

USDA National Fluoride Database of Selected Beverages and Foods, Release 2

Prepared by

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Table of Contents

Acknowledgements i

Disclaimers..... i

Introduction 1

Methods and procedures..... 2

Data Generation 2

Data evaluation 4

Format of the table 4

Data dissemination..... 6

References cited in the documentation 6

References cited in the database 8

USDA National Fluoride Database 10

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Disclaimers

Mention of trade names, commercial products, or companies in this publication is solely for the purpose of providing specific information and does not imply recommendation or endorsement by the U.S. Department of Agriculture over others not mentioned.

Documentation: USDA National Fluoride Database of Selected Beverages and Foods, Release 2

Introduction

Assessment of fluoride intake is paramount in understanding the mechanisms of fluoride metabolism specifically the prevention of dental caries, dental fluorosis, and skeletal fluorosis. The Institute of Medicine (IOM, 1997) specified Adequate Intakes (AI) of 0.01 mg/day for infants through 6 months, 0.05 mg/kg/day beyond 6 months of age, and 3 mg/day and 4 mg/day for adult women and men (respectively), to prevent dental caries. Upper limits (UL) of 0.10 mg/kg/day in children less than 8 years and 10 mg/day for those older than 8 years are recommended for prevention of dental fluorosis. Similar levels have been endorsed by the American Dental Association (ADA, 1994) and the American Dietetic Association (ADA, 2000). Fluoride works primarily via topical mechanisms to inhibit demineralization, to enhance remineralization, and to inhibit bacteria associated with tooth decay (Featherstone, 2000). Fluoride has an affinity for calcified tissues. Studies of exposure and bone mineral density, fractures and osteoporosis would benefit from a national fluoride database coupled with an intake assessment tool (Phipps, 1995; Phipps *et al.*, 2000). Therefore, a database for fluoride is needed for epidemiologists and health researchers to estimate the intakes and to investigate the relationships between intakes and human health.

The Nutrient Data Laboratory (NDL), Agriculture Research Service, USDA, coordinated the development of the USDA National Fluoride Database of Selected Beverages and Foods subsequently described as the National Fluoride Database--a critical element of the comprehensive multi-center National Fluoride Database and Intake Study (NFDIAS). This second release of the USDA National Fluoride Database includes a column with mean values reported in parts per million, some data changes, and some new data resulting from aggregations of the Jackson (Jackson *et al.*, 2002) data and new data from University of Minnesota(UMN), Nutrition Coordinating Center and University of Iowa (Ulowa), College of Dentistry data (UMN-Ulowa) along with data from other literature and unpublished sources. These new aggregations have resulted in increases in the number of data points and in the number of studies resulting in tighter minimum to maximum values ranges, tighter lower and upper Error Bounds, and in some cases improved confidence codes. The National Fluoride Database has been incorporated into a computer-based fluoride assessment tool being developed by the University of Minnesota, Nutrition Coordinating Center (NCC), as a module of the Nutrition Data System for Research (NDS-R) software.

The National Fluoride Database is a comprehensive, nationally representative database of the fluoride concentration in foods and beverages consumed in the United States. It contains fluoride values for beverages, water, and foods that are major fluoride contributors. Water and water-based beverages are the chief source of dietary fluoride intake (Singer and Ophaug, 1984). Conventional estimates are that about 75% of dietary fluoride comes from water and water-based beverages. According to the Centers for Disease Control (CDC, 2000) , in 2000 about 66% of the population on U.S.

public water systems are receiving water that is fluoridated naturally or by adding fluoride. Drinking water fluoride distributions may vary widely over geographical and geo-political boundaries (CDC, 1993). Variations occur with soil composition and with local political decisions to fluoridate water. The use of wells of varying depths, commercial water products, home water purifiers, and filtration systems also increase variability of fluoride in drinking water and complicate estimates of intake (Brown and Aaron, 1991; Robinson *et al.* 1991; Van Winkle *et al.*, 1995). These variations in fluoride in commercial foods and beverages have been addressed in this National Fluoride Database.

Methods and procedures

Data Generation

The fluoride contents of the chief contributors to fluoride intake have been determined through a national sampling and analytical program developed by NDL under the National Food and Nutrient Analysis Program (NFNAP, Pehrsson *et al.*, 2000). In this database, mean values for fluoride in a particular beverage or food come from different data sources. Analytical data for US samples from the scientific literature and unpublished analytical data from Jackson *et al.* (2002), Kingman (1984)- Levy *et al.* (1992-2003), and Ophaug (1983-1987) have been included as well as analytical data for 126 items developed specifically for this National Fluoride Database. NDL used the Key Foods approach (Haytowitz *et al.*, 2000) giving consideration to the previously published fluoride data for foods, beverages, and drinking water as well as the respective patterns of consumption of these dietary items to identify and prioritize sampling and analysis of the key food and beverage contributors of dietary fluoride. Consumption data from the 1994-96 USDA Continuing Survey of Food Intakes by Individuals and a preliminary fluoride database developed by the NCC provided the values for the initial evaluation. Mean estimates of fluoride concentration and variability in drinking water, beverages and foods that are the chief contributors to dietary fluoride in the United States have been developed from analysis of representative samplings.

High priority beverages which collectively contribute up to 80% of dietary fluoride consumed in the United States, including municipal (tap)/drinking and bottled waters, teas, carbonated beverages, beers, and ready-to drink juices and drinks were analyzed. Samples were collected according to a self-weighting, nationally representative sampling approach (Bellow *et al.*, 2002). Samples were collected in up to 144 locations across the country, depending on the level of contribution to fluoride intake. Since drinking water accounts for approximately 75% of dietary fluoride intake, sampling of drinking water was conducted, with Office of Management and Budget approval, in 144 nationally representative private residential locations nationwide (Pehrsson *et al.*, 2004). The distribution of fluoride does vary due to naturally occurring fluoride levels and local fluoridation practices. The use of well water, commercial bottled waters, home purifiers and filter systems also affects variability in fluoride content of drinking water and impacts on estimates of daily intakes for individuals. NDL contacted water suppliers about their fluoridation practices and these were compared to participant responses

(Wilger *et al.*, 2004). Differences in geographical location have been incorporated into the National Fluoride Database for drinking water, brewed tea, and carbonated sodas.

Retail samples of fruit juices, fruit-flavored beverages, carbonated beverages, bottled water, and a limited number of foods were picked up in 12 to 36 locations. The authors' assumption that the fluoride variability would be lower in processed beverages and foods than that of municipal water was made based on existing data and the results of the water pilot study (Miller-Ihli *et al.*, 2003), and hence fewer samples.

The procurement and sample preparation of the foods and beverages that are the chief contributors of fluoride were handled through NFNAP supervised contracts and agreements. Sample units were purchased at retail sites, following detailed instruction from NDL. Virginia Polytechnic Institute and State University, Food Analysis Laboratory Control Center (FALCC) handled sample preparation. A quality control (QC) oversight program was established by the NFDIAS Laboratory Methods/Quality Control Working Group with representation from NDL, the University of Iowa, and FALCC. NFDIAS quality control materials were prepared by the USDA, Food Composition Laboratory (FCL) and by the NDL and characterized by three cooperating laboratories.

The University of Iowa, College of Dentistry, conducted the laboratory analysis of fluoride. Samples were analyzed using a fluoride ion-specific electrode direct read method for clear liquids and a micro-diffusion method for other food samples. The direct reading method was validated using Certified Reference Material (National Institute of Standards and Technology (NIST), a Standard Reference Material (SRM) 2671a, Fluoride in Freeze-Dried Urine) and by a comparison of results for several beverage samples between University of Iowa and FCL (Patterson *et al.*, 2004). The micro-diffusion method was validated by analysis of a Certified Reference Material (National Research Centre for Certified Reference Materials, Beijing, China, GBW 08572 Prawns) and other reference materials that have reference values for the fluoride content (for example: NIST, SRM 8436), prior to sample analysis. Methodological procedures for analyzing carbonated beverages were developed at the University of Iowa and presented at the March 2004 International Association for Dental Research (IADR) Meeting (Heilman *et al.*, 2004).

Values in the database are reported on a 100 gram and on a ppm basis on the edible portion of a food. For some foods, no standard error was available from the literature source. Much of the literature data as well as the analytical data reported by the University of Iowa were reported on a ppm basis. Specific gravities needed for fluoride data conversion and migrations were obtained from VPI. Specific gravities for literature data were based on the specific gravities obtained from VPI, from other sources (manufacturer), or were determined by NDL. Values for beverages other than water, coffee and tea were adjusted by their respective specific gravities and are reported as served.

Fluoride analytical results were submitted to the NFDIAS Quality Control (QC) Panel for review. These data included beer, wine, drinking water, brewed tea (considered

significant contributors to total intake of fluoride) and miscellaneous lower priority foods. The fluoride value for unsweetened instant tea powder seems high when reported at 89,772 mcgs/100 grams or 897.72 ppm because this product is extremely concentrated. However when one teaspoon of the unsweetened tea powder weighing 0.7 gram is added to an eight ounce cup of tap water, the value for prepared instant tea is 335 mcgs/100 grams or 3.35 ppm. This prepared unsweetened instant tea value compares well with the analytical values reported for regular brewed tea.

Data evaluation

Analytical data approved by the NFDIAS QC panel, unpublished data generated by the University of Iowa, and data gathered from the published literature by NCC and NDL were entered into the USDA National Nutrient Databank System (NDBS) for further evaluation and compilation. The data were evaluated for quality using procedures developed by scientists at the NDL as part of the NDBS (Holden, *et al.*, 2002). These procedures were based on categories and criteria described earlier by Holden, *et al.* (1987) and Mangels, *et al.* (1993) with some modifications. Categories evaluated include: sampling plan, sample handling, number of samples, analytical method, and analytical quality control. The evaluation process was modified making it specific to fluoride analytical methods. Evaluation of the analytical method has two facets: the method itself (processing of samples, analysis and quantitation method) and validation and quality control of the method by the laboratory (accuracy and precision). Both the NFNAP analytical data and data from each manuscript were evaluated for each category, which then received a rating ranging from 0 to 20 points. The ratings for each of the five categories were summed to yield a Quality Index or QI-the maximum possible score is 100 points. The Confidence Code (CC) was derived from the QI and is an indicator of relative quality of the data and the reliability of a given mean. The CC is assigned as follows:

| QI | CC |
|----------|----|
| 75 - 100 | A |
| 74 - 50 | B |
| 49 - 25 | C |
| < 25 | D |

Format of the table

The table contains fluoride values for 427 foods across 23 food groups. The data were aggregated where possible to match the foods in the USDA National Nutrient Database for Standard Reference (SR). Food groups are presented in alphabetical order with beverages and foods arranged in alphabetical order within a food group. Whenever possible, a NDB Number (No.) (a five digit numerical code used in the SR) is provided. This NDB No. provides the link between values for foods in this database and SR. As the data come from a variety of sources or are presented with specificity not used in SR, there are a number of beverages and foods, which do not have NDB Nos but do have

separate identifiers. In these cases, we assigned a temporary NDB No. which begins with "975." These temporary NDB Nos. are not unique to these beverages and foods and may be used in other special interest databases produced by NDL.

The fields are as follows:

| Field Name | Description |
|----------------------|--|
| Food Group | Description of food group |
| Item | Description of food or beverage |
| Mean ppm | Amount in parts per million. |
| Mean mcg/100 g | Amount in 100 grams, edible portion |
| Std Error | Standard error of the mean. Null, if could not be calculated |
| N | Number of data points (samples analyzed). The N=1 on NFNAP data represents a composite of 12 samples |
| Min | Minimum value |
| Max | Maximum value |
| Lower EB | Lower 95% error bound |
| Upper EB | Upper 95% error bound |
| CC | Confidence code indicating data quality based on evaluations of sample plan, sample handling, analytical method, analytical quality control, and number of samples analyzed |
| Derivation Code | Code giving specific information on how the value was determined: A = Analytical data RPA = Recipe; Known formulation; No adjustments applied, combination of source codes 1, 12 and/or 6 RPI = Recipe; Known formulation; No adjustments applied, combination of source codes which includes codes other than 1, 12 or 6 |
| Source Code | Code indicating type of data 1 = Analytical or derived from analytical 6 = Aggregated data involving combinations of source codes 1 & 12 12 = Manufacturer's analytical; partial documentation |
| Statistical Comments | 1. The displayed summary statistics were computed from data containing some less-than values. Less-than, trace, and not detected values were calculated 2. The displayed degrees of freedom were computed using Satterthwaite's approximation (Korz and |

Johnson, 1988)

3. The procedure used to estimate the reliability of the generic mean requires that the data associated with each study be a simple random sample from all the products associated with the given data source (for example, manufacturer, variety, cultivar, and species)
4. For this nutrient, one or more data sources had only one observation. Therefore, the standard errors, degrees of freedom and error bounds were computed from the between-group standard deviation of the weighted groups having only one study observation.

| | |
|----------------|--|
| NDB No. | 5-Digit Nutrient Databank number that uniquely identifies a food item. |
| No. of Studies | Number of studies |
| References | Unique descriptions of the references/sources |

Data dissemination

The USDA National Fluoride Database of Selected Beverages and Foods, Release 2 is presented as a pdf file. Adobe Acrobat Reader® is needed to view the report of the database. A Microsoft Excel spreadsheet is also available (fluoride.xls). A compressed file (fluoride.zip) containing the complete database in the ASCII format and its documentation has also been prepared and is available for downloading from NDL's Web site (<http://www.ars.usda.gov/ba/bhnrc/ndl>). The user can download the database, free of charge, onto his/her own computer for use with other programs.

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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 | Dev. 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 | Dev. 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 | Dev. 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 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

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|------------|---|----------|-----------------|-----------|-------------|-----------|-----------|--------------|--------------|-----------------|-----------|-------------|----------------------|---------|----------------|---|
| | 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 1996 1992-2003 1983-1987 Kiritsy Levy Ophaug |
| | 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

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|-------------------------|-----------------------------|----------|-----------------|-----------|-------------|-----------|-----------|--------------|--------------|-----------------|-----------|-------------|----------------------|---|----------------|--|
| 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

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|--|---|----------|-----------------|-----------|-------------|-----------|-----------|--------------|--------------|-----------------|-----------|-------------|----------------------|----------------------------------|----------------|--|
| 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

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|-----------------------------|---|----------|-----------------|-----------|-------------|-----------|-----------|--------------|--------------|-----------------|-----------|-------------|----------------------|-------------------------|----------------|---|
| | 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-Ulowa 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

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|---------------------------------------|--|----------|-----------------|-----------|-------------|-----------|-----------|--------------|--------------|-----------------|-----------|-------------|----------------------|----------------------------------|----------------|---|
| 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 | Dev. 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 | Dev. 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

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|------------------------------------|---|----------|-----------------|-----------|-------------|-----------|-----------|--------------|--------------|-----------------|-----------|-------------|----------------------|-------------------------|----------------|---|
| 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 1893 - 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

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|------------|---|----------|-----------------|-----------|-------------|-----------|-----------|--------------|--------------|-----------------|------------|-------------|----------------------|----------------------------------|----------------|---|
| | 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.