

## Food Group: Cereal Grains and Pasta

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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 176 food items (arranged in alphabetical order) for food group, "Cereal Grains and Pasta", 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)

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1. [Amaranth \(NDB#: 20001\)](#)
2. [Arrowroot flour \(NDB#: 20003\)](#)
3. [Barley flour or meal \(NDB#: 20130\)](#)
4. [Barley malt flour \(NDB#: 20131\)](#)
5. [Barley, hulled \(NDB#: 20004\)](#)
6. [Barley, pearled, cooked \(NDB#: 20006\)](#)
7. [Barley, pearled, raw \(NDB#: 20005\)](#)
8. [Buckwheat \(NDB#: 20008\)](#)
9. [Buckwheat flour, whole-groat \(NDB#: 20011\)](#)
10. [Buckwheat groats, roasted, cooked \(NDB#: 20010\)](#)
11. [Buckwheat groats, roasted, dry \(NDB#: 20009\)](#)
12. [Bulgur, cooked \(NDB#: 20013\)](#)
13. [Bulgur, dry \(NDB#: 20012\)](#)
14. [Corn bran, crude \(NDB#: 20015\)](#)
15. [Corn flour, degermed, unenriched, yellow \(NDB#: 20018\)](#)
16. [Corn flour, masa, enriched, white \(NDB#: 20017\)](#)
17. [Corn flour, masa, enriched, yellow \(NDB#: 20317\)](#)
18. [Corn flour, whole-grain, white \(NDB#: 20316\)](#)
19. [Corn flour, whole-grain, yellow \(NDB#: 20016\)](#)
20. [Corn, white \(NDB#: 20314\)](#)
21. [Corn, yellow \(NDB#: 20014\)](#)
22. [Cornmeal, degermed, enriched, white \(NDB#: 20322\)](#)
23. [Cornmeal, degermed, enriched, yellow \(NDB#: 20022\)](#)
24. [Cornmeal, degermed, unenriched, white \(NDB#: 20522\)](#)

25. [Cornmeal, degermed, unenriched, yellow \(NDB#: 20422\)](#)
26. [Cornmeal, self-rising, bolted, plain, enriched, white \(NDB#: 20323\)](#)
27. [Cornmeal, self-rising, bolted, plain, enriched, yellow \(NDB#: 20023\)](#)
28. [Cornmeal, self-rising, bolted, with wheat flour added, enriched, white \(NDB#: 20324\)](#)
29. [Cornmeal, self-rising, bolted, with wheat flour added, enriched, yellow \(NDB#: 20024\)](#)
30. [Cornmeal, self-rising, degermed, enriched, white \(NDB#: 20325\)](#)
31. [Cornmeal, self-rising, degermed, enriched, yellow \(NDB#: 20025\)](#)
32. [Cornmeal, whole-grain, white \(NDB#: 20320\)](#)
33. [Cornmeal, whole-grain, yellow \(NDB#: 20020\)](#)
34. [Cornstarch \(NDB#: 20027\)](#)
35. [Couscous, cooked \(NDB#: 20029\)](#)
36. [Couscous, dry \(NDB#: 20028\)](#)
37. [Hominy, canned, white \(NDB#: 20030\)](#)
38. [Hominy, canned, yellow \(NDB#: 20330\)](#)
39. [Kamut, cooked \(NDB#: 20139\)](#)
40. [Kamut, uncooked \(NDB#: 20138\)](#)
41. [Macaroni, cooked, enriched \(NDB#: 20100\)](#)
42. [Macaroni, cooked, unenriched \(NDB#: 20400\)](#)
43. [Macaroni, dry, enriched \(NDB#: 20099\)](#)
44. [Macaroni, dry, unenriched \(NDB#: 20499\)](#)
45. [Macaroni, protein-fortified, cooked, enriched, \(n x 5.70\) \(NDB#: 20102\)](#)
46. [Macaroni, protein-fortified, cooked, enriched, \(n x 6.25\) \(NDB#: 20302\)](#)
47. [Macaroni, protein-fortified, dry, enriched, \(n x 5.70\) \(NDB#: 20101\)](#)
48. [Macaroni, protein-fortified, dry, enriched, \(n x 6.25\) \(NDB#: 20301\)](#)
49. [Macaroni, vegetable, cooked, enriched \(NDB#: 20106\)](#)
50. [Macaroni, vegetable, dry, enriched \(NDB#: 20105\)](#)
51. [Macaroni, whole-wheat, cooked \(NDB#: 20108\)](#)
52. [Macaroni, whole-wheat, dry \(NDB#: 20107\)](#)
53. [Millet, cooked \(NDB#: 20032\)](#)
54. [Millet, raw \(NDB#: 20031\)](#)
55. [Noodles, chinese, chow mein \(NDB#: 20113\)](#)
56. [Noodles, egg, cooked, enriched \(NDB#: 20110\)](#)
57. [Noodles, egg, cooked, enriched, with added salt \(NDB#: 20310\)](#)
58. [Noodles, egg, cooked, unenriched, with added salt \(NDB#: 20510\)](#)
59. [Noodles, egg, cooked, unenriched, without added salt \(NDB#: 20410\)](#)
60. [Noodles, egg, dry, enriched \(NDB#: 20109\)](#)
61. [Noodles, egg, dry, unenriched \(NDB#: 20409\)](#)
62. [Noodles, egg, spinach, cooked, enriched \(NDB#: 20112\)](#)
63. [Noodles, egg, spinach, dry, enriched \(NDB#: 20111\)](#)
64. [Noodles, japanese, soba, cooked \(NDB#: 20115\)](#)
65. [Noodles, japanese, soba, dry \(NDB#: 20114\)](#)
66. [Noodles, japanese, somen, cooked \(NDB#: 20117\)](#)
67. [Noodles, japanese, somen, dry \(NDB#: 20116\)](#)
68. [Oat bran, cooked \(NDB#: 20034\)](#)
69. [Oat bran, raw \(NDB#: 20033\)](#)
70. [Oat flour, partially debranned \(NDB#: 20132\)](#)
71. [Oats \(NDB#: 20038\)](#)
72. [Pasta, corn, cooked \(NDB#: 20092\)](#)
73. [Pasta, corn, dry \(NDB#: 20091\)](#)
74. [Pasta, fresh-refrigerated, plain, as purchased \(NDB#: 20093\)](#)

75. [Pasta, fresh-refrigerated, plain, cooked \(NDB#: 20094\)](#)
76. [Pasta, fresh-refrigerated, spinach, as purchased \(NDB#: 20095\)](#)
77. [Pasta, fresh-refrigerated, spinach, cooked \(NDB#: 20096\)](#)
78. [Pasta, homemade, made with egg, cooked \(NDB#: 20097\)](#)
79. [Pasta, homemade, made without egg, cooked \(NDB#: 20098\)](#)
80. [Quinoa, cooked \(NDB#: 20137\)](#)
81. [Quinoa, uncooked \(NDB#: 20035\)](#)
82. [Rice bran, crude \(NDB#: 20060\)](#)
83. [Rice flour, brown \(NDB#: 20090\)](#)
84. [Rice flour, white \(NDB#: 20061\)](#)
85. [Rice noodles, cooked \(NDB#: 20134\)](#)
86. [Rice noodles, dry \(NDB#: 20133\)](#)
87. [Rice, brown, long-grain, cooked \(NDB#: 20037\)](#)
88. [Rice, brown, long-grain, raw \(NDB#: 20036\)](#)
89. [Rice, brown, medium-grain, cooked \(NDB#: 20041\)](#)
90. [Rice, brown, medium-grain, raw \(NDB#: 20040\)](#)
91. [Rice, white, glutinous, cooked \(NDB#: 20055\)](#)
92. [Rice, white, glutinous, raw \(NDB#: 20054\)](#)
93. [Rice, white, long-grain, parboiled, enriched, cooked \(NDB#: 20047\)](#)
94. [Rice, white, long-grain, parboiled, enriched, dry \(NDB#: 20046\)](#)
95. [Rice, white, long-grain, parboiled, unenriched, cooked \(NDB#: 20447\)](#)
96. [Rice, white, long-grain, parboiled, unenriched, dry \(NDB#: 20446\)](#)
97. [Rice, white, long-grain, precooked or instant, enriched, dry \(NDB#: 20048\)](#)
98. [Rice, white, long-grain, precooked or instant, enriched, prepared \(NDB#: 20049\)](#)
99. [Rice, white, long-grain, regular, cooked \(NDB#: 20045\)](#)
100. [Rice, white, long-grain, regular, cooked, enriched, with salt \(NDB#: 20345\)](#)
101. [Rice, white, long-grain, regular, cooked, unenriched, with salt \(NDB#: 20545\)](#)
102. [Rice, white, long-grain, regular, cooked, unenriched, without salt \(NDB#: 20445\)](#)
103. [Rice, white, long-grain, regular, raw, enriched \(NDB#: 20044\)](#)
104. [Rice, white, long-grain, regular, raw, unenriched \(NDB#: 20444\)](#)
105. [Rice, white, medium-grain, cooked \(NDB#: 20051\)](#)
106. [Rice, white, medium-grain, cooked, unenriched \(NDB#: 20451\)](#)
107. [Rice, white, medium-grain, raw, enriched \(NDB#: 20050\)](#)
108. [Rice, white, medium-grain, raw, unenriched \(NDB#: 20450\)](#)
109. [Rice, white, short-grain, cooked \(NDB#: 20053\)](#)
110. [Rice, white, short-grain, cooked, unenriched \(NDB#: 20453\)](#)
111. [Rice, white, short-grain, raw \(NDB#: 20052\)](#)
112. [Rice, white, short-grain, raw, unenriched \(NDB#: 20452\)](#)
113. [Rice, white, with pasta, cooked \(NDB#: 20057\)](#)
114. [Rice, white, with pasta, dry \(NDB#: 20056\)](#)
115. [Rye \(NDB#: 20062\)](#)
116. [Rye flour, dark \(NDB#: 20063\)](#)
117. [Rye flour, light \(NDB#: 20065\)](#)
118. [Rye flour, medium \(NDB#: 20064\)](#)
119. [Semolina, enriched \(NDB#: 20066\)](#)
120. [Semolina, unenriched \(NDB#: 20466\)](#)
121. [Sorghum \(NDB#: 20067\)](#)
122. [Spaghetti, cooked, enriched, with added salt \(NDB#: 20321\)](#)
123. [Spaghetti, cooked, enriched, without added salt \(NDB#: 20121\)](#)
124. [Spaghetti, cooked, unenriched, with added salt \(NDB#: 20521\)](#)

125. [Spaghetti, cooked, unenriched, without added salt \(NDB#: 20421\)](#)
126. [Spaghetti, dry, enriched \(NDB#: 20120\)](#)
127. [Spaghetti, dry, unenriched \(NDB#: 20420\)](#)
128. [Spaghetti, protein-fortified, cooked, enriched \(N x 5.70\) \(NDB#: 20123\)](#)
129. [Spaghetti, protein-fortified, cooked, enriched \(n x 6.25\) \(NDB#: 20523\)](#)
130. [Spaghetti, protein-fortified, dry, enriched \(n x 5.70\) \(NDB#: 20122\)](#)
131. [Spaghetti, protein-fortified, dry, enriched \(n x 6.25\) \(NDB#: 20622\)](#)
132. [Spaghetti, spinach, cooked \(NDB#: 20127\)](#)
133. [Spaghetti, spinach, dry \(NDB#: 20126\)](#)
134. [Spaghetti, whole-wheat, cooked \(NDB#: 20125\)](#)
135. [Spaghetti, whole-wheat, dry \(NDB#: 20124\)](#)
136. [Spelt, cooked \(NDB#: 20141\)](#)
137. [Spelt, uncooked \(NDB#: 20140\)](#)
138. [Tapioca, pearl, dry \(NDB#: 20068\)](#)
139. [Teff, cooked \(NDB#: 20143\)](#)
140. [Teff, uncooked \(NDB#: 20142\)](#)
141. [Triticale \(NDB#: 20069\)](#)
142. [Triticale flour, whole-grain \(NDB#: 20070\)](#)
143. [Vital wheat gluten \(NDB#: 48052\)](#)
144. [Wheat bran, crude \(NDB#: 20077\)](#)
145. [Wheat flour, white \(industrial\), 10% protein, bleached, enriched \(NDB#: 20628\)](#)
146. [Wheat flour, white \(industrial\), 10% protein, bleached, unenriched \(NDB#: 20629\)](#)
147. [Wheat flour, white \(industrial\), 10% protein, unbleached, enriched \(NDB#: 20630\)](#)
148. [Wheat flour, white \(industrial\), 11.5% protein, bleached, enriched \(NDB#: 20634\)](#)
149. [Wheat flour, white \(industrial\), 11.5% protein, bleached, unenriched \(NDB#: 20635\)](#)
150. [Wheat flour, white \(industrial\), 11.5% protein, unbleached, enriched \(NDB#: 20636\)](#)
151. [Wheat flour, white \(industrial\), 13% protein, bleached, enriched \(NDB#: 20640\)](#)
152. [Wheat flour, white \(industrial\), 13% protein, bleached, unenriched \(NDB#: 20641\)](#)
153. [Wheat flour, white \(industrial\), 15% protein, bleached, enriched \(NDB#: 20645\)](#)
154. [Wheat flour, white \(industrial\), 15% protein, bleached, unenriched \(NDB#: 20646\)](#)
155. [Wheat flour, white \(industrial\), 9% protein, bleached, enriched \(NDB#: 20623\)](#)
156. [Wheat flour, white \(industrial\), 9% protein, bleached, unenriched \(NDB#: 20624\)](#)
157. [Wheat flour, white, all-purpose, enriched, bleached \(NDB#: 20081\)](#)
158. [Wheat flour, white, all-purpose, enriched, calcium-fortified \(NDB#: 20381\)](#)
159. [Wheat flour, white, all-purpose, enriched, unbleached \(NDB#: 20581\)](#)
160. [Wheat flour, white, all-purpose, self-rising, enriched \(NDB#: 20082\)](#)
161. [Wheat flour, white, all-purpose, unenriched \(NDB#: 20481\)](#)
162. [Wheat flour, white, bread, enriched \(NDB#: 20083\)](#)
163. [Wheat flour, white, cake, enriched \(NDB#: 20084\)](#)
164. [Wheat flour, white, tortilla mix, enriched \(NDB#: 20086\)](#)
165. [Wheat flour, whole-grain \(NDB#: 20080\)](#)
166. [Wheat flours, bread, unenriched \(NDB#: 20129\)](#)
167. [Wheat germ, crude \(NDB#: 20078\)](#)
168. [Wheat, durum \(NDB#: 20076\)](#)
169. [Wheat, hard red spring \(NDB#: 20071\)](#)
170. [Wheat, hard red winter \(NDB#: 20072\)](#)
171. [Wheat, hard white \(NDB#: 20074\)](#)
172. [Wheat, soft red winter \(NDB#: 20073\)](#)
173. [Wheat, soft white \(NDB#: 20075\)](#)
174. [Wheat, sprouted \(NDB#: 20087\)](#)

175. [Wild rice, cooked \(NDB#: 20089\)](#)

176. [Wild rice, raw \(NDB#: 20088\)](#)

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