</b>	<b>0.18</b>	<b>17.30</b>	<b>9.00</b>	<b>7.62</b>	<b>6.92</b>	1.00	97545	1.00	Levy 1992-2003
	<b>Fruit drink, other brands, ready-to-drink</b>	<b>0.57</b>	<b>53.62</b>	<b>30.00</b>	<b>10.48</b>	<b>9.78</b>	1.00	14264	1.00	Levy 1992-2003
	<b>Fruit drink, punch, low calorie, ready-to-drink</b>	<b>0.11</b>	<b>10.50</b>	<b>2.00</b>	<b>9.00</b>	<b>8.30</b>	1.00	97628	1.00	UMN-Ulowa 2004-2005
	<b>Fruit flavored drink, prepared from powder</b>	<b>0.40</b>	<b>42.07</b>	<b>10.00</b>	<b>1.80</b>	<b>1.10</b>	1.00	14541	1.00	Featherstone 1988
	<b>Fruit flavored drink, prepared from powder, sugar free</b>	<b>0.17</b>	<b>17.00</b>	<b>3.00</b>	<b>11.00</b>	<b>10.30</b>	1.00	47011	1.00	UMN-Ulowa 2004-2005 #
	<b>Fruit flavored drink, KOOL-AID, ready-to-drink</b>	<b>0.45</b>	<b>42.75</b>	<b>18.00</b>	<b>2.86</b>	<b>2.16</b>	1.00	14178	1.00	Levy 1992-2003
	<b>Fruit flavored drink, SUNNY DELIGHT, ready-to-drink</b>	<b>0.71</b>	<b>68.14</b>	<b>11.00</b>	<b>55.71</b>	<b>55.01</b>	1.00	14435	1.00	Levy 1992-2003
	<b>Fruit juice drink, apple, ready-to-drink</b>	<b>1.09</b>	<b>103.81</b>	<b>1.00</b>	<b>58.00</b>	<b>57.30</b>	1.00	97546	1.00	Stannard 1991

**USDA National Fluoride Database**

Food Group	Food / Product	Mean ppm	Mean mcg/100g **	Num datapt s	USDA Value (0.7)	Amount Excess Level	Source Code	NDB No.	No. of Studies	References
	Fruit juice drink, blends (not cranberry), ready-to-drink	0.51	49.17	8.00	21.90	21.20	1.00	14122 14327 14334 14341	1.00	Levy 1992-2003
	Fruit juice drink, FIVE ALIVE, ready-to-drink	0.08	8.25	3.00	7.62	6.92	1.00	97547	1.00	Levy 1992-2003
	Fruit juice drink, grape, ready-to-drink	0.33	32.06	3.00	8.57	7.87	1.00	14282	1.00	Levy 1992-2003
	Fruit juice drink, orange, ready-to-drink	0.57	54.76	2.00	19.05	18.35	1.00	42270	2.00	Levy 1992-2003 Stannard 1991
	Lemonade, ready-to-drink	0.16	15.67	54.00	2.86	2.16	1.00	97548	5.00	Adair 1991 Jackson 2002 1996 1992-2003 1983-1987 Kiritsy Levy Ophaug
	Orange-flavor drink, breakfast type, powder	0.19	19.00	2.00	9.00	8.30	1.00	14407	1.00	Kingman 1984
	Tea, black, brewed, microwave, all	3.22	321.94	36.00	260.00	259.30	1.00	97549	1.00	NFNAP #
	Tea, black, brewed, microwave, Mid-West	3.19	319.00	8.00	272.00	271.30	1.00	97550	1.00	NFNAP #
	Tea, black, brewed, microwave, Northeast	3.09	308.57	7.00	264.00	263.30	1.00	97551	1.00	NFNAP #
	Tea, black, brewed, microwave, South	3.38	338.31	13.00	307.00	306.30	1.00	97552	1.00	NFNAP #
	Tea, black, brewed, microwave, West	3.10	310.00	8.00	260.00	259.30	1.00	97553	1.00	NFNAP #
	Tea, black, brewed, regular, all	3.73	372.90	63.00	257.00	256.30	1.00	14355	1.00	NFNAP #
	Tea, black, brewed, regular, Mid-West	3.93	393.46	13.00	312.00	311.30	1.00	97558	1.00	NFNAP #
	Tea, black, brewed, regular, Northeast	3.57	357.29	14.00	294.00	293.30	1.00	97559	1.00	NFNAP #
	Tea, black, brewed, regular, South	3.81	380.87	23.00	324.00	323.30	1.00	97560	1.00	NFNAP #
	Tea, black, brewed, regular, West	3.55	355.08	13.00	257.00	256.30	1.00	97561	1.00	NFNAP #
	Tea, black, decaffeinated, brewed, all	2.69	269.24	33.00	159.00	158.30	1.00	14352	1.00	NFNAP #
	Tea, black, decaffeinated, brewed, Mid-West	2.93	292.71	7.00	220.00	219.30	1.00	97554	1.00	NFNAP #
	Tea, black, decaffeinated, brewed, Northeast	2.79	279.43	7.00	237.00	236.30	1.00	97555	1.00	NFNAP #
	Tea, black, decaffeinated, brewed, South	2.64	264.36	11.00	217.00	216.30	1.00	97556	1.00	NFNAP #
	Tea, black, decaffeinated, brewed, West	2.47	246.50	8.00	159.00	158.30	1.00	97557	1.00	NFNAP #
	Tea, green, brewed	1.15	114.57	23.00	34.00	33.30	1.00	97629	2.00	Chan 1996 UMN-Ulowa 2004-2005
	Tea, green, decaffeinated, brewed	2.72	272.00	10.00	82.00	81.30	1.00	97630	2.00	Chan 1996 UMN-Ulowa 2004-2005
	Tea, herbal, chamomile, brewed	0.13	13.00	1.00	7.50	6.80	1.00	14545	1.00	UMN-Ulowa 2004-2005 #
	Tea, herbal, peppermint, brewed	0.90	8.80	10.00	2.00	1.30	1.00	97631	1.00	Chan 1996
	Tea, iced, ARIZONA, ready-to-drink	1.23	123.03	21.00	83.60	82.90	1.00	14475	1.00	NFNAP
	Tea, iced, COOL NESTEA Natural Lemon, ready-to-drink	0.90	89.89	31.00	61.54	60.84	1.00	14137	1.00	NFNAP
	Tea, iced, LIPTON BRISK Lemon, ready-to-drink	0.72	72.15	63.00	37.86	37.16	1.00	14476	1.00	NFNAP
	Tea, instant, powder, unsweetened	97.72	9,772.12	1.00	2,235.00	2,234.30	1.00	14366	1.00	NFNAP
	Tea, instant, powder, unsweetened, prepared with tap water	3.35	335.16		175.00	174.30	6.00	14367		
	Tea, instant, powder, with lemon and sugar	5.84	583.95	1.00	268.00	267.30	1.00	14370	1.00	NFNAP
	Tea, instant, powder, with lemon and sugar, prepared with tap	1.27	115.84		75.00	74.30	6.00	14371		
	Thirst quencher (sport drink), GATORADE, ready-to-drink	0.35	34.00	1.00	17.00	16.30	1.00	14460	1.00	NFNAP
	Thirst quencher (sport drink), POWERADE, ready-to-drink	0.64	62.00	1.00	31.00	30.30	1.00	14461	1.00	NFNAP
	V 8 SPLASH, juice drink, ready-to-drink	0.13	12.19	1.00	6.20	5.50	1.00	14119	1.00	UMN-Ulowa 2004-2005
	Water, bottled, AQUAFINA	0.05	5.12	16.00	1.00	0.30	1.00	14433	1.00	NFNAP
	Water, bottled, CALISTOGA	0.07	7.30	2.00	4.50	3.80	1.00	14437	1.00	NFNAP
	Water, bottled, CRYSTAL GEYSER	0.24	24.00	4.00	12.00	11.30	1.00	14438	1.00	NFNAP



**USDA National Fluoride Database**

Food Group	Food / Product	Mean ppm	Mean mcg/100g **	Num datapoints	USDA Value (0.7)	Amount Excess Level	Source Code	NDB No.	No. of Studies	References
	Water, bottled, DANNON	0.11	10.92	12.00	5.00	4.30	1.00	14432	1.00	NFNAP
	Water, bottled, DANNON FLUORIDE TO GO	0.78	78.00	1.00	44.00	43.30	1.00	14440	1.00	NFNAP
	Water, bottled, DASONI	0.07	6.65	20.00	2.00	1.30	1.00	14434	1.00	NFNAP
	Water, bottled, EVIAN	0.10	10.38	16.00	7.00	6.30	1.00	14559	1.00	NFNAP
	Water, bottled, NAYA	0.14	14.40	4.00	6.50	5.80	1.00	14439	1.00	NFNAP
	Water, bottled, PERRIER	0.31	31.00	1.00	18.00	17.30	1.00	14384	1.00	Stannard 1990
	Water, bottled, POLAND SPRINGS	0.10	10.00	1.00	5.00	4.30	1.00	14385	1.00	Stannard 1990
	Water, bottled, PROPEL FITNESS WATER	0.02	2.03	2.00	1.00	0.30	1.00	14462	1.00	NFNAP
	Water, bottled, SARATOGA	0.20	20.00	1.00	10.00	9.30	1.00	97572	1.00	Stannard 1990
	Water, bottled, VERYFINE FRUIT2O Water	0.06	5.50	2.00	2.25	1.55	1.00	97573	1.00	NFNAP
	Water, bottled, VOLVIC	0.34	34.00	1.00	18.00	17.30	1.00	97574	1.00	Stannard 1990
	Water, bottled, store brand	0.16	15.70	11.00	7.20	6.50	1.00	97575	1.00	NFNAP
	Water, frozen (ice), fast food type	0.11	10.67	3.00	5.60	4.90	1.00	97576	1.00	NFNAP
	Waters, tap, all regions, all (includes municipal and well)	0.71	71.20	288.00	1.00	0.30	1.00	97577	1.00	NFNAP
	Waters, tap, all regions, municipal \$	0.81	80.66	238.00	2.00	1.30	1.00	14429	1.00	NFNAP
	Waters, tap, all regions, well	0.26	26.20	50.00	1.00	0.30	1.00	97578	1.00	NFNAP
	Waters, tap, Mid-West, all (includes municipal and well)	0.88	87.88	68.00	4.00	3.30	1.00	97579	1.00	NFNAP
	Waters, tap, Mid-West, municipal \$	0.99	98.73	52.00	4.00	3.30	1.00	97580	1.00	NFNAP
	Waters, tap, Mid-West, well	0.53	52.62	16.00	5.00	4.30	1.00	97581	1.00	NFNAP
	Waters, tap, Northeast, all (includes municipal and well)	0.69	69.20	56.00	2.00	1.30	1.00	97582	1.00	NFNAP
	Waters, tap, Northeast, municipal \$	0.74	73.83	52.00	2.00	1.30	1.00	97583	1.00	NFNAP
	Waters, tap, Northeast, well	0.09	9.00	4.00	4.00	3.30	1.00	97584	1.00	NFNAP
	Waters, tap, South, all (includes municipal and well)	0.76	76.41	100.00	1.00	0.30	1.00	97585	1.00	NFNAP
	Waters, tap, South, municipal \$	0.93	93.09	80.00	9.00	8.30	1.00	97586	1.00	NFNAP
	Waters, tap, South, well	0.10	9.70	20.00	1.00	0.30	1.00	97587	1.00	NFNAP
	Waters, tap, West, all (includes municipal and well)	0.47	47.11	64.00	3.00	2.30	1.00	97588	1.00	NFNAP
	Waters, tap, West, municipal \$	0.51	51.43	54.00	3.00	2.30	1.00	97589	1.00	NFNAP
	Waters, tap, West, well	0.24	23.80	10.00	5.00	4.30	1.00	97590	1.00	NFNAP
<b>Breakfast Cereals:</b>										
	Corn flakes	0.17	16.90	15.00	7.60	6.90	1.00	08020 08022 08076 08246 08269	3.00	Kingman 1984 Ophaug 1983-1987 Taves 1983
	Farina, enriched, cooked	0.51	50.73	19.00	2.80	2.10	1.00	08113 08173	2.00	Featherstone 1988 # Ophaug 1983-1987 *
	Granola, with raisins	0.33	33.00	9.00	22.00	21.30	1.00	08220 08275 08284	1.00	Ophaug 1983-1987
	Grits, cooked	0.56	56.33	21.00	4.90	4.20	1.00	08091 08161	3.00	Featherstone 1988 # Ophaug 1983-1987 * Taves 1983 #
	Oatmeal, cooked	0.72	71.61	21.00	4.00	3.30	1.00	08121 08180	3.00	Featherstone 1988 # Ophaug 1983-1987 * Taves 1983 #
	Oatmeal, instant, flavored, prepared	0.50	50.24	9.00	15.70	15.00	1.00	97591	1.00	Jackson 2002 #
	Oat rings	0.68	67.80	13.00	45.00	44.30	1.00	8013	3.00	Jackson 2002 1984 1983-1987 Kingman Ophaug

**USDA National Fluoride Database**

Food Group	Food / Product	Mean ppm	Mean mcg/100g **	Num datapt s	USDA Value (0.7)	Amount Excess Level	Source Code	NDB No.	No. of Studies	References
	<b>Presweetened, ready-to-eat</b>	<b>0.42</b>	<b>42.39</b>	<b>29.00</b>	<b>7.60</b>	<b>6.90</b>	1.00	97592	4.00	Jackson 2002 Kingman 1984 Ophaug 1983-1987 Taves 1983
	<b>Raisin bran</b>	<b>0.65</b>	<b>65.22</b>	<b>15.00</b>	<b>34.20</b>	<b>33.50</b>	1.00	08026 08060 08061	4.00	Jackson 2002 Kingman 1984 Ophaug 1983-1987 Taves 1983
	<b>Rice, ready-to-eat</b>	<b>0.19</b>	<b>18.57</b>	<b>17.00</b>	<b>14.00</b>	<b>13.30</b>	1.00	08015 08025 08065 08066 08156 08348 08378	4.00	Jackson 2002 Kingman 1984 Ophaug 1983-1987 Taves 1983
	<b>Rice and corn, lightly sweetened, ready-to-eat</b>	<b>0.31</b>	<b>30.75</b>	<b>4.00</b>	<b>27.40</b>	<b>26.70</b>	1.00	8259	1.00	Jackson 2002
	<b>Wheat, ready-to-eat</b>	<b>0.27</b>	<b>27.38</b>	<b>17.00</b>	<b>7.60</b>	<b>6.90</b>	1.00	08089 08147 08148 08157 08379 08384	3.00	Kingman 1984 Ophaug 1983-1987 Taves 1983
<b>Cereal Grains and Pastas:</b>										
	<b>Macaroni and spaghetti, cooked</b>	<b>0.07</b>	<b>7.00</b>	<b>9.00</b>	<b>7.00</b>	<b>6.30</b>	1.00	20100 20121	1.00	Ophaug 1983-1987 *
	<b>Macaroni and spaghetti, uncooked</b>	<b>0.18</b>	<b>18.00</b>	<b>6.00</b>	<b>6.00</b>	<b>5.30</b>	1.00	20099 20120	1.00	Kingman 1984
	<b>Noodles, egg, cooked</b>	<b>0.06</b>	<b>6.00</b>	<b>9.00</b>	<b>3.00</b>	<b>2.30</b>	1.00	20110	1.00	Ophaug 1983-1987 *
	<b>Rice, cooked</b>	<b>0.41</b>	<b>41.14</b>	<b>21.00</b>	<b>3.00</b>	<b>2.30</b>	1.00	20045	3.00	Featherstone 1988 # Ophaug 1983-1987 * Taves 1983 #
<b>Dairy and Egg Products:</b>										
	<b>Butter</b>	<b>0.03</b>	<b>2.77</b>	<b>19.00</b>	<b>1.50</b>	<b>0.80</b>	1.00	01001 01002 01145	3.00	Kingman 1984 Ophaug 1983-1987 Taves 1983
	<b>Buttermilk</b>	<b>0.04</b>	<b>4.00</b>	<b>9.00</b>	<b>2.00</b>	<b>1.30</b>	1.00	01088 01176	1.00	Ophaug 1983-1987
	<b>Cheese, American, processed</b>	<b>0.35</b>	<b>35.00</b>	<b>9.00</b>	<b>19.00</b>	<b>18.30</b>	1.00	01042 01046 01048 01147 01149 01150	1.00	Ophaug 1983-1987
	<b>Cheese, cheddar</b>	<b>0.35</b>	<b>34.87</b>	<b>1.00</b>	<b>22.30</b>	<b>21.60</b>	1.00	01009 01168 01169	1.00	NFNAP

**USDA National Fluoride Database**

Food Group	Food / Product	Mean ppm	Mean mcg/100g **	Num datapt s	USDA Value (0.7)	Amount Excess Level	Source Code	NDB No.	No. of Studies	References
	<b>Cheese, cottage</b>	<b>0.32</b>	<b>31.59</b>	<b>21.00</b>	<b>6.50</b>	<b>5.80</b>	1.00	01012 01013 01014 01015 01016	3.00	Featherstone 1988 Ophaug 1983-1987 Taves 1983
	<b>Cream, fluid, half and half</b>	<b>0.03</b>	<b>3.00</b>	<b>9.00</b>	<b>3.00</b>	<b>2.30</b>	1.00	01049 01050 01051 01052 01053 01054 01199	1.00	Ophaug 1983-1987
	<b>Cream substitute, powdered</b>	<b>1.12</b>	<b>112.00</b>	<b>9.00</b>	<b>66.00</b>	<b>65.30</b>	1.00	1069	1.00	Ophaug 1983-1987
	<b>Egg, cooked</b>	<b>0.05</b>	<b>4.80</b>	<b>66.00</b>	<b>2.00</b>	<b>1.30</b>	1.00	01128 01129 01130 01131 01132	4.00	Featherstone 1988 Jackson 2002 Ophaug 1983-1987 Taves 1983
	Egg, raw	0.01	1.10	2.00	0.65	-0.05	1.00	1123	1.00	Kingman 1984
	<b>Milk, chocolate</b>	<b>0.05</b>	<b>5.25</b>	<b>11.00</b>	<b>4.50</b>	<b>3.80</b>	1.00	01102 01103 01104	2.00	Kingman 1984 Ophaug 1983-1987
	<b>Milk, evaporated</b>	<b>0.08</b>	<b>8.48</b>	<b>19.00</b>	<b>4.35</b>	<b>3.65</b>	1.00	01096 01097 01153 01177	2.00	Featherstone 1988 Ophaug 1983-1987
	<b>Milk, 1%</b>	<b>0.03</b>	<b>2.58</b>	<b>4.00</b>	<b>1.91</b>	<b>1.21</b>	1.00	1082	1.00	NFNAP
	<b>Milk, 2%</b>	<b>0.03</b>	<b>3.40</b>	<b>4.00</b>	<b>2.76</b>	<b>2.06</b>	1.00	1079	1.00	NFNAP
	<b>Milk, skim</b>	<b>0.03</b>	<b>3.08</b>	<b>5.00</b>	<b>2.99</b>	<b>2.29</b>	1.00	1085	1.00	NFNAP
	<b>Yogurt, fruit, strawberry</b>	<b>0.09</b>	<b>9.00</b>	<b>9.00</b>	<b>4.60</b>	<b>3.90</b>	1.00	01120 01121 01122	1.00	Ophaug 1983-1987
	<b>Yogurt, plain, low-fat</b>	<b>0.12</b>	<b>12.00</b>	<b>9.00</b>	<b>12.00</b>	<b>11.30</b>	1.00	01116 01117 01118 01119 01184 01187	1.00	Ophaug 1983-1987
<b>Fast Foods:</b>										
	<b>Chicken McNUGGETS, McDONALD'S</b>	<b>0.16</b>	<b>16.25</b>	<b>2.00</b>	<b>14.40</b>	<b>13.70</b>	1.00	21229	1.00	Jackson 2002
	<b>Dessert, DAIRY QUEEN, BLIZZARD</b>	<b>0.13</b>	<b>12.88</b>	<b>6.00</b>	<b>9.50</b>	<b>8.80</b>	1.00	97593	1.00	Jackson 2002
	<b>Dessert, WENDY'S, FROSTY</b>	<b>0.19</b>	<b>18.95</b>	<b>2.00</b>	<b>18.60</b>	<b>17.90</b>	1.00	97594	1.00	Jackson 2002
	<b>French fries, McDONALD'S</b>	<b>1.15</b>	<b>115.25</b>	<b>2.00</b>	<b>37.80</b>	<b>37.10</b>	1.00	21238	1.00	Jackson 2002
	<b>Hamburger on roll, quarter pound patty, with condiments</b>	<b>0.28</b>	<b>28.00</b>	<b>9.00</b>	<b>14.00</b>	<b>13.30</b>	1.00	21202	1.00	Ophaug 1983-1987
	<b>Pizza</b>	<b>0.31</b>	<b>31.33</b>	<b>11.00</b>	<b>20.00</b>	<b>19.30</b>	1.00	21224	2.00	Adair 1991 Ophaug 1983-1987
	<b>Shake</b>	<b>0.14</b>	<b>14.00</b>	<b>9.00</b>	<b>7.00</b>	<b>6.30</b>	1.00	14347	1.00	Ophaug 1983-1987
	<b>Steak and cheese sandwich</b>	<b>0.37</b>	<b>37.00</b>	<b>1.00</b>	<b>19.30</b>	<b>18.60</b>	1.00	21123	1.00	Adair 1991



**USDA National Fluoride Database**

Food Group	Food / Product	Mean ppm	Mean mcg/100g **	Num datapoints	USDA Value (0.7)	Amount Excess Level	Source Code	NDB No.	No. of Studies	References
<b>Fats and Oils:</b>										
	Mayonnaise	0.09	9.00	9.00	4.60	3.90	1.00	04025 04026	1.00	Ophaug 1983-1987
	Margarine	0.05	5.45	11.00	1.90	1.20	1.00	4610	2.00	Ophaug 1983-1987 Taves 1983
	Margarine-like spread	0.25	24.75	6.00	4.70	4.00	1.00	4128	1.00	Jackson 2002
	Salad dressing, mayonnaise type	0.04	3.60	4.00	3.20	2.50	1.00	4018	1.00	Kingman 1984
	Salad dressings	0.27	27.00	15.00	16.00	15.30	1.00	97595	2.00	Ophaug 1983-1987 Taves 1983
	Vegetable oil, corn	0.01	1.00	9.00	0.50	-0.20	1.00	4518	1.00	Ophaug 1983-1987
<b>Finfish and Shellfish Products:</b>										
	Crab, canned	2.10	209.94	1.00	105.00	104.30	1.00	15141	1.00	NFNAP
	Fish, cooked (includes broiled and fried)	0.18	18.05	4.00	15.20	14.50	1.00	97596	1.00	Taves 1983
	Fish sticks, baked	1.34	134.00	9.00	87.00	86.30	1.00	15027	1.00	Ophaug 1983-1987
	Shrimp, canned	2.01	201.01	1.00	105.30	104.60	1.00	15152	1.00	NFNAP
	Shrimp, fried	1.66	166.00	9.00	86.50	85.80	1.00	15150	1.00	Ophaug 1983-1987
	Tuna, light, canned in water	0.19	18.55	1.00	9.00	8.30	1.00	15121 15184	1.00	NFNAP
	Tuna, canned in oil, drained	0.31	31.00	9.00	15.50	14.80	1.00	15119 15124 15183 15185	1.00	Ophaug 1983-1987
<b>Fruits and Fruit Products:</b>										
	Apple, raw, with peel	0.03	3.29	1.00	0.00	-0.70	1.00	9003	1.00	NFNAP
	Applesauce, sweetened	0.05	4.93	19.00	3.20	2.50	1.00	9020	2.00	Featherstone 1988 Ophaug 1983-1987
	Avocado, raw	0.07	7.00	9.00	0.00	-0.70	1.00	9037	1.00	Ophaug 1983-1987
	Bananas, raw	0.02	2.17	1.00	0.00	-0.70	1.00	9040	1.00	NFNAP
	Cantaloupe, raw	0.01	1.00	9.00	0.00	-0.70	1.00	9181	1.00	Ophaug 1983-1987
	Cherries, sweet, raw	0.02	2.00	9.00	0.00	-0.70	1.00	9070	1.00	Ophaug 1983-1987
	Cranberry sauce	0.02	1.90	2.00	0.00	-0.70	1.00	9081	1.00	Taves 1983
	Fruit cocktail, canned	0.09	9.20	12.00	5.00	4.30	1.00	9100	3.00	Adair 1991 Ophaug 1983-1987 Taves 1983
	Grapefruit, raw	0.01	1.00	9.00	0.00	-0.70	1.00	9111	1.00	Ophaug 1983-1987
	Grapes, raw	0.08	7.80	13.00	1.30	0.60	1.00	9132	2.00	Jackson 2002 Ophaug 1983-1987
	Juice, apple, DOLE, ready-to-drink	0.61	57.73	22.00	14.74	14.04	1.00	9400	1.00	NFNAP
	Juice, apple, JUICY JUICE, ready-to-drink	0.50	47.67	30.00	8.60	7.90	1.00	9400	1.00	NFNAP
	Juice, apple, MINUTE MAID, ready-to-drink	0.29	27.75	32.00	7.65	6.95	1.00	9400	1.00	NFNAP
	Juice, apple, MOTT'S, ready-to-drink	0.29	28.37	28.00	7.65	6.95	1.00	9400	1.00	NFNAP
	Juice, grapefruit	0.46	44.86	40.00	0.95	0.25	1.00	9123	2.00	Levy 1992-2003 Taves 1983
	Juice, grape, WELCH'S, ready-to-drink	0.77	72.00	20.00	49.72	49.02	1.00	9135	1.00	NFNAP
	Juice, grape, white	2.13	203.95	12.00	138.62	137.92	1.00	97600	2.00	Kiritsy 1996 Stannard 1991
	Juice, orange, frozen, concentrate	0.24	19.81	1.00	11.00	10.30	1.00	9214	1.00	NFNAP
	Juice, orange, frozen, concentrate, prepared with tap water	0.61	58.20		28.60	27.90	6.00	9215		

**USDA National Fluoride Database**

Food Group	Food / Product	Mean ppm	Mean mcg/100g **	Num datapt s	USDA Value (0.7)	Amount Excess Level	Source Code	NDB No.	No. of Studies	References
	Juice, orange, DEAN, ready-to-drink	0.54	51.87	22.00	3.82	3.12	1.00	9207	1.00	NFNAP
	Juice, orange, MINUTE MAID, ready-to-drink	0.32	31.33	51.00	2.88	2.18	1.00	9207	1.00	NFNAP
	Juice, pineapple, canned	0.06	5.54	24.00	0.95	0.25	1.00	9409	4.00	Adair 1991 Featherstone 1988 Levy 1992-2003 Ophaug 1983-1987
	Juice, prune	0.62	60.20	21.00	16.99	16.29	1.00	9294	3.00	Kiritsy 1996 Ophaug 1983-1987 Stannard 1991
	Juice blend (apple and grape), JUICY JUICE grape, ready-to-drink	1.07	102.44	27.00	52.58	51.88	1.00	97597	1.00	NFNAP
	Juice blend (apple, grape, and other juices), JUICY JUICE (berry, cherry, or punch), ready-to-drink	0.88	83.97	4.00	44.02	43.32	1.00	97632	1.00	UMN-UIowa 2004-2005
	Juice blend (apple and grape), MOTT'S grape, ready-to-drink	0.28	26.54	18.00	10.43	9.73	1.00	97599	1.00	NFNAP
	Juice blend (apple, grape and pear), MINUTE MAID grape, ready-to-drink	0.45	43.46	25.00	9.51	8.81	1.00	97598	1.00	NFNAP
	Nectar, fruit	0.13	11.86	11.00	4.76	4.06	1.00	09403 09407 09408	1.00	Levy 1992-2003
	Peaches, canned	0.07	6.80	30.00	3.90	3.20	1.00	09241 09370	6.00	Adair 1991 Featherstone 1988 Jackson 2002 Kingman 1984 Ophaug 1983-1987 Taves 1983
	Peaches, raw	0.04	4.00	9.00		-0.70	1.00	9236	1.00	Ophaug 1983-1987
	Pears, raw	0.02	2.17	20.00	1.30	0.60	1.00	9252	3.00	Adair 1991 Featherstone 1988 Ophaug 1983-1987
	Pears, canned	0.08	8.00	20.00	2.00	1.30	1.00	09257 09374	3.00	Adair 1991 Featherstone 1988 Ophaug 1983-1987
	Pineapple, canned	0.04	4.20	11.00	2.00	1.30	1.00	9409	2.00	Jackson 2002 Ophaug 1983-1987
	Plums, dried (prunes), uncooked	0.04	4.00	9.00		-0.70	1.00	9291	1.00	Ophaug 1983-1987
	Plums, raw	0.02	2.00	9.00		-0.70	1.00	9279	1.00	Ophaug 1983-1987
	Raisins	2.34	233.91	1.00	150.00	149.30	1.00	9298	1.00	NFNAP
	Strawberries, raw	0.04	4.40	10.00	4.00	3.30	1.00	9316	2.00	Jackson 2002 Ophaug 1983-1987
	Watermelon, raw	0.01	1.47	11.00	1.00	0.30	1.00	9326	2.00	Jackson 2002 Ophaug 1983-1987
<b>Lamb, Veal and Game:</b>										
	Lamb chop, pan cooked with added fat	0.32	32.00	9.00	8.00	7.30	1.00	17227	1.00	Ophaug 1983-1987
	Veal cutlet, breaded, pan cooked with added fat	0.21	21.05	11.00	6.00	5.30	1.00	17096	2.00	Ophaug 1983-1987 Taves 1983
	Veal, liver, pan cooked with added fat	0.05	5.00	9.00	2.30	1.60	1.00	17204	1.00	Ophaug 1983-1987
<b>Legumes and Legume Products:</b>										

**USDA National Fluoride Database**

Food Group	Food / Product	Mean ppm	Mean mcg/100g **	Num datapt s	USDA Value (0.7)	Amount Excess Level	Source Code	NDB No.	No. of Studies	References
	<b>Beans, baked, canned, with pork</b>	<b>0.54</b>	<b>54.00</b>	<b>11.00</b>	<b>41.00</b>	<b>40.30</b>	1.00	16009	2.00	Kingman 1984 Ophaug 1983-1987
	<b>Beans, mature, boiled</b>	<b>0.02</b>	<b>2.25</b>	<b>36.00</b>	<b>2.00</b>	<b>1.30</b>	1.00	16032 16043 16072 16038	1.00	Ophaug 1983-1987 *
	<b>Cowpeas common (blackeyes), boiled</b>	<b>0.03</b>	<b>3.00</b>	<b>9.00</b>	<b>1.50</b>	<b>0.80</b>	1.00	16063	1.00	Ophaug 1983-1987 *
	Peanut butter, creamy	0.03	3.12	1.00	0.00	-0.70	1.00	16098	1.00	NFNAP
	Peanuts, dry roasted, salted	0.16	16.00	9.00	0.00	-0.70	1.00	16090	1.00	Ophaug 1983-1987
<b>Meals, Entrees and Sides:</b>										
	<b>Beef stew</b>	<b>0.57</b>	<b>56.52</b>	<b>10.00</b>	<b>46.80</b>	<b>46.10</b>	<b>1.00</b>	22905	1.00	Featherstone 1988
	<b>Casserole, beef, tomato and pasta</b>	<b>0.67</b>	<b>66.50</b>	<b>2.00</b>	<b>33.20</b>	<b>32.50</b>	1.00	97601	1.00	Taves 1983
	<b>Chicken potpie</b>	<b>0.58</b>	<b>57.64</b>	<b>13.00</b>	<b>47.60</b>	<b>46.90</b>	<b>1.00</b>	22906	2.00	Jackson 2002 Ophaug 1983-1987
	<b>Chicken and noodle casserole, homemade</b>	<b>0.16</b>	<b>16.00</b>	<b>9.00</b>	<b>16.00</b>	<b>15.30</b>	<b>1.00</b>	97602	1.00	Ophaug 1983-1987
	<b>Chili con carni, beef and beans, canned</b>	<b>0.45</b>	<b>45.00</b>	<b>9.00</b>	<b>22.00</b>	<b>21.30</b>	1.00	22904	1.00	Ophaug 1983-1987
	<b>Frozen meal, fried chicken, mashed potatoes, cornbread, and/or vegetable</b>	<b>0.48</b>	<b>48.00</b>	<b>9.00</b>	<b>24.00</b>	<b>23.30</b>	1.00	97603	1.00	Ophaug 1983-1987
	<b>Lasagna, homemade</b>	<b>0.18</b>	<b>18.00</b>	<b>9.00</b>	<b>9.00</b>	<b>8.30</b>	1.00	97604	1.00	Ophaug 1983-1987
	<b>Lasagna, canned</b>	<b>0.54</b>	<b>53.80</b>	<b>2.00</b>	<b>29.50</b>	<b>28.80</b>	1.00	97633	1.00	Jackson 2002
	<b>Macaroni and cheese, prepared from mix</b>	<b>0.33</b>	<b>32.63</b>	<b>23.00</b>	<b>11.00</b>	<b>10.30</b>	1.00	97605	3.00	Featherstone 1988 Ophaug 1983-1987 Taves 1983
	<b>Mashed potato and gravy</b>	<b>0.84</b>	<b>84.00</b>	<b>1.00</b>	<b>42.00</b>	<b>41.30</b>	1.00	97606	1.00	Adair 1991
	<b>Meatloaf</b>	<b>0.30</b>	<b>29.53</b>	<b>19.00</b>	<b>17.95</b>	<b>17.25</b>	1.00	97607	2.00	Featherstone 1988 Ophaug 1983-1987
	<b>Spaghetti, with meat sauce</b>	<b>0.38</b>	<b>38.01</b>	<b>19.00</b>	<b>10.00</b>	<b>9.30</b>	1.00	22401	2.00	Featherstone 1988 Ophaug 1983-1987
	<b>Spaghetti, with sauce, no meat, canned</b>	<b>0.40</b>	<b>40.33</b>	<b>13.00</b>	<b>30.00</b>	<b>29.30</b>	1.00	22914	3.00	Jackson 2002 Ophaug 1983-1987 Taves 1983
	<b>Ravioli, CHEF BOYARDEE, beef, with meat sauce, canned</b>	<b>0.13</b>	<b>13.45</b>	<b>2.00</b>	<b>11.70</b>	<b>11.00</b>	1.00	22515	1.00	Jackson 2002
	<b>Turkey, broccoli, cheese bake</b>	<b>0.28</b>	<b>28.50</b>	<b>2.00</b>	<b>24.00</b>	<b>23.30</b>	1.00	97608	1.00	Taves 1983
<b>Pork Products:</b>										
	<b>Bacon, cooked</b>	<b>0.34</b>	<b>33.56</b>	<b>17.00</b>	<b>15.20</b>	<b>14.50</b>	1.00	10124	3.00	Jackson 2002 Ophaug 1983-1987 Taves 1983
	Bacon, raw	0.04	4.00	2.00		-0.70	1.00	10123	1.00	Kingman 1984
	<b>Ham, cured, baked</b>	<b>0.20</b>	<b>19.88</b>	<b>16.00</b>	<b>4.10</b>	<b>3.40</b>	1.00	10151	3.00	Kingman 1984 Ophaug 1983-1987 Taves 1983
	<b>Pork, chop, baked</b>	<b>0.38</b>	<b>37.90</b>	<b>2.00</b>	<b>19.10</b>	<b>18.40</b>	1.00	97609	1.00	Jackson 2002
	<b>Pork, roast, cooked</b>	<b>0.42</b>	<b>42.40</b>	<b>11.00</b>	<b>41.80</b>	<b>41.10</b>	1.00	10188	2.00	Taves 1983 Ophaug 1983-1987
<b>Poultry Products:</b>										
	<b>Chicken, cooked (includes fried and roasted)</b>	<b>0.15</b>	<b>14.75</b>	<b>37.00</b>	<b>3.70</b>	<b>3.00</b>	1.00	97610	3.00	Featherstone 1988 Jackson 2002 Ophaug 1983-1987

**USDA National Fluoride Database**

Food Group	Food / Product	Mean ppm	Mean mcg/100g **	Num datapt s	USDA Value (0.7)	Amount Excess Level	Source Code	NDB No.	No. of Studies	References
	<b>Turkey, roast</b>	<b>0.21</b>	<b>20.90</b>	<b>2.00</b>	<b>10.50</b>	<b>9.80</b>	1.00	05166 05200 05232 05256	1.00	Taves 1983
<b>Sausages and luncheon meats:</b>										
	<b>Bologna, OSCAR MEYER</b>	<b>0.36</b>	<b>36.00</b>	<b>13.00</b>	<b>25.00</b>	<b>24.30</b>	1.00	07007 07008 07960 07937 07959 07952 07010 07011	3.00	Jackson 2002 Kingman 1984 Ophaug 1983-1987
	<b>Ham and cheese loaf</b>	<b>0.36</b>	<b>36.25</b>	<b>2.00</b>	<b>34.30</b>	<b>33.60</b>	1.00	7032	1.00	Jackson 2002
	<b>Hot dogs, beef</b>	<b>0.48</b>	<b>48.43</b>	<b>1.00</b>	<b>25.80</b>	<b>25.10</b>	1.00	7022	1.00	NFNAP
	<b>Sausage, pork</b>	<b>0.16</b>	<b>15.88</b>	<b>12.00</b>	<b>10.60</b>	<b>9.90</b>	1.00	7064	2.00	Jackson 2002 Ophaug 1983-1987
	<b>Sausage (includes salami, not hard)</b>	<b>0.41</b>	<b>41.15</b>	<b>11.00</b>	<b>31.00</b>	<b>30.30</b>	1.00	97611	2.00	Ophaug 1983-1987 Taves 1983
<b>Snacks:</b>										
	<b>Chips, corn and tortilla</b>	<b>0.52</b>	<b>51.88</b>	<b>18.00</b>	<b>43.00</b>	<b>42.30</b>	1.00	19056	3.00	Jackson 2002 Kingman 1984 Ophaug 1983-1987
	<b>Popcorn, oil popped</b>	<b>0.06</b>	<b>6.25</b>	<b>11.00</b>	<b>4.00</b>	<b>3.30</b>	1.00	19035	2.00	Kingman 1984 Ophaug 1983-1987
	<b>Potato chip</b>	<b>0.61</b>	<b>61.35</b>	<b>16.00</b>	<b>30.10</b>	<b>29.40</b>	1.00	19411	2.00	Jackson 2002 Ophaug 1983-1987
	<b>Potato chip, baked</b>	<b>1.06</b>	<b>105.53</b>	<b>4.00</b>	<b>60.30</b>	<b>59.60</b>	1.00	42283	1.00	Jackson 2002
<b>Soups, Sauces, and Gravies:</b>										
	<b>Sauce, cheese</b>	<b>0.29</b>	<b>29.00</b>	<b>2.00</b>	<b>15.00</b>	<b>14.30</b>	1.00	6930	1.00	Kingman 1984
	<b>Sauce, pizza, canned</b>	<b>0.10</b>	<b>10.00</b>	<b>2.00</b>	<b>5.00</b>	<b>4.30</b>	1.00	97635	1.00	Kingman 1984
	<b>Sauce, spaghetti, canned</b>	<b>0.22</b>	<b>21.96</b>	<b>12.00</b>	<b>4.55</b>	<b>3.85</b>	1.00	6931	2.00	Featherstone 1988 Jackson 2002
	<b>Sauce, tartar</b>	<b>0.30</b>	<b>30.40</b>	<b>2.00</b>	<b>15.00</b>	<b>14.30</b>	1.00	97612	1.00	Taves 1983
	<b>Sauce, white</b>	<b>0.04</b>	<b>4.00</b>	<b>9.00</b>	<b>1.80</b>	<b>1.10</b>	1.00	6166	1.00	Ophaug 1983-1987
	<b>Gravy, beef</b>	<b>0.99</b>	<b>99.15</b>	<b>1.00</b>	<b>48.00</b>	<b>47.30</b>	1.00	6116	1.00	NFNAP
	<b>Gravy, brown, prepared from mix</b>	<b>0.57</b>	<b>56.88</b>	<b>19.00</b>	<b>10.00</b>	<b>9.30</b>	1.00	97613	2.00	Featherstone 1988 # Ophaug 1983-1987 *
	<b>Soup, beef bouillon, canned, reconstituted</b>	<b>0.29</b>	<b>29.00</b>	<b>9.00</b>	<b>14.60</b>	<b>13.90</b>	1.00	97614	1.00	Ophaug 1983-1987 *
	<b>Soup, chicken broth</b>	<b>0.61</b>	<b>60.96</b>	<b>1.00</b>	<b>30.00</b>	<b>29.30</b>	1.00	6413	1.00	NFNAP
	<b>Soup, chicken noodle, canned, reconstituted</b>	<b>0.35</b>	<b>35.03</b>	<b>19.00</b>	<b>13.65</b>	<b>12.95</b>	1.00	6419	2.00	Featherstone 1988 # Ophaug 1983-1987 *
	<b>Soup, clam chowder</b>	<b>0.36</b>	<b>36.10</b>	<b>2.00</b>	<b>15.00</b>	<b>14.30</b>	1.00	97615	1.00	Taves 1983
	<b>Soup, corn chowder</b>	<b>1.32</b>	<b>132.00</b>	<b>1.00</b>	<b>85.00</b>	<b>84.30</b>	1.00	6725	1.00	Adair 1991
	<b>Soup, minestrone</b>	<b>0.86</b>	<b>85.50</b>	<b>2.00</b>	<b>45.00</b>	<b>44.30</b>	1.00	97616	1.00	Taves 1983
	<b>Soup, pea</b>	<b>0.76</b>	<b>76.00</b>	<b>4.00</b>	<b>36.50</b>	<b>35.80</b>	1.00	97617	1.00	Taves 1983
	<b>Soup, tomato, canned reconstituted, with milk</b>	<b>0.07</b>	<b>6.75</b>	<b>10.00</b>	<b>3.60</b>	<b>2.90</b>	1.00	6359	1.00	Featherstone 1988
	<b>Soup, vegetable beef, canned, reconstituted</b>	<b>0.43</b>	<b>42.74</b>	<b>19.00</b>	<b>11.80</b>	<b>11.10</b>	1.00	6741	2.00	Featherstone 1988 # Ophaug 1983-1987 *

**USDA National Fluoride Database**

Food Group	Food / Product	Mean ppm	Mean mcg/100g **	Num datapoints	USDA Value (0.7)	Amount Excess Level	Source Code	NDB No.	No. of Studies	References
<b>Spices and Herbs:</b>										
	Pepper, black	0.34	34.20	8.00	0.00	-0.70	1.00	2030	1.00	Taves 1983
	Salt, iodized	0.02	2.00	1.00	0.00	-0.70	1.00	2047	1.00	NFNAP
	<b>Mustard, prepared</b>	<b>0.01</b>	<b>1.50</b>	<b>2.00</b>	<b>0.75</b>	<b>0.05</b>	1.00	2046	1.00	Kingman 1984
<b>Sweets:</b>										
	<b>Candies, caramels</b>	<b>0.27</b>	<b>27.00</b>	<b>9.00</b>	<b>14.00</b>	<b>13.30</b>	1.00	19074	1.00	Ophaug 1983-1987
	<b>Candies, milk chocolate</b>	<b>0.05</b>	<b>5.00</b>	<b>9.00</b>	<b>2.00</b>	<b>1.30</b>	1.00	19120	1.00	Ophaug 1983-1987
	<b>Candies, M&amp;M MARS, "M&amp;M's" Milk Chocolate Candies</b>	<b>0.17</b>	<b>17.45</b>	<b>2.00</b>	<b>14.70</b>	<b>14.00</b>	1.00	19141	1.00	Jackson 2002
	<b>Candies, REESE'S Peanut Butter Cups</b>	<b>0.09</b>	<b>8.70</b>	<b>2.00</b>	<b>6.90</b>	<b>6.20</b>	1.00	19150	1.00	Jackson 2002
	<b>Candies, M&amp;M MARS, SNICKERS Bar</b>	<b>0.36</b>	<b>36.40</b>	<b>2.00</b>	<b>26.60</b>	<b>25.90</b>	1.00	19155	1.00	Jackson 2002
	<b>Gum</b>	<b>0.05</b>	<b>4.50</b>	<b>2.00</b>	<b>2.30</b>	<b>1.60</b>	1.00	19163	1.00	Kingman 1984
	<b>Frozen novelties, ice type, regular, all flavors</b>	<b>0.74</b>	<b>73.94</b>	<b>3.00</b>	<b>56.53</b>	<b>55.83</b>		19283 19717	1.00	NFNAP
	<b>Frozen novelties, ice type, sugar free, all flavors</b>	<b>0.89</b>	<b>88.93</b>	<b>3.00</b>	<b>85.60</b>	<b>84.90</b>	1.00	43514	1.00	NFNAP
	<b>Frozen novelties, juice type</b>	<b>0.77</b>	<b>76.64</b>	<b>1.00</b>	<b>48.00</b>	<b>47.30</b>		43346	1.00	NFNAP
	<b>Frozen novelties, ice cream sandwich</b>	<b>0.27</b>	<b>27.00</b>	<b>9.00</b>	<b>16.30</b>	<b>15.60</b>	1.00	19887 19888 19889	1.00	Ophaug 1983-1987
	<b>Frozen yogurts, chocolate</b>	<b>0.40</b>	<b>40.20</b>	<b>1.00</b>	<b>20.20</b>	<b>19.50</b>	1.00	42186	1.00	Jackson 2002
	<b>Frozen yogurts, vanilla</b>	<b>0.26</b>	<b>25.70</b>	<b>1.00</b>	<b>15.00</b>	<b>14.30</b>	1.00	42187	1.00	Jackson 2002
	<b>Gelatin desserts, strawberry, prepared</b>	<b>0.69</b>	<b>69.09</b>	<b>24.00</b>	<b>17.90</b>	<b>17.20</b>	1.00	19173	4.00	Adair 1991 # Featherstone 1988 # Ophaug 1983-1987 * Taves 1983 #
	Honey, bottled	0.07	7.00	9.00	0.00	-0.70	1.00	19296	1.00	Ophaug 1983-1987
	Jam, strawberry	0.19	19.00	2.00	9.60	8.90	1.00	19297	1.00	Taves 1983
	<b>Jellies</b>	<b>0.73</b>	<b>72.67</b>	<b>13.00</b>	<b>64.00</b>	<b>63.30</b>	1.00	19300	2.00	Kingman 1984 Ophaug 1983-1987
	<b>Ice creams, chocolate</b>	<b>0.23</b>	<b>22.77</b>	<b>3.00</b>	<b>19.04</b>	<b>18.34</b>	1.00	19270	1.00	NFNAP
	<b>Ice creams, vanilla</b>	<b>0.15</b>	<b>15.42</b>	<b>4.00</b>	<b>14.03</b>	<b>13.33</b>	1.00	19095	1.00	NFNAP
	<b>Bread pudding</b>	<b>0.74</b>	<b>74.10</b>	<b>2.00</b>	<b>39.00</b>	<b>38.30</b>	1.00	19167	1.00	Taves 1983
	<b>Pudding, instant, prepared with whole milk</b>	<b>0.22</b>	<b>22.04</b>	<b>23.00</b>	<b>4.00</b>	<b>3.30</b>	1.00	19185 19203 19319 19331	3.00	Featherstone 1988 Ophaug 1983-1987 Taves 1983
	<b>Sugar, granulated</b>	<b>0.01</b>	<b>1.45</b>	<b>15.00</b>	<b>1.00</b>	<b>0.30</b>	1.00	19335	2.00	Ophaug 1983-1987 Taves 1983
	<b>Syrup, pancake</b>	<b>0.44</b>	<b>44.00</b>	<b>11.00</b>	<b>28.00</b>	<b>27.30</b>	1.00	19129	2.00	Kingman 1984 Ophaug 1983-1987
<b>Vegetables and Vegetable Products:</b>										
	<b>Asparagus, cooked</b>	<b>0.22</b>	<b>21.95</b>	<b>13.00</b>	<b>4.00</b>	<b>3.30</b>	1.00	11012	2.00	Ophaug 1983-1987 * Taves 1983 #
	<b>Beans, snap (includes cooked, canned, frozen)</b>	<b>0.19</b>	<b>18.97</b>	<b>36.00</b>	<b>3.85</b>	<b>3.15</b>	1.00	11052	4.00	Featherstone 1988 # Kingman 1984 % Ophaug 1983 - 1987 * Taves 1983 #
	<b>Beets, canned</b>	<b>0.26</b>	<b>26.30</b>	<b>11.00</b>	<b>26.00</b>	<b>25.30</b>	1.00	11082 11084	2.00	Ophaug 1983-1987 * Taves 1983 #
	<b>Broccoli, boiled</b>	<b>0.04</b>	<b>4.00</b>	<b>9.00</b>	<b>4.00</b>	<b>3.30</b>	1.00	11091	1.00	Ophaug 1983-1987 *



**USDA National Fluoride Database**

Food Group	Food / Product	Mean ppm	Mean mcg/100g **	Num datapts	USDA Value (0.7)	Amount Excess Level	Source Code	NDB No.	No. of Studies	References
	Cabbage, boiled	0.01	1.00	9.00	0.00	-0.70	1.00	11110	1.00	Ophaug 1983-1987 *
	<b>Carrots, cooked</b>	<b>0.47</b>	<b>47.50</b>	<b>2.00</b>	<b>25.00</b>	<b>24.30</b>	1.00	11125	1.00	Taves 1983 #
	<b>Carrot, juice</b>	<b>0.07</b>	<b>6.67</b>	<b>1.00</b>	<b>3.00</b>	<b>2.30</b>	1.00	97634	1.00	UMN-U Iowa 2004-2005
	<b>Carrots, raw</b>	<b>0.03</b>	<b>3.24</b>	<b>21.00</b>	<b>2.00</b>	<b>1.30</b>	1.00	11124	3.00	Featherstone 1988 Kingman 1984 Ophaug 1983-1987
	<b>Catsup</b>	<b>0.15</b>	<b>15.14</b>	<b>19.00</b>	<b>4.50</b>	<b>3.80</b>	1.00	11935	4.00	Jackson 2002 Kingman 1984 Ophaug 1983-1987 Taves 1983
	Cauliflower, boiled	0.01	1.00	9.00		-0.70	1.00	11136	1.00	Ophaug 1983-1987 *
	Celery, raw	0.04	4.00	9.00		-0.70	1.00	11143	1.00	Ophaug 1983-1987
	<b>Coleslaw</b>	<b>0.11</b>	<b>10.64</b>	<b>13.00</b>	<b>8.00</b>	<b>7.30</b>	1.00	11159	2.00	Jackson 2002 Ophaug 1983-1987
	<b>Collard greens, boiled</b>	<b>0.27</b>	<b>27.00</b>	<b>9.00</b>	<b>13.00</b>	<b>12.30</b>	1.00	97618	1.00	Ophaug 1983-1987 *
	<b>Corn, frozen, kernels cut off cob, unprepared</b>	<b>0.15</b>	<b>14.60</b>	<b>6.00</b>	<b>0.90</b>	<b>0.20</b>	1.00	11178 11910	1.00	Kingman 1984
	<b>Corn, canned</b>	<b>0.18</b>	<b>18.00</b>	<b>9.00</b>	<b>9.00</b>	<b>8.30</b>	1.00	11170 11903	1.00	Ophaug 1983-1987
	<b>Corn, cream style, canned</b>	<b>0.28</b>	<b>28.00</b>	<b>9.00</b>	<b>14.00</b>	<b>13.30</b>	1.00	11174 11906	1.00	Ophaug 1983-1987
	<b>Cucumber, raw</b>	<b>0.01</b>	<b>1.35</b>	<b>11.00</b>	<b>0.70</b>	<b>0.00</b>	1.00	11205 11206	2.00	Kingman 1984 Ophaug 1983-1987
	Lettuce	0.05	4.87	14.00	0.30	-0.40	1.00	97619	3.00	Kingman 1984 Ophaug 1983-1987 Taves 1983
	<b>Lima beans, immature seeds, frozen, boiled</b>	<b>0.07</b>	<b>7.00</b>	<b>9.00</b>	<b>3.50</b>	<b>2.80</b>	1.00	11038	1.00	Ophaug 1983-1987 *
	<b>Mixed vegetables, canned</b>	<b>0.37</b>	<b>36.98</b>	<b>10.00</b>	<b>23.55</b>	<b>22.85</b>	1.00	11579 11581 43312	1.00	Featherstone 1988 #
	<b>Mushrooms, canned</b>	<b>0.10</b>	<b>10.00</b>	<b>9.00</b>	<b>5.00</b>	<b>4.30</b>	1.00	11262 11264	1.00	Ophaug 1983-1987
	<b>Onion rings, breaded, fried, frozen, heated</b>	<b>0.55</b>	<b>55.00</b>	<b>9.00</b>	<b>24.00</b>	<b>23.30</b>	1.00	11296	1.00	Ophaug 1983-1987
	<b>Onions, raw</b>	<b>0.01</b>	<b>1.10</b>	<b>12.00</b>	<b>1.00</b>	<b>0.30</b>	1.00	11282	2.00	Kingman 1984 Ophaug 1983-1987
	<b>Peas, green (includes cooked and canned)</b>	<b>0.29</b>	<b>28.76</b>	<b>36.00</b>	<b>8.00</b>	<b>7.30</b>	1.00	97620	5.00	Adair 1991 # Featherstone 1988 # Kingman 1984 % Ophaug 1983-1987 * Taves 1983 #
	Peppers, sweet, green, raw	0.02	2.00	9.00		-0.70	1.00	11333	1.00	Ophaug 1983-1987
	<b>Pickles, cucumber, dill</b>	<b>0.30</b>	<b>30.11</b>	<b>18.00</b>	<b>3.50</b>	<b>2.80</b>	1.00	11937	3.00	Jackson 2002 Kingman 1984 Ophaug 1983-1987
	<b>Potatoes, boiled</b>	<b>0.49</b>	<b>49.40</b>	<b>2.00</b>	<b>26.00</b>	<b>25.30</b>	1.00	11365	1.00	Taves 1983 #
	<b>Potatoes, french fried, frozen, heated</b>	<b>0.26</b>	<b>25.59</b>	<b>21.00</b>	<b>6.00</b>	<b>5.30</b>	1.00	11403 11407 11838 11840	3.00	Adair 1991 Featherstone 1988 Ophaug 1983-1987

**USDA National Fluoride Database**

Food Group	Food / Product	Mean ppm	Mean mcg/100g **	Num datapt s	USDA Value (0.7)	Amount Excess Level	Source Code	NDB No.	No. of Studies	References
	<b>Potatoes, hashed brown</b>	<b>0.44</b>	<b>43.70</b>	<b>2.00</b>	<b>25.00</b>	<b>24.30</b>	1.00	11390	1.00	Taves 1983
	<b>Potatoes, mashed</b>	<b>0.39</b>	<b>38.96</b>	<b>23.00</b>	<b>8.80</b>	<b>8.10</b>	1.00	11371	3.00	Featherstone 1988 Ophaug 1983-1987 Taves 1983
	<b>Potatoes, puffs, frozen, prepared</b>	<b>0.06</b>	<b>6.25</b>	<b>2.00</b>	<b>6.20</b>	<b>5.50</b>	1.00	11399	1.00	Jackson 2002
	Potatoes, russet, baked	0.45	45.20	1.00	0.00	-0.70	1.00	11356	1.00	NFNAP
	<b>Potatoes, scalloped</b>	<b>0.31</b>	<b>31.47</b>	<b>19.00</b>	<b>3.85</b>	<b>3.15</b>	1.00	11372 11844	2.00	Featherstone 1988 Ophaug 1983-1987
	Radishes, raw	0.06	6.00	9.00	0.00	-0.70	1.00	11429	1.00	Ophaug 1983-1987
	Sauerkraut, canned	0.07	7.00	9.00	0.00	-0.70	1.00	11439	1.00	Ophaug 1983-1987
	<b>Spinach, cooked</b>	<b>0.38</b>	<b>37.77</b>	<b>20.00</b>	<b>20.00</b>	<b>19.30</b>	1.00	11458	2.00	Ophaug 1983-1987 * Taves 1983 #
	<b>Squash, cooked (includes summer and winter)</b>	<b>0.02</b>	<b>1.97</b>	<b>20.00</b>	<b>1.90</b>	<b>1.20</b>	1.00	97621	2.00	Ophaug 1983-1987 * Taves 1983 #
	<b>Sweet potatoes</b>	<b>0.14</b>	<b>13.95</b>	<b>11.00</b>	<b>7.00</b>	<b>6.30</b>	1.00	97622	2.00	Ophaug 1983-1987 Taves 1983
	<b>Sweet potatoes, candied, home prepared</b>	<b>0.08</b>	<b>8.00</b>	<b>9.00</b>	<b>4.00</b>	<b>3.30</b>	1.00	11659	1.00	Ophaug 1983-1987
	<b>Tomatoes, canned</b>	<b>0.05</b>	<b>5.13</b>	<b>12.00</b>	<b>3.30</b>	<b>2.60</b>	1.00	11531 11535 11885	2.00	Jackson 2002 Ophaug 1983-1987
	Tomatoes, raw	0.02	2.30	1.00	0.00	-0.70	1.00	11529	1.00	NFNAP
	<b>Tomato juice, canned</b>	<b>0.07</b>	<b>6.90</b>	<b>11.00</b>	<b>3.80</b>	<b>3.10</b>	1.00	11540	2.00	Ophaug 1983-1987 Taves 1983
	<b>Tomato sauce, canned</b>	<b>0.35</b>	<b>34.94</b>	<b>1.00</b>	<b>24.00</b>	<b>23.30</b>	1.00	11549	1.00	NFNAP
	<b>Tossed salad</b>	<b>0.05</b>	<b>5.50</b>	<b>2.00</b>	<b>3.00</b>	<b>2.30</b>	1.00	97623	1.00	Adair 1991

\*\*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.