

USDA National Fluoride Database

Food Group	Item	Mean ppm	Mean mcg/100g **	Std Error	Num datapts	Min Value	Max Value	Lower 95% EB	Upper 95% EB	Confidence Code	Dev. Code	Source Code	Statistical Comments	NDB No.	No. of Studies	References
Baby Foods:																
	Cereal, mixed, with applesauce and bananas, junior	0.01	1	0.1	3	1	1			C	A	1		03188	1	Levy 1992-2003
	Cereal, oatmeal, with applesauce and bananas, junior	0.08	8		2	2	14			C	A	1		03192	1	Levy 1992-2003
	Cereal, rice, with applesauce and bananas, strained	0.16	16		2	2	31			C	A	1		03195	1	Levy 1992-2003
	Cereal, rice, with mixed fruit, junior	0.03	3		1	3	3			C	A	1		03210	1	Levy 1992-2003
	Dessert, custard pudding, vanilla, junior	0.04	4		2	4	4			C	A	1		03246	1	Levy 1992-2003
	Dessert, dutch apple, junior	0.02	2	0.3	3	1	2	0	3	C	A	1		03221	1	Levy 1992-2003
	Dessert, fruit dessert, junior	0.18	18	9.7	5	2	45	0	45	C	A	1		03236	1	Levy 1992-2003
	Dessert, peach cobbler, junior	0.08	8	6.4	4	2	28	0	48	C	A	1		03228	1	Levy 1992-2003
	Dinner, chicken noodle, junior	0.29	29	9.8	5	11	60			C	A	1		03069	1	Levy 1992-2003
	Dinner, macaroni and cheese, junior	0.06	6		2	5	7			C	A	1		03090	1	Levy 1992-2003
	Dinner, spaghetti, tomato, meat, junior	0.02	2		1	2	2			C	A	1		03050	1	Levy 1992-2003
	Dinner, turkey and rice, junior	0.20	20	8.7	4	9	46	6	16	C	A	1		03083	1	Levy 1992-2003
	Dinner, vegetables and beef, junior	0.21	21	11.4	4	2	45	0	57	C	A	1		03054	1	Levy 1992-2003
	Dinner, vegetables and ham, junior	0.14	14	9.6	4	0	42	0	44	C	A	1		03062	1	Levy 1992-2003
	Dinner, vegetables and turkey, junior	0.08	8	2.6	3	5	13	0	19	C	A	1		03085	1	Levy 1992-2003
	Fruit, apple and blueberry, junior	0.01	1		2	1	2			C	A	1		03165	1	Levy 1992-2003
	Fruit, applesauce, junior	0.02	2	1.4	3	1	5	0	8	C	A	1		03117	1	Levy 1992-2003
	Fruit, applesauce, strained	0.01	1		2	1	1			C	A	1		03116	1	Levy 1992-2003
	Fruit, apricot with tapioca, junior	0.00	0		1	0	0			C	A	1		03128	1	Levy 1992-2003
	Fruit, bananas, pineapple with tapioca, junior	0.16	16		2	2	29			C	A	1		03156	1	Levy 1992-2003
	Fruit, bananas with tapioca, junior	0.36	36		2	33	40			C	A	1		03280	1	Levy 1992-2003
	Fruit, mango with tapioca, strained	0.12	12		1	12	12			C	A	1		03140	1	Levy 1992-2003
	Fruit, peaches with sugar, strained	0.00	0		2	0	1			C	A	1		03130	1	Levy 1992-2003
	Fruit, peaches, junior	0.03	3	1.2	4	1	6	0	6	C	A	1		03131	1	Levy 1992-2003
	Fruit, pears and pineapple, junior	0.01	1		2	1	2			C	A	1		03159	1	Levy 1992-2003
	Fruit, pears, junior	0.09	9	4.7	4	0	17	0	29	C	A	1		03133	1	Levy 1992-2003
	Fruit, pears, strained	0.01	1		2	1	1			C	A	1		03132	1	Levy 1992-2003
	Fruit, plums with tapioca, junior	0.34	34		2	20	49			C	A	1		03135	1	Levy 1992-2003
	Fruit, prunes, without Vitamin C, strained	0.02	2		2	2	2			C	A	1		03139	1	Levy 1992-2003
	Juice, apple	0.13	12	2.9	6	5	22	0	55	C	A	1		03166	1	Levy 1992-2003
	Juice, apple and cherry	0.70	67	16.1	8	11	133	0	170	B	A	1		03268	1	Levy 1992-2003
	Juice, apple and grape	0.47	45	13.1	4	27	83	0	122	C	A	1		03265	1	Levy 1992-2003
	Juice, apple and peach	0.20	19	9.4	8	4	69			B	A	1		03168	1	Levy 1992-2003
	Juice, apple and prune	0.14	13		2	12	14			C	A	1		03171	1	Levy 1992-2003
	Juice, apple-cranberry	0.10	10		1	10	10			C	A	1		03169	1	Levy 1992-2003
	Meat, beef, junior	0.02	2	1.0	3	0	3	0	6	C	A	1		03003	1	Levy 1992-2003
	Meat, ham, junior	0.03	3		2	1	5			C	A	1		03009	1	Levy 1992-2003
	Meat, lamb, junior	0.10	10		2	5	14			C	A	1		03011	1	Levy 1992-2003
	Meat, turkey, junior	0.44	44		2	21	66			C	A	1		03016	1	Levy 1992-2003
	Vegetables and bacon, junior	0.03	3		1	3	3			C	A	1		03060	1	Levy 1992-2003
	Vegetables, carrots, strained	0.01	1		2	1	1			C	A	1		03099	1	Levy 1992-2003
	Vegetables, carrots, junior	0.12	12	6.9	5	1	35	0	31	C	A	1		03100	1	Levy 1992-2003
	Vegetables, corn, creamed, junior	0.32	32		2	32	32			C	A	1		03120	1	Levy 1992-2003
	Vegetables, green beans, junior	0.12	12	3.1	5	4	21	0	17	C	A	1		03092	1	Levy 1992-2003
	Vegetables, green beans, strained	0.16	16		2	15	16			C	A	1		03091	1	Levy 1992-2003
	Vegetables, peas, strained	0.25	25		2	23	28			C	A	1		03121	1	Levy 1992-2003
	Vegetables, squash, junior	0.05	5	2.2	4	1	11	0	12	C	A	1		03105	1	Levy 1992-2003
	Vegetables, squash, strained	0.01	1		2	1	1			C	A	1		03104	1	Levy 1992-2003
	Vegetables, sweetpotatoes, junior	0.10	10	4.0	5	1	22	0	39	C	A	1		03109	1	Levy 1992-2003
	Vegetables, sweetpotatoes, strained	0.01	1		2	1	1			C	A	1		03108	1	Levy 1992-2003

USDA National Fluoride Database

Food Group	Item	Mean ppm	Mean mcg/100g **	Std Error	Num datapts	Min Value	Max Value	Lower 95% EB	Upper 95% EB	Confidence Code	Derv. Code	Source Code	Statistical Comments	NDB No.	No. of Studies	References
Baked products:																
	Biscuits, refrigerated dough, baked	0.26	26		9					C	A	1		18013 18015	1	Ophaug 1983-1987
	Bread, all (white and whole wheat)	0.49	49	2.2	44	28	67	44	54	C	A	1	4	18069 18075	5	Featherstone 1988 Jackson 2002 Kingman 1984 Ophaug 1983- 1987 Taves 1983
	Bread, rye	0.51	51		9					C	A	1		18060	1	Ophaug 1983-1987
	Bread stuffing, prepared, baked	0.51	51		2					D	A	1	4	18082	1	Taves 1983
	Brownie, with nuts	0.38	38		2	33.3	43.1			D	A	1	4	97500	1	Jackson 2002
	Cake, all	0.22	22	1.9	29	18	26	16	28	C	A	1	4	97501	2	Ophaug 1983-1987 Taves 1983
	Cookies, without raisins, all	0.17	17	1.7	46	5	29	13	21	C	A	1	4	97502	6	Adair 1991 Featherstone 1988 Jackson 2002 Kingman 1984 Ophaug 1983-1987 Taves 1983
	Cookies, oatmeal raisin	0.69	69		2					D	A	1		18184	1	Kingman 1984
	Cornbread	0.11	11		9					C	A	1		18023	1	Ophaug 1983-1987
	Crackers, all	0.24	24	4.0	27	9	38	14	33	C	A	1	4	97503	4	Featherstone 1988 Kingman 1984 Ophaug 1983-1987 Taves 1983
	Doughnuts	0.26	26	2.2	15	18	34	20	32	C	A	1	4	97504	3	Jackson 2002 Kingman 1984 Ophaug 1983-1987
	Éclair, chocolate	0.13	13		2					D	A	1		18257	1	Taves 1983
	Muffin, blueberry	0.39	39		9					C	A	1		18274	1	Ophaug 1983-1987
	Pancakes, buttermilk, frozen	0.20	20		1					C	A	1		18288	1	NFNAP
	Pie, apple, frozen, heated	0.13	13		9					C	A	1		18301	1	Ophaug 1983-1987
	Pie, pumpkin, frozen, heated	0.32	32		9					C	A	1		18326	1	Ophaug 1983-1987
	Rolls, hamburger and hot dog	0.25	25		3	23	30			C	A	1	2 3	18350	1	NFNAP
	Snack type, cake roll	0.49	49		2	47	51			D	A	1	4	97505	1	Jackson 2002
	Snack type, chocolate cup cake, cream filled	0.38	38		2	37	40			D	A	1	4	97506	1	Jackson 2002
	Snack type, oatmeal cream pie	0.41	41		2	33	48			D	A	1	4	97507	1	Jackson 2002
	Tortillas, flour	0.33	33		1					C	A	1		18364	1	NFNAP
	Waffles, frozen	0.18	18	3.7	5	7	26	8	28	D	A	1	4	18365 18932	1	Jackson 2002
Beef products:																
	Beef, cooked and raw	0.22	22	5.2	57	4	72	11	34	C	A	1	4	97508	4	Featherstone 1988 Kingman 1984 Ophaug 1983-1987 Taves 1983
	Beef, liver, pan cooked with added fat	0.05	5		9					C	A	1		13327	1	Ophaug 1983-1987

USDA National Fluoride Database

Food Group	Item	Mean ppm	Mean mcg/100g **	Std Error	Num datapts	Min Value	Max Value	Lower 95% EB	Upper 95% EB	Confidence Code	Derv. Code	Source Code	Statistical Comments	NDB No.	No. of Studies	References
Beverages:																
	Alcoholic beverage, beer, light	0.45	45	2.3	142	7	92	41	50	A	A	1	2 3	14006	1	NFNAP
	Alcoholic beverage, beer, regular	0.45	44	2.5	102	6	80	39	49	A	A	1	2 3	14003	1	NFNAP
	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey), 80 proof	0.08	9		9					C	A	1		14037 14050	1	Ophaug 1983-1987
	Alcoholic beverage, wine, red	1.05	105	3.3	14	86	119	98	112	A	A	1	2 3	14096	1	NFNAP
	Alcoholic beverage, wine, white	2.02	202	6.3	17	152	239	189	215	A	A	1	2 3	14106	1	NFNAP
	Carbonated, cola, cherry flavor	0.43	41	22.5	4	10	108	0	112	B	A	1	4	97624	1	UMN-Ulowa 2004-2005
	Carbonated, cola, COCA-COLA, all regions	0.51	49	2.7	72	5	83	44	54	A	A	1	2 3	97516	1	NFNAP
	Carbonated, cola, COCA-COLA, Mid-West	0.48	46	5.7	16	9	79	34	58	A	A	1	2 3	97517	1	NFNAP
	Carbonated, cola, COCA-COLA, Northeast	0.55	53	7.3	14	5	83	39	69	A	A	1	2 3	97518	1	NFNAP
	Carbonated, cola, COCA-COLA, South	0.59	57	2.8	26	20	77	51	63	A	A	1	2 3	97519	1	NFNAP
	Carbonated, cola, COCA-COLA, West	0.37	36	6.6	16	11	82	22	50	A	A	1	2 3	97520	1	NFNAP
	Carbonated, cola, DIET COKE, all regions	0.60	60	5.2	36	1	99	49	71	A	A	1	2 3	97526	1	NFNAP
	Carbonated, cola, DIET COKE, Mid-West	0.69	69	9.9	8	10	99	45	92	A	A	1	2 3	97527	1	NFNAP
	Carbonated, cola, DIET COKE, Northeast	0.58	58	14.7	7	1	96	22	93	A	A	1	2 3	97528	1	NFNAP
	Carbonated, cola, DIET COKE, South	0.72	72	5.0	13	32	91	61	83	A	A	1	2 3	97529	1	NFNAP
	Carbonated, cola, DIET COKE, West	0.33	33	11.4	8	8	97	6	60	A	A	1	2 3	97530	1	NFNAP
	Carbonated, cola, DIET PEPSI, all regions	0.48	48	4.0	70	5	121	39	56	A	A	1	2 3	97521	1	NFNAP
	Carbonated, cola, DIET PEPSI, Mid-West	0.46	46	9.2	16	7	121	26	65	A	A	1	2 3	97522	1	NFNAP
	Carbonated, cola, DIET PEPSI, Northeast	0.46	46	11.0	14	7	107	22	70	A	A	1	2 3	97523	1	NFNAP
	Carbonated, cola, DIET PEPSI, South	0.66	66	5.1	24	9	104	55	77	A	A	1	2 3	97524	1	NFNAP
	Carbonated, cola, DIET PEPSI, West	0.25	25	4.6	16	5	78	15	35	A	A	1	2 3	97525	1	NFNAP
	Carbonated, cola, fast food type, diet, without ice	0.78	78		2	67	89			C	A	1	2 3	97509	1	NFNAP
	Carbonated, cola, fast food type, without ice	0.74	74		2	58	89			B	A	1	2 3	97510	1	NFNAP
	Carbonated, cola, PEPSI, all regions	0.33	32	2.9	70	1	90	26	38	A	A	1	2 3	97511	1	NFNAP
	Carbonated, cola, PEPSI, Mid-West	0.37	36	6.9	16	2	90	22	51	A	A	1	2 3	97512	1	NFNAP
	Carbonated, cola, PEPSI, Northeast	0.28	27	7.0	14	5	74	11	42	A	A	1	2 3	97513	1	NFNAP
	Carbonated, cola, PEPSI, South	0.47	45	3.9	24	5	65	37	53	A	A	1	2 3	97514	1	NFNAP
	Carbonated, cola, PEPSI, West	0.14	13	2.1	16	1	32	8	17	A	A	1	2 3	97515	1	NFNAP
	Carbonated, cola, PEPSI ONE, all regions	0.40	40	5.4	34	0	87	29	51	A	A	1	2 3	97531	1	NFNAP
	Carbonated, cola, PEPSI ONE, Mid-West	0.47	47	11.2	8	0	80	21	74	A	A	1	2 3	97532	1	NFNAP
	Carbonated, cola, PEPSI ONE, Northeast	0.31	31	13.0	7	2	87	0	63	A	A	1	2 3	97533	1	NFNAP
	Carbonated, cola, PEPSI ONE, South	0.56	56	9.1	11	0	82	36	77	A	A	1	2 3	97534	1	NFNAP
	Carbonated, cola, PEPSI ONE, West	0.18	18	4.4	8	5	37	7	28	A	A	1	2 3	97535	1	NFNAP
	Carbonated, cream soda	0.37	35		1					C	A	1		14130	1	UMN-Ulowa 2004-2005
	Carbonated, ginger ale	0.70	69	7.8	8	45	91	49	89	C	A	1	4	14136	3	Jackson 2002 Schultz 1976 Taves 1983
	Carbonated, grape soda	0.91	86	5.9	14	58	109	72	101	C	A	1	4	14142	3	Jackson 2002 Schultz 1976 Stannard 1991
	Carbonated, lemon-lime, fast food type, without ice	0.67	64		2	59	69			C	A	1	2 3	97536	1	NFNAP
	Carbonated, lemon-lime, SPRITE, all regions	0.50	48	4.0	36	4	81	39	56	A	A	1	2 3	14145	1	NFNAP
	Carbonated, lemon-lime, SPRITE, Mid-West	0.49	47	8.2	8	7	77	27	66	A	A	1	2 3	97537	1	NFNAP
	Carbonated, lemon-lime, SPRITE, Northeast	0.50	48	11.8	7	4	81	19	77	A	A	1	2 3	97538	1	NFNAP
	Carbonated, lemon-lime, SPRITE, South	0.61	59	3.6	13	35	76	52	67	A	A	1	2 3	97539	1	NFNAP
	Carbonated, lemon-lime, SPRITE, West	0.30	29	8.9	8	9	82	8	50	A	A	1	2 3	97540	1	NFNAP
	Carbonated, lemon-lime, other brands	0.43	42	9.1	25	2	100.7	23	61	B	A	1	1 4	14144	4	Featherstone 1988 Jackson 2002 Schultz 1976 UMN-Ulowa 2004-2005
	Carbonated, lemon-lime, other brands, diet	0.15	15	10.9	5	3	37.03	0	62	B	A	1	1 4	97625	1	UMN-Ulowa 2004-2005

USDA National Fluoride Database

Food Group	Item	Mean ppm	Mean mcg/100g **	Std Error	Num datapts	Min Value	Max Value	Lower 95% EB	Upper 95% EB	Confidence Code	Derv. Code	Source Code	Statistical Comments	NDB No.	No. of Studies	References
	Carbonated, orange soda	0.84	81	3.5	31	57	101	73	88	C	A	1	4	14150	4	Featherstone 1988 Heilman 1999 Jackson 2002 Schultz 1976
	Carbonated, pepper type, DR. PEPPER	0.37	36	19.0	54	3	99	0	85	B	A	1	1 4	14153	3	Heilman 1999 Schultz 1976 UMN- Ulowa 2004-2005
	Carbonated, root beer	0.73	71	11.4	13	6	122	45	96	C	A	1	4	14157	4	Jackson 2002 Shannon 1977 Schultz 1976 UMN-Ulowa 2004-2005
	Carbonated, tonic water	0.84	83		2	48	117			D	A	1	4	14155	1	Shannon 1977
	Carbonated, water, fruit-flavored	1.05	105	4.5	8	89	121	94	115	C	A	1	4	97541	1	Levy 1992-2003
	Chocolate-flavor beverage, mix for milk, powder	0.05	5		2					D	A	1		14175 14557	1	Kingman 1984
	Chocolate-flavor beverage, YOO-HOO, ready-to-drink	0.87	84		1					D	A	1		97626	1	Schultz 1976
	Cocoa mix, SWISS MISS, powder, prepared with water	0.56	48		2	3.45	93.1			B	A	1	1 4	14194	1	UMN-Ulowa 2004-2005 #
	Coffee, brewed	0.91	91		3	81	110			B	A	1	2 3	14209	1	NFNAP #
	Coffee, brewed, decaffeinated	0.52	52	28.2	5	0	134	0	131	B	A	1	4	14201	1	UMN-Ulowa 2004-2005 #
	Coffee, substitute, cereal grain beverage, prepared with water	1.25	125		1					C	A	1		14237	1	UMN-Ulowa 2004-2005 #
	Cranberry juice cocktail, ready-to-drink and prepared concentrate, ready-to-drink	0.71	67	7.5	79	3.81	181	52	83	B	A	1	4	14242 14431	5	Kiritsy 1996 Levy 1992-2003 Stannard 1991 Taves 1983 UMN-Ulowa 2004-2005
	Cranberry-apple juice drink, ready-to-drink and prepared concentrate, ready-to-drink	0.87	83	8.7	18	5.714	164.8	64	101	C	A	1	4	14238	2	Levy 1992-2003 Stannard 1991
	Cranberry-grape juice drink, ready-to-drink and prepared concentrate, ready-to-drink	0.68	65	12.7	10	9.524	114.3	36	94	B	A	1	4	14241	2	Levy 1992-2003 UMN-Ulowa 2004-2005
	Cranberry-raspberry juice drink, ready-to-drink and prepared concentrate, ready-to-drink	0.73	69	8.8	18	6	125	51	88	B	A	1	4	97627	3	Levy 1992-2003 Stannard 1991 UMN-Ulowa 2004-2005
	Cranberry juice cocktail and blends, light, ready-to-drink	0.71	70	10.1	11	13	102	48	93	C	A	1	4	14243 43404	1	Levy 1992-2003
	Fruit drink, CAPRI-SUN, ready-to-drink	0.74	71	2.5	129	12	110	66	76	A	A	1	2 3	14272	1	NFNAP
	Fruit drink, HAWAIIAN PUNCH, ready-to-drink	0.46	44	10.1	15	4	98	23	66	B	A	1	4	97543	1	Levy 1992-2003
	Fruit drink, HI-C, ready-to-drink	0.23	22	2.0	58	4	76	18	26	A	A	1	1 2 3	97544	1	NFNAP
	Fruit drink, MINUTE MAID punch, ready-to-drink	0.18	17	2.0	9	8	27	13	22	C	A	1	4	97545	1	Levy 1992-2003
	Fruit drink, other brands, ready-to-drink	0.57	54	5.4	30	10	108	43	65	B	A	1	4	14264	1	Levy 1992-2003
	Fruit drink, punch, low calorie, ready-to-drink	0.11	11		2	9	12			B	A	1	4	97628	1	UMN-Ulowa 2004-2005
	Fruit flavored drink, prepared from powder	0.40	42	17.3	10	2	93	0	90	C	A	1	4	14541	1	Featherstone 1988
	Fruit flavored drink, prepared from powder, sugar free	0.17	17	3.1	3	11	21	4	30	B	A	1	4	47011	1	UMN-Ulowa 2004-2005 #
	Fruit flavored drink, KOOL-AID, ready-to-drink	0.45	43	9.8	18	3	103	22	63	B	A	1	4	14178 14276	1	Levy 1992-2003
	Fruit flavored drink, SUNNY DELIGHT, ready-to-drink	0.71	68	2.5	11	56	83	63	74	C	A	1	4	14435	1	Levy 1992-2003
	Fruit juice drink, apple, ready-to-drink	1.09	104		1					D	A	1		97546	1	Stannard 1991
	Fruit juice drink, blends (not cranberry), ready-to-drink	0.51	49	7.5	8	22	80	31	67	C	A	1	4	14122 14327 14334 14341	1	Levy 1992-2003

USDA National Fluoride Database

Food Group	Item	Mean ppm	Mean mcg/100g**	Std Error	Num datapts	Min Value	Max Value	Lower 95% EB	Upper 95% EB	Confidence Code	Dev. Code	Source Code	Statistical Comments	NDB No.	No. of Studies	References
	Fruit juice drink, FIVE ALIVE, ready-to-drink	0.08	8	0.3	3	8	9	7	10	C	A	1	4	97547	1	Levy 1992-2003
	Fruit juice drink, grape, ready-to-drink	0.33	32	21.2	3	9	74	0	123	C	A	1	4	14282	1	Levy 1992-2003
	Fruit juice drink, orange, ready-to-drink	0.57	55		2	19	90			C	A	1	4	42270	2	Levy 1992-2003 Stannard 1991
	Lemonade, ready-to-drink	0.16	16	3.6	54	3	80	8	23	C	A	1	4	97548	5	Adair 1991 Jackson 2002 Levy 1996 1992-2003 Kirtsy Ophaug 1983-1987
	Orange-flavor drink, breakfast type, powder	0.19	19		2					D	A	1		14407	1	Kingman 1984
	Tea, black, brewed, microwave, all	3.22	322	4.9	36	260	383	312	332	A	A	1	2 3	97549	1	NFNAP #
	Tea, black, brewed, microwave, Mid-West	3.19	319	10.1	8	272	358	295	343	B	A	1	2 3	97550	1	NFNAP #
	Tea, black, brewed, microwave, Northeast	3.09	309	13.0	7	264	374	277	340	B	A	1	2 3	97551	1	NFNAP #
	Tea, black, brewed, microwave, South	3.38	338	6.2	13	307	383	325	352	A	A	1	2 3	97552	1	NFNAP #
	Tea, black, brewed, microwave, West	3.10	310	10.4	8	260	354	285	335	B	A	1	2 3	97553	1	NFNAP #
	Tea, black, brewed, regular, all	3.73	373	6.2	63	257	533	360	385	A	A	1	2 3	14355	1	NFNAP #
	Tea, black, brewed, regular, Mid-West	3.93	393	16.8	13	312	533	357	430	A	A	1	2 3	97558	1	NFNAP #
	Tea, black, brewed, regular, Northeast	3.57	357	13.9	14	294	466	327	387	A	A	1	2 3	97559	1	NFNAP #
	Tea, black, brewed, regular, South	3.81	381	7.2	23	324	445	366	396	A	A	1	2 3	97560	1	NFNAP #
	Tea, black, brewed, regular, West	3.55	355	14.1	13	257	466	324	386	A	A	1	2 3	97561	1	NFNAP #
	Tea, black, decaffeinated, brewed, all	2.69	269	8.0	33	159	355	253	286	A	A	1	2 3	14352	1	NFNAP #
	Tea, black, decaffeinated, brewed, Mid-West	2.93	293	17.2	7	220	355	251	335	B	A	1	2 3	97554	1	NFNAP #
	Tea, black, decaffeinated, brewed, Northeast	2.79	279	15.9	7	237	342	240	318	B	A	1	2 3	97555	1	NFNAP #
	Tea, black, decaffeinated, brewed, South	2.64	264	11.5	11	217	331	239	290	B	A	1	2 3	97556	1	NFNAP #
	Tea, black, decaffeinated, brewed, West	2.47	247	19.7	8	159	312	200	293	B	A	1	2 3	97557	1	NFNAP #
	Tea, green, brewed	1.15	115	11.5	23	34	247	91	138	C	A	1	4	97629	2	Chan 1996 UMN-Ulowa 2004-2005
	Tea, green, decaffeinated, brewed	2.72	272	30.5	10	82	373	203	341	C	A	1	4	97630	2	Chan 1996 UMN-Ulowa 2004-2005
	Tea, herbal, chamomile, brewed	0.13	13		1					C	A	1		14545	1	UMN-Ulowa 2004-2005 #
	Tea, herbal, peppermint, brewed	0.90	9	1.7	10	2	14	5	13	D	A	1	4	97631	1	Chan 1996
	Tea, iced, ARIZONA, ready-to-drink	1.23	123	6.3	21	84	191	110	136	A	A	1	2 3	14475	1	NFNAP
	Tea, iced, COOL NESTEA Natural Lemon, ready-to-drink	0.90	90	3.5	31	62	133	83	97	A	A	1	2 3	14137	1	NFNAP
	Tea, iced, LIPTON BRISK Lemon, ready-to-drink	0.72	72	4.8	63	38	207	63	82	A	A	1	2 3	14476	1	NFNAP
	Tea, instant, powder, unsweetened	897.72	#####		1					C	A	1		14366	1	NFNAP
	Tea, instant, powder, unsweetened, prepared with tap water	3.35	335								RPA	6		14367		
	Tea, instant, powder, with lemon and sugar	5.84	584		1					C	A	1		14370	1	NFNAP
	Tea, instant, powder, with lemon and sugar, prepared with tap water	1.27	116								RPA	6		14371		
	Thirst quencher (sport drink), GATORADE, ready-to-drink	0.35	34		1					D	A	1		14460	1	NFNAP
	Thirst quencher (sport drink), POWERADE, ready-to-drink	0.64	62		1					D	A	1		14461	1	NFNAP
	V 8 SPLASH, juice drink, ready-to-drink	0.13	12		1					C	A	1		14119	1	UMN-Ulowa 2004-2005
	Water, bottled, AQUAFINA	0.05	5	0.6	16	1	9	4	6	A	A	1	2 3	14433	1	NFNAP
	Water, bottled, CALISTOGA	0.07	7		2					D	A	1		14437	1	NFNAP
	Water, bottled, CRYSTAL GEYSER	0.24	24		4					D	A	1		14438	1	NFNAP
	Water, bottled, DANNON	0.11	11	1.3	12	5	20	8	14	A	A	1	2 3	14432	1	NFNAP
	Water, bottled, DANNON FLUORIDE TO GO	0.78	78		1					D	A	1		14440	1	NFNAP
	Water, bottled, DASONI	0.07	7	1.2	20	2	19	4	9	A	A	1	2 3	14434	1	NFNAP
	Water, bottled, EVIAN	0.10	10	0.6	16	7	15	9	12	A	A	1	2 3	14559	1	NFNAP
	Water, bottled, NAYA	0.14	14		4					D	A	1		14439	1	NFNAP
	Water, bottled, PERRIER	0.31	31		1					D	A	1		14384	1	Stannard 1990
	Water, bottled, POLAND SPRINGS	0.10	10		1					D	A	1		14385	1	Stannard 1990
	Water, bottled, PROPEL FITNESS WATER	0.02	2		2					D	A	1		14462	1	NFNAP
	Water, bottled, SARATOGA	0.20	20		1					D	A	1		97572	1	Stannard 1990
	Water, bottled, VERYFINE FRUIT2O Water	0.06	6		2					D	A	1		97573	1	NFNAP

USDA National Fluoride Database

Food Group	Item	Mean ppm	Mean mcg/100g **	Std Error	Num datapts	Min Value	Max Value	Lower 95% EB	Upper 95% EB	Confidence Code	Derv. Code	Source Code	Statistical Comments	NDB No.	No. of Studies	References
	Water, bottled, VOLVIC	0.34	34		1					D	A	1		97574	1	Stannard 1990
	Water, bottled, store brand	0.16	16		11					C	A	1		97575	1	NFNAP
	Water, frozen (ice), fast food type	0.11	11		3					B	A	1	2 3	97576	1	NFNAP
	Waters, tap, all regions, all (includes municipal and well)	0.71	71	2.8	288	1	193	66	77	A	A	1	1 2 3	97577	1	NFNAP
	Waters, tap, all regions, municipal \$	0.81	81	2.9	238	2	193	75	86	A	A	1	1 2 3	14429	1	NFNAP
	Waters, tap, all regions, well	0.26	26	4.8	50	1	162	17	36	A	A	1	1 2 3	97578	1	NFNAP
	Waters, tap, Mid-West, all (includes municipal and well)	0.88	88	5.1	68	4	167	78	98	A	A	1	1 2 3	97579	1	NFNAP
	Waters, tap, Mid-West, municipal \$	0.99	99	4.6	52	4	167	89	108	A	A	1	1 2 3	97580	1	NFNAP
	Waters, tap, Mid-West, well	0.53	53	12.2	16	5	162	27	79	A	A	1	1 2 3	97581	1	NFNAP
	Waters, tap, Northeast, all (includes municipal and well)	0.69	69	7.5	56	2	193	54	84	A	A	1	1 2 3	97582	1	NFNAP
	Waters, tap, Northeast, municipal \$	0.74	74	7.7	52	2	193	58	89	A	A	1	1 2 3	97583	1	NFNAP
	Waters, tap, Northeast, well	0.09	9	3.0	4	4	17	4	17	B	A	1	1 2 3	97584	1	NFNAP
	Waters, tap, South, all (includes municipal and well)	0.76	76	4.6	100	1	191	67	86	A	A	1	1 2 3	97585	1	NFNAP
	Waters, tap, South, municipal \$	0.93	93	4.0	80	9	191	85	101	A	A	1	2 3	97586	1	NFNAP
	Waters, tap, South, well	0.10	10	1.6	20	1	30	6	13	A	A	1	1 2 3	97587	1	NFNAP
	Waters, tap, West, all (includes municipal and well)	0.47	47	4.8	64	3	135	38	57	A	A	1	1 2 3	97588	1	NFNAP
	Waters, tap, West, municipal \$	0.51	51	5.5	54	3	135	40	62	A	A	1	1 2 3	97589	1	NFNAP
	Waters, tap, West, well	0.24	24	4.3	10	5	48	14	34	B	A	1	1 2 3	97590	1	NFNAP

USDA National Fluoride Database

Food Group	Item	Mean ppm	Mean mcg/100g **	Std Error	Num datapts	Min Value	Max Value	Lower 95% EB	Upper 95% EB	Confidence Code	Derv. Code	Source Code	Statistical Comments	NDB No.	No. of Studies	References
Breakfast cereals:																
	Corn flakes	0.17	17	3.3	15	8	22	6	27	C	A	1	4	08020 08022 08076 08246 08269	3	Kingman 1984 Ophaug 1983-1987 Taves 1983
	Farina, enriched, cooked	0.51	51	22.8	19	3	134	0	109	C	A	1	4	08113 08173	2	Featherstone 1988 # Ophaug 1983-1987 *
	Granola, with raisins	0.33	33		9					C	A	1		08220 08275 08284	1	Ophaug 1983-1987
	Grits, cooked	0.56	56	18.2	21	5	113	12	101	C	A	1	4	08091 08161	3	Featherstone 1988 # Ophaug 1983-1987 * Taves 1983 #
	Oatmeal, cooked	0.72	72	27.5	21	4	201	4	139	C	A	1	4	08121 08180	3	Featherstone 1988 # Ophaug 1983-1987 * Taves 1983 #
	Oatmeal, instant, flavored, prepared	0.50	50	10.4	9	16	88	26	74	C	A	1	4	97591	1	Jackson 2002 #
	Oat rings	0.68	68	12.1	13	45	100	29	106	C	A	1	4	08013	3	Jackson 2002 Kingman 1984 Ophaug 1983-1987
	Presweetened, ready-to-eat	0.42	42	4.6	29	8	81	33	52	C	A	1	4	97592	4	Jackson 2002 Kingman 1984 Ophaug 1983-1987 Taves 1983
	Raisin bran	0.65	65	9.2	15	34	91	40	91	C	A	1	4	08026 08060 08061	4	Jackson 2002 Kingman 1984 Ophaug 1983-1987 Taves 1983
	Rice, ready-to-eat	0.19	19	1.4	17	14	23	14	23	C	A	1	4	08015 08025 08065 08066 08156 08348 08378	4	Jackson 2002 Kingman 1984 Ophaug 1983-1987 Taves 1983
	Rice and corn, lightly sweetened, ready-to-eat	0.31	31	1.2	4	27	33	27	35	D	A	1	4	08259	1	Jackson 2002
	Wheat, ready-to-eat	0.27	27	8.0	17	8	53	5	50	C	A	1	4	08089 08147 08148 08157 08379 08384	3	Kingman 1984 Ophaug 1983-1987 Taves 1983
Cereal grains and pastas:																
	Macaroni and spaghetti, cooked	0.07	7		9	7	7			C	A	1	4	20100 20121	1	Ophaug 1983-1987 *
	Macaroni and spaghetti, uncooked	0.18	18	6.0	6	6	25	0	44	C	A	1	4	20099 20120	1	Kingman 1984
	Noodles, egg, cooked	0.06	6		9					C	A	1	4	20110	1	Ophaug 1983-1987 *
	Rice, cooked	0.41	41	12.8	21	3	79	10	72	C	A	1	4	20045	3	Featherstone 1988 # Ophaug 1983-1987 * Taves 1983 #

USDA National Fluoride Database

Food Group	Item	Mean ppm	Mean mcg/100g**	Std Error	Num datapts	Min Value	Max Value	Lower 95% EB	Upper 95% EB	Confidence Code	Der. Code	Source Code	Statistical Comments	NDB No.	No. of Studies	References
Dairy and egg products:																
	Butter	0.03	3	0.7	19	1	4	0	6	C	A	1	4	01001 01002 01145	3	Kingman 1984 Ophaug 1983-1987 Taves 1983
	Buttermilk	0.04	4		9					C	A	1		01088 01176	1	Ophaug 1983-1987
	Cheese, American, processed	0.35	35		9					C	A	1		01042 01046 01048 01147 01149 01150	1	Ophaug 1983-1987
	Cheese, cheddar	0.35	35		1					C	A	1		01009 01168 01169	1	NFNAP
	Cheese, cottage	0.32	32	9.4	21	6	82	9	55	C	A	1	4	01012 01013 01014 01015 01016	3	Featherstone 1988 Ophaug 1983-1987 Taves 1983
	Cream, fluid, half and half	0.03	3		9	3	3			C	A	1	4	01049 01050 01051 01052 01053 01054 01199	1	Ophaug 1983-1987
	Cream substitute, powdered	1.12	112		9					C	A	1	4	01069	1	Ophaug 1983-1987
	Egg, cooked	0.05	5	0.6	66	2	12	4	6	C	A	1	4	01128 01129 01130 01131 01132	4	Featherstone 1988 Jackson 2002 Ophaug 1983-1987 Taves 1983
	Egg, raw	0.01	1		2					D	A	1		01123	1	Kingman 1984
	Milk, chocolate	0.05	5	0.8	11	5	6	0	15	C	A	1	4	01102 01103 01104	2	Kingman 1984 Ophaug 1983-1987
	Milk, evaporated	0.08	8	1.1	19	4	12	6	11	C	A	1	4	01096 01097 01153 01177	2	Featherstone 1988 Ophaug 1983-1987
	Milk, 1%	0.03	3	0.4	4	2	4	1	4	B	A	1	2 3	01082	1	NFNAP
	Milk, 2%	0.03	3	0.4	4	3	5	2	5	B	A	1	2 3	01079	1	NFNAP
	Milk, skim	0.03	3	0.1	5	3	3	3	3	C	A	1	2 3	01085	1	NFNAP
	Yogurt, fruit, strawberry	0.09	9		9					C	A	1	4	01120 01121 01122	1	Ophaug 1983-1987
	Yogurt, plain, low-fat	0.12	12		9	12	12			C	A	1	4	01116 01117 01118 01119 01184 01187	1	Ophaug 1983-1987

USDA National Fluoride Database

Food Group	Item	Mean ppm	Mean mcg/100g **	Std Error	Num datapts	Min Value	Max Value	Lower 95% EB	Upper 95% EB	Confidence Code	Derv. Code	Source Code	Statistical Comments	NDB No.	No. of Studies	References
Fast foods:																
	Chicken McNUGGETS, McDONALD'S	0.16	16		2	14	18			D	A	1	4	21229	1	Jackson 2002
	Dessert, DAIRY QUEEN, BLIZZARD	0.13	13	0.9	6	10	16	10	15	C	A	1	4	97593	1	Jackson 2002
	Dessert, WENDY'S, FROSTY	0.19	19		2	19	19			D	A	1	4	97594	1	Jackson 2002
	French fries, McDONALD'S	1.15	115		2	38	193			D	A	1	4	21238	1	Jackson 2002
	Hamburger on roll, quarter pound patty, with condiments	0.28	28		9					C	A	1		21202	1	Ophaug 1983-1987
	Pizza	0.31	31	8.1	11	20	47	0	66	C	A	1	4	21224	2	Adair 1991 Ophaug 1983-1987
	Shake	0.14	14		9					C	A	1		14347	1	Ophaug 1983-1987
	Steak and cheese sandwich	0.37	37		1					D	A	1	4	21123	1	Adair 1991
Fats and oils:																
	Mayonnaise	0.09	9		9					C	A	1	4	04025 04026	1	Ophaug 1983-1987
	Margarine	0.05	5	3.6	11	2	9	0	51	C	A	1	4	04610	2	Ophaug 1983-1987 Taves 1983
	Margarine-like spread	0.25	25	9.1	6	5	62	1	48	C	A	1	4	04128	1	Jackson 2002
	Salad dressing, mayonnaise type	0.04	4	0.4	4	3	4	0	9	C	A	1	4	04018	1	Kingman 1984
	Salad dressings	0.27	27	5.9	15	16	44	8	46	C	A	1	4	97595	2	Ophaug 1983-1987 Taves 1983
	Vegetable oil, corn	0.01	1		9					C	A	1	4	04518	1	Ophaug 1983-1987
Finfish and shellfish products:																
	Crab, canned	2.10	210		1					C	A	1		15141	1	NFNAP
	Fish, cooked (includes broiled and fried)	0.18	18	2.9	4	15	21	0	54	D	A	1	4	97596	1	Taves 1983
	Fish sticks, baked	1.34	134		9					C	A	1		15027	1	Ophaug 1983-1987
	Shrimp, canned	2.01	201		1					C	A	1		15152	1	NFNAP
	Shrimp, fried	1.66	166		9					C	A	1		15150	1	Ophaug 1983-1987
	Tuna, light, canned in water	0.19	19		1					C	A	1		15121 15184	1	NFNAP
	Tuna, canned in oil, drained	0.31	31		9					C	A	1		15119 15124 15183 15185	1	Ophaug 1983-1987
Fruits and fruit products:																
	Apple, raw, with peel	0.03	3		1					C	A	1		09003	1	NFNAP
	Applesauce, sweetened	0.05	5	0.7	19	3	8	3	7	C	A	1	4	09020	2	Featherstone 1988 Ophaug 1983-1987
	Avocado, raw	0.07	7		9					C	A	1		09037	1	Ophaug 1983-1987
	Bananas, raw	0.02	2		1					C	A	1		09040	1	NFNAP
	Cantaloupe, raw	0.01	1		9					C	A	1		09181	1	Ophaug 1983-1987
	Cherries, sweet, raw	0.02	2		9					C	A	1	4	09070	1	Ophaug 1983-1987
	Cranberry sauce	0.02	2		2					D	A	1		09081	1	Taves 1983
	Fruit cocktail, canned	0.09	9	3.0	12	5	15	0	22	C	A	1	4	09100	3	Adair 1991 Ophaug 1983-1987 Taves 1983
	Grapefruit, raw	0.01	1		9					C	A	1		09111	1	Ophaug 1983-1987
	Grapes, raw	0.08	8	4.8	13	1	27	0	21	C	A	1	4	09132	2	Jackson 2002 Ophaug 1983-1987
	Juice, apple, DOLE, ready-to-drink	0.61	58	6.9	22	15	127	43	72	A	A	1	2 3	09400	1	NFNAP
	Juice, apple, JUICY JUICE, ready-to-drink	0.50	48	6.5	30	9	145	34	61	A	A	1	2 3	09400	1	NFNAP
	Juice, apple, MINUTE MAID, ready-to-drink	0.29	28	2.8	32	8	81	22	33	A	A	1	2 3	09400	1	NFNAP
	Juice, apple, MOTT'S, ready-to-drink	0.29	28	3.3	28	8	60	22	35	A	A	1	2 3	09400	1	NFNAP
	Juice, grapefruit	0.46	45	5.9	40	1	115	33	57	B	A	1	4	09123	2	Levy 1992-2003 Taves 1983
	Juice, grape, WELCH'S, ready-to-drink	0.77	72	3.4	20	50	95	65	79	A	A	1	2 3	09135	1	NFNAP

USDA National Fluoride Database

Food Group	Item	Mean ppm	Mean mcg/100g**	Std Error	Num datapts	Min Value	Max Value	Lower 95% EB	Upper 95% EB	Confidence Code	Derv. Code	Source Code	Statistical Comments	NDB No.	No. of Studies	References
	Juice, grape, white	2.13	204	43.7	12	139	287	16	392	C	A	1	4	97600	2	Kiritsy 1996 Stannard 1991
	Juice, orange, frozen, concentrate	0.24	20		1					C	A	1		09214	1	NFNAP
	Juice, orange, frozen, concentrate, prepared with tap water	0.61	58								RPI	6		09215		
	Juice, orange, DEAN, ready-to-drink	0.54	52	9.8	22	4	145	32	72	A	A	1	1 2 3	09207	1	NFNAP
	Juice, orange, MINUTE MAID, ready-to-drink	0.32	31	2.8	51	3	72	26	37	A	A	1	1 2 3	09207	1	NFNAP
	Juice, pineapple, canned	0.06	6	1.4	24	1	15	3	9	B	A	1	4	09409	4	Adair 1991 Featherstone 1988 Levy 1992-2003 Ophaug 1983-1987
	Juice, prune	0.62	60	23.5	21	17	115	0	135	C	A	1	4	09294	3	Kiritsy 1996 Ophaug 1983-1987 Stannard 1991
	Juice blend (apple and grape), JUICY JUICE grape, ready-to-drink	1.07	102	8.9	27	53	184	84	121	A	A	1	2 3	97597	1	NFNAP
	Juice blend (apple, grape, and other juices), JUICY JUICE (berry, cherry, or punch), ready-to-drink	0.88	84	13.7	4	44	103	41	127	B	A	1	4	97632	1	UMN-Iowa 2004-2005
	Juice blend (apple and grape), MOTT'S grape, ready-to-drink	0.28	27	3.2	18	10	60	20	33	A	A	1	2 3	97599	1	NFNAP
	Juice blend (apple, grape and pear), MINUTE MAID grape, ready-to-drink	0.45	43	4.4	25	10	100	34	52	A	A	1	2 3	97598	1	NFNAP
	Nectar, fruit	0.13	12	2.3	11	5	26	7	17	C	A	1	4	09403 09407 09408	1	Levy 1992-2003
	Peaches, canned	0.07	7	0.4	30	4	8	6	8	C	A	1	4	09241 09370	6	Adair 1991 Featherstone 1988 Jackson 2002 Kingman 1984 Ophaug 1983-1987 Taves 1983
	Peaches, raw	0.04	4		9					C	A	1	4	09236	1	Ophaug 1983-1987
	Pears, raw	0.02	2	0.2	20	1	3	2	3	C	A	1	4	09252	3	Adair 1991 Featherstone 1988 Ophaug 1983-1987
	Pears, canned	0.08	8	1.3	20	2	11	4	11	C	A	1	4	09257 09374	3	Adair 1991 Featherstone 1988 Ophaug 1983-1987
	Pineapple, canned	0.04	4	1.1	11	2	5	0	9	C	A	1	4	09409	2	Jackson 2002 Ophaug 1983-1987
	Plums, dried (prunes), uncooked	0.04	4		9					C	A	1	4	09291	1	Ophaug 1983-1987
	Plums, raw	0.02	2		9					C	A	1	4	09279	1	Ophaug 1983-1987
	Raisins	2.34	234		1					C	A	1		09298	1	NFNAP
	Strawberries, raw	0.04	4	0.4	10	4	5	0	9	C	A	1	4	09316	2	Jackson 2002 Ophaug 1983-1987
	Watermelon, raw	0.01	1	0.3	11	1	2	0	3	C	A	1	4	09326	2	Jackson 2002 Ophaug 1983-1987
Lamb, veal and game:																
	Lamb chop, pan cooked with added fat	0.32	32		9					C	A	1		17227	1	Ophaug 1983-1987
	Veal cutlet, breaded, pan cooked with added fat	0.21	21	15.1	11	6	36	0	212	C	A	1	4	17096	2	Ophaug 1983-1987 Taves 1983
	Veal, liver, pan cooked with added fat	0.05	5		9					C	A	1		17204	1	Ophaug 1983-1987

USDA National Fluoride Database

Food Group	Item	Mean ppm	Mean mcg/100g **	Std Error	Num datapts	Min Value	Max Value	Lower 95% EB	Upper 95% EB	Confidence Code	Derv. Code	Source Code	Statistical Comments	NDB No.	No. of Studies	References
Legumes and legume products:																
	Beans, baked, canned, with pork	0.54	54	13.0	11	41	67	0	219	C	A	1	4	16009	2	Kingman 1984 Ophaug 1983-1987
	Beans, mature, boiled	0.02	2	0.3	36	2	3	1	3	C	A	1	4	16032 16043 16072 16038	1	Ophaug 1983-1987 *
	Cowpeas common (blackeyes), boiled	0.03	3		9					C	A	1	4	16063	1	Ophaug 1983-1987 *
	Peanut butter, creamy	0.03	3		1					C	A	1	4	16098	1	NFNAP
	Peanuts, dry roasted, salted	0.16	16		9					C	A	1	4	16090	1	Ophaug 1983-1987
Meals, entrees and sidedishes:																
	Beef stew	0.57	57	3.7	10	47	68	46	67	D	A	1	4	22905	1	Featherstone 1988
	Casserole, beef, tomato and pasta	0.67	67		2					D	A	1	4	97601	1	Taves 1983
	Chicken potpie	0.58	58	5.0	13	48	75	44	71	C	A	1	4	22906	2	Jackson 2002 Ophaug 1983-1987
	Chicken and noodle casserole, homemade	0.16	16		9	16	16			C	A	1		97602	1	Ophaug 1983-1987
	Chili con carni, beef and beans, canned	0.45	45		9					C	A	1	4	22904	1	Ophaug 1983-1987
	Frozen meal, fried chicken, mashed potatoes, cornbread, and/or vegetable	0.48	48		9					C	A	1		97603	1	Ophaug 1983-1987
	Lasagna, homemade	0.18	18		9					C	A	1	4	97604	1	Ophaug 1983-1987
	Lasagna, canned	0.54	54		2	30	78			D	A	1	4	97633	1	Jackson 2002
	Macaroni and cheese, prepared from mix	0.33	33	5.8	23	11	51	18	47	C	A	1	4	97605	3	Featherstone 1988 Ophaug 1983-1987 Taves 1983
	Mashed potato and gravy	0.84	84		1					D	A	1	4	97606	1	Adair 1991
	Meatloaf	0.30	30	3.4	19	18	40	21	38	C	A	1	4	97607	2	Featherstone 1988 Ophaug 1983-1987
	Spaghetti, with meat sauce	0.38	38	9.3	19	10	76	14	62	C	A	1	4	22401	2	Featherstone 1988 Ophaug 1983-1987
	Spaghetti, with sauce, no meat, canned	0.40	40	6.6	13	30	59	19	61	C	A	1	4	22914	3	Jackson 2002 Ophaug 1983-1987 Taves 1983
	Ravioli, CHEF BOYARDEE, beef, with meat sauce, canned	0.13	13		2	12	15			D	A	1	4	22515	1	Jackson 2002
	Turkey, broccoli, cheese bake	0.28	28		2					D	A	1	4	97608	1	Taves 1983
Nut and seed products:																
	Pecans	0.10	10		9					C	A	1	4	12142	1	Ophaug 1983-1987
Pork products:																
	Bacon, cooked	0.34	34	5.3	17	15	60	21	46	C	A	1	4	10124	3	Jackson 2002 Ophaug 1983-1987 Taves 1983
	Bacon, raw	0.04	4		2					D	A	1		10123	1	Kingman 1984
	Ham, cured, baked	0.20	20	6.0	16	4	30	1	39	C	A	1	4	10151	3	Kingman 1984 Ophaug 1983-1987 Taves 1983
	Pork, chop, baked	0.38	38		2	19	57			D	A	1	4	97609	1	Jackson 2002
	Pork, roast, cooked	0.42	42	0.6	11	42	43	35	50	C	A	1	4	10188	2	Taves 1983 Ophaug 1983-1987

USDA National Fluoride Database

Food Group	Item	Mean ppm	Mean mcg/100g **	Std Error	Num datapts	Min Value	Max Value	Lower 95% EB	Upper 95% EB	Confidence Code	Derv. Code	Source Code	Statistical Comments	NDB No.	No. of Studies	References
Poultry products:																
	Chicken, cooked (includes fried and roasted)	0.15	15	2.1	37	4	25	10	19	C	A	1	4	97610	3	Featherstone 1988 Jackson 2002 Ophaug 1983-1987
	Turkey, roast	0.21	21		2					D	A	1		05166 05200 05232 05256	1	Taves 1983
Sausages and luncheon meats:																
	Bologna, OSCAR MEYER	0.36	36	5.2	13	25	50	25	50	C	A	1	4	07007 07008 07960 07937 07959 07952 07010 07011	3	Jackson 2002 Kingman 1984 Ophaug 1983-1987
	Ham and cheese loaf	0.36	36		2	34	38			D	A	1	4	07032	1	Jackson 2002
	Hot dogs, beef	0.48	48		1					C	A	1		07022	1	NFNAP
	Sausage, pork	0.16	16	1.8	12	11	19	10	22	C	A	1	4	07064	2	Jackson 2002 Ophaug 1983-1987
	Sausage (includes salami, not hard)	0.41	41	10.2	11	31	51	0	170	C	A	1	4	97611	2	Ophaug 1983-1987 Taves 1983
Snacks:																
	Chips, corn and tortilla	0.52	52	3.3	18	43	71.4	44	60	C	A	1	4	19056	3	Jackson 2002 Kingman 1984 Ophaug 1983-1987
	Popcorn, oil popped	0.06	6	2.3	11	4	9	0	35	C	A	1	4	19035	2	Kingman 1984 Ophaug 1983-1987
	Potato chip	0.61	61	7.0	16	30	86	45	78	C	A	1	4	19411	2	Jackson 2002 Ophaug 1983-1987
	Potato chip, baked	1.06	106	15.5	4	60	131	56	155	D	A	1	4	42283	1	Jackson 2002
Soups, sauces, and gravies:																
	Sauce, cheese	0.29	29		2					D	A	1		06930	1	Kingman 1984
	Sauce, pizza, canned	0.10	10		2					D	A	1		97635	1	Kingman 1984
	Sauce, spaghetti, canned	0.22	22	6.5	12	5	58	6.0224	37.91	C	A	1	4	06931	2	Featherstone 1988 Jackson 2002
	Sauce, tartar	0.30	30		2					D	A	1	4	97612	1	Taves 1983
	Sauce, white	0.04	4		9					C	A	1	4	06166	1	Ophaug 1983-1987
	Gravy, beef	0.99	99		1					C	A	1		06116	1	NFNAP
	Gravy, brown, prepared from mix	0.57	57	20.9	19	10	120	3	111	C	A	1	4	97613	2	Featherstone 1988 # Ophaug 1983-1987 *
	Soup, beef bouillon, canned, reconstituted	0.29	29		9					C	A	1	4	97614	1	Ophaug 1983-1987 *
	Soup, chicken broth	0.61	61		1					C	A	1	4	06413	1	NFNAP
	Soup, chicken noodle, canned, reconstituted	0.35	35	7.0	19	14	55	17	53	C	A	1	4	06419	2	Featherstone 1988 # Ophaug 1983-1987 *
	Soup, clam chowder	0.36	36		2					D	A	1	4	97615	1	Taves 1983
	Soup, corn chowder	1.32	132		1					D	A	1	4	06725	1	Adair 1991
	Soup, minestrone	0.86	86		2					D	A	1		97616	1	Taves 1983
	Soup, pea	0.76	76		4					D	A	1		97617	1	Taves 1983
	Soup, tomato, canned reconstituted, with milk	0.07	7	0.8	10	4	8	4	9	D	A	1	4	06359	1	Featherstone 1988
	Soup, vegetable beef, canned, reconstituted	0.43	43	12.3	19	12	89	11	74	C	A	1	4	06741	2	Featherstone 1988 # Ophaug 1983-1987 *

USDA National Fluoride Database

Food Group	Item	Mean ppm	Mean mcg/100g **	Std Error	Num datapts	Min Value	Max Value	Lower 95% EB	Upper 95% EB	Confidence Code	Derv. Code	Source Code	Statistical Comments	NDB No.	No. of Studies	References
Spices and herbs:																
	Pepper, black	0.34	34		8					C	A	1	4	02030	1	Taves 1983
	Salt, iodized	0.02	2		1					C	A	1		02047	1	NFNAP
	Mustard, prepared	0.01	1		2					D	A	1	4	02046	1	Kingman 1984
Sweets:																
	Candies, caramels	0.27	27		9					C	A	1		19074	1	Ophaug 1983-1987
	Candies, milk chocolate	0.05	5		9					C	A	1		19120	1	Ophaug 1983-1987
	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	0.17	17		2	15	20			D	A	1	4	19141	1	Jackson 2002
	Candies, REESE'S Peanut Butter Cups	0.09	9		2	7	11			D	A	1	4	19150	1	Jackson 2002
	Candies, M&M MARS, SNICKERS Bar	0.36	36		2	27	46			D	A	1	4	19155	1	Jackson 2002
	Gum	0.05	5		2					D	A	1	4	19163	1	Kingman 1984
	Frozen novelties, ice type, regular, all flavors	0.74	74	11.1	3	57	95	26	122	C	A			19283 19717	1	NFNAP
	Frozen novelties, ice type, sugar free, all flavors	0.89	89	1.7	3	86	91	82	96	C	A	1	2 3	43514	1	NFNAP
	Frozen novelties, juice type	0.77	77		1									43346	1	NFNAP
	Frozen novelties, ice cream sandwich	0.27	27		9					C	A	1	4	19887 19888 19889	1	Ophaug 1983-1987
	Frozen yogurts, chocolate	0.40	40		1					D	A	1		42186	1	Jackson 2002
	Frozen yogurts, vanilla	0.26	26		1					D	A	1		42187	1	Jackson 2002
	Gelatin desserts, strawberry, prepared	0.69	69	14.3	24	18	137	36	102	C	A	1	4	19173	4	Adair 1991 # Featherstone 1988 # Ophaug 1983-1987 * Taves 1983 #
	Honey, bottled	0.07	7		9					C	A	1	4	19296	1	Ophaug 1983-1987
	Jam, strawberry	0.19	19		2					D	A	1		19297	1	Taves 1983
	Jellies	0.73	73	8.7	13	64	90	35	110	C	A	1	4	19300	2	Kingman 1984 Ophaug 1983-1987
	Ice creams, chocolate	0.23	23	2.6	3	19	28	12	34	B	A	1	2 3	19270	1	NFNAP
	Ice creams, vanilla	0.15	15	1.1	4	14	19	12	19	B	A	1	2 3	19095	1	NFNAP
	Bread pudding	0.74	74		2					D	A	1		19167	1	Taves 1983
	Pudding, instant, prepared with whole milk	0.22	22	7.7	23	4	65	4	40	C	A	1	4	19185 19203 19319 19331	3	Featherstone 1988 Ophaug 1983-1987 Taves 1983
	Sugar, granulated	0.01	1	0.5	15	1	2	0	7	C	A	1	4	19335	2	Ophaug 1983-1987 Taves 1983
	Syrup, pancake	0.44	44	16.0	11	28	60	0	247	C	A	1	4	19129	2	Kingman 1984 Ophaug 1983-1987

USDA National Fluoride Database

Food Group	Item	Mean ppm	Mean mcg/100g **	Std Error	Num datapts	Min Value	Max Value	Lower 95% EB	Upper 95% EB	Confidence Code	Derv. Code	Source Code	Statistical Comments	NDB No.	No. of Studies	References
Vegetables and vegetable products:																
	Asparagus, cooked	0.22	22	18.0	13	4	40	0	250	C	A	1	4	11012	2	Ophaug 1983-1987 * Taves 1983 #
	Beans, snap (includes cooked, canned, frozen)	0.19	19	6.6	36	4	62	4	34	D	A	1	4	11052	4	Featherstone 1988 # Kingman 1984 % Ophaug 1983 - 1987 * Taves 1983 #
	Beets, canned	0.26	26	0.3	11	26	27	22	30	C	A	1	4	11082 11084	2	Ophaug 1983-1987 * Taves 1983 #
	Broccoli, boiled	0.04	4		9	4	4			C	A	1	4	11091	1	Ophaug 1983-1987 *
	Cabbage, boiled	0.01	1		9					C	A	1		11110	1	Ophaug 1983-1987 *
	Carrots, cooked	0.47	47		2					D	A	1	4	11125	1	Taves 1983 #
	Carrot, juice	0.07	7		1					B	A	1		97634	1	UMN-Ulowa 2004-2005
	Carrots, raw	0.03	3	0.5	21	2	6	2	4	C	A	1	4	11124	3	Featherstone 1988 Kingman 1984 Ophaug 1983-1987
	Catsup	0.15	15	3.5	19	5	32	7	23	C	A	1	4	11935	4	Jackson 2002 Kingman 1984 Ophaug 1983-1987 Taves 1983
	Cauliflower, boiled	0.01	1		9					C	A	1		11136	1	Ophaug 1983-1987 *
	Celery, raw	0.04	4		9					C	A	1		11143	1	Ophaug 1983-1987
	Coleslaw	0.11	11	1.1	13	8	14	8	14	C	A	1	4	11159	2	Jackson 2002 Ophaug 1983-1987
	Collard greens, boiled	0.27	27		9					C	A	1		97618	1	Ophaug 1983-1987 *
	Corn, frozen, kernels cut off cob, unprepared	0.15	15	12.2	6	1	39	0	67	C	A	1	4	11178 11910	1	Kingman 1984
	Corn, canned	0.18	18		9					C	A	1	4	11170 11903	1	Ophaug 1983-1987
	Corn, cream style, canned	0.28	28		9					C	A	1	4	11174 11906	1	Ophaug 1983-1987
	Cucumber, raw	0.01	1	0.7	11	1	2	0	10	C	A	1	4	11205 11206	2	Kingman 1984 Ophaug 1983-1987
	Lettuce	0.05	5	4.2	14	0	13	0	23	C	A	1	4	97619	3	Kingman 1984 Ophaug 1983-1987 Taves 1983
	Lima beans, immature seeds, frozen, boiled	0.07	7		9					C	A	1	4	11038	1	Ophaug 1983-1987 *
	Mixed vegetables, canned	0.37	37	6.5	10	24	57	19	55	C	A	1	4	11579 11581 43312	1	Featherstone 1988 #
	Mushrooms, canned	0.10	10		9					C	A	1	4	11262 11264	1	Ophaug 1983-1987
	Onion rings, breaded, fried, frozen, heated	0.55	55		9					C	A	1		11296	1	Ophaug 1983-1987
	Onions, raw	0.01	1	0.1	12	1	1	0	2	C	A	1	4	11282	2	Kingman 1984 Ophaug 1983-1987
	Peas, green (includes cooked and canned)	0.29	29	5.0	36	8	57	18	40	C	A	1	4	97620	5	Adair 1991 # Featherstone 1988 # Kingman 1984 % Ophaug 1983-1987 * Taves 1983 #
	Peppers, sweet, green, raw	0.02	2		9					C	A	1	4	11333	1	Ophaug 1983-1987
	Pickles, cucumber, dill	0.30	30	6.0	18	4	49	16	44	C	A	1	4	11937	3	Jackson 2002 Kingman 1984 Ophaug 1983-1987

USDA National Fluoride Database

Food Group	Item	Mean ppm	Mean mcg/100g **	Std Error	Num datapts	Min Value	Max Value	Lower 95% EB	Upper 95% EB	Confidence Code	Derv. Code	Source Code	Statistical Comments	NDB No.	No. of Studies	References
	Potatoes, boiled	0.49	49		2					D	A	1		11365	1	Taves 1983 #
	Potatoes, french fried, frozen, heated	0.26	26	4.1	21	6	41	16	35	C	A	1	4	11403 11407 11838 11840	3	Adair 1991 Featherstone 1988 Ophaug 1983-1987
	Potatoes, hashed brown	0.44	44		2					D	A	1		11390	1	Taves 1983
	Potatoes, mashed	0.39	39	11.0	23	9	84	12	66	C	A	1	4	11371	3	Featherstone 1988 Ophaug 1983-1987 Taves 1983
	Potatoes, puffs, frozen, prepared	0.06	6		2	6	6			D	A	1	4	11399	1	Jackson 2002
	Potatoes, russet, baked	0.45	45		1					C	A	1		11356	1	NFNAP
	Potatoes, scalloped	0.31	31	10.1	19	4	62	6	57	C	A	1	4	11372 11844	2	Featherstone 1988 Ophaug 1983-1987
	Radishes, raw	0.06	6		9					C	A	1	4	11429	1	Ophaug 1983-1987
	Sauerkraut, canned	0.07	7		9					C	A	1		11439	1	Ophaug 1983-1987
	Spinach, cooked	0.38	38	16.3	20	20	70	0	108	C	A	1	4	11458	2	Ophaug 1983-1987 * Taves 1983 #
	Squash, cooked (includes summer and winter)	0.02	2	0.0	20	2	2	2	2	C	A	1	4	97621	2	Ophaug 1983-1987 * Taves 1983 #
	Sweet potatoes	0.14	14	7.0	11	7	21	0	102	C	A	1	4	97622	2	Ophaug 1983-1987 Taves 1983
	Sweet potatoes, candied, home prepared	0.08	8		9					C	A	1		11659	1	Ophaug 1983-1987
	Tomatoes, canned	0.05	5	1.4	12	3	9	1	9	C	A	1	4	11531 11535 11885	2	Jackson 2002 Ophaug 1983-1987
	Tomatoes, raw	0.02	2		1					C	A	1		11529	1	NFNAP
	Tomato juice, canned	0.07	7	3.1	11	4	10	0	46	C	A	1	4	11540	2	Ophaug 1983-1987 Taves 1983
	Tomato sauce, canned	0.35	35		1					C	A	1		11549	1	NFNAP
	Tossed salad	0.05	5		2	3	8			D	A	1	4	97623	1	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.