

What's In The Foods You Eat Search Tool

The USDA database has information on over 13,000 common foods.

- Go to: <http://www.usda.gov>
- On the top bar, under “Topics” click on “Food and Nutrition”
- Click “What's in the Foods You Eat - Search Tool”
- Select the Online option to open the search box

What's In The Foods You Eat Search Tool

Find a food

By **keyword**: Enter a name or descriptive words

By **food code**: Enter a full or partial food code number (1 to 8 digits).
See **food coding scheme** for outline of foods.

Keywords/
foodcode [Search Tips](#)

Type your food and hit Search

- Select your food from the list
- Select food amount and hit “View Nutrients”
- Scroll the table to look up amounts of fat, sugars, fiber, sodium, potassium and other vitamins and minerals.

Disclaimer: This document is for informational purposes only and is not intended to take the place of the care and attention of your personal physician or other professional medical services. Talk with your doctor if you have Questions about individual health concerns or specific treatment options.

©2011 The Regents of the University of Michigan
Last Revised 6/10/2011