

# What's In The Foods You Eat Search Tool

The USDA database has information on nearly 9,000 foods.

- Go to: <https://ndb.nal.usda.gov/>
- Click on “Start your search here”
- Enter the name of the food item into the search box and click “Go”

USDA United States Department of Agriculture  
Agricultural Research Service  
National Nutrient Database for Standard Reference Release 27

NDL Home Food Search Nutrients List Ground Beef Calculator Documentation and Help Contact Us

Enter one or more terms Limit to Food Group Limit to Manufacturer

All food groups ... All manufacturers ... Go

Type your food and click “Go”

- Select your food from the list
- Scroll through the table to look up amounts of fat, calories, sugar, fiber, sodium, potassium, and other vitamins and minerals.

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